



Home Health & Hospice
585 North Mary Avenue
Sunnyvale, CA 94085

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GRIEF SUPPORT SERVICES AT PATHWAYS

Pathways offers a variety of grief support services, made possible through generous donations from the community to Pathways Hospice Foundation. Services are available to anyone in the community and include:

- Information and Referral
- Loss Support Groups
- Remembrance Events
- Grief Workshops
- Individual Counseling
- Educational Material
- Community Presentations

The hardest words for us to hear are,
“We wish we had known about you earlier.”
If you have friends or family who need help managing an illness at home; are concerned about someone dying in a nursing home or care facility; or are grieving the death of a loved one, urge them to call.

We are here to help

“The heart that truly loved never forgets.”

– THOMAS MOORE

1-888-755-7855

WWW.PATHWAYSHEALTH.ORG

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Designed by Atsuko Ikeda, student. Art Direction by William Nagel, instructor.



FALL 2018

The
Seasons
Through
Your
Grief

Pathways
Bereavement
Newsletter:

A quarterly publication
for Pathways families
and the
community

Leaves in the Wind
My thoughts, like leaves
Tremble in a breeze,
Dance in a wind,
Fly wild
In the face
of a gale

- BEN MORDECAI
HUROWITZ

Fall's transformations
are remarkable.

Trees change into a
symphony of color
and movement.

The transition from
summer to autumn is
stunning and obvious.
The transitions in grief
are less obvious but
equally stunning.

As leaves tumble
down, branches are left
empty. People in grief
may feel this emptiness
in every level of their
being. The empty chair,
the unheard laughter,
and the absence of
touch are painful
reminders of loss. An
array of feelings from
fear, loneliness and
anger to guilt, shock,
and relief may move
through us like a
powerful wind.

It takes great
strength to turn into
this gale, facing these
feelings of loss and
bending with them
until they begin to

subside. This storm of
emotion may leave us
feeling exhausted, but
ultimately clearer about
what brings meaning to
the present.

Autumn is a
time of balance, when
light and dark and
heat and cold find
equilibrium. We, too,
can find balance in
fullness and emptiness,
pain and appreciation,
work and rest. We
gradually begin to see
the possibilities of a
life with meaning
and hope.

The other side
of grief is seeing what it
is to live.

"No one ever told me that grief felt so like fear..."

- C.S. LEWIS, A GRIEF OBSERVED

"Learn weeping, and thou shalt gain laughing"

- GEORGE HERBERT

Six Week Groups Start S

Group and individual counseling are available at Pathways. There is no fee for these services thanks to generous contributions from the community to Pathways Hospice Foundation.

We are here to help.

For additional information, please see our website: www.pathwayshealth.org.

Partner Loss Groups

Afternoons

Sunnyvale (Tuesday)

Evenings

Sunnyvale (Monday)

— Second Year — Monthly

Partner Loss Group

Evenings

Sunnyvale (Wednesday)

General Grief Support Groups

Mornings

Sunnyvale (Saturday)

Mid-days

Oakland (Tuesday)

Afternoons

Los Gatos
(2nd and 4th Thursday)

Albany (Friday)

Late Afternoons

Palo Alto (Wednesday)
San Francisco (Tuesday)

Evenings

Redwood City (Monday)

Parent Loss Group

Evenings

Sunnyvale (Thursday)

Adult Child Loss Group

Evenings

Sunnyvale (TBD)

Daughters Grieving Their Mothers Group

Evenings

Oakland (Monday)

Supporting Yourself Through Grief

Grief can be
immobilizing.

To begin to **move
through the
darkness** to the
increasing light
that gradually
frees you and
lightens your load,
you **make daily
choices to live
your life.**

*"I have loved and lost,
and I am so much more
than five stages. And
so are you. It is not
just about knowing the
stages. It is not just
about the life lost but
also the life lived."*

— ELIZABETH KÜBLER-ROSS

Here are some suggestions to help as you face the fear of being alone or the challenge of performing tasks that are new to you. Remember, take it slowly, not everything has to be done or learned immediately.

- Contact your local police department to ask how to better secure your home. Talk with others who live alone to find what they do to feel safe.
- Ask family and friends to help you in your learning transition. Whether it's balancing a check-book or learning to cook, ask them to teach you.
- Consider hiring outside help for things like yard

work, bill paying, or housekeeping. If you once shared these responsibilities; you may not be able to do them all.

- Be realistic about your health and capabilities. For example, don't endanger yourself by climbing a ladder if this is unsafe.
- Talk with people you trust and/or join a group to talk about your thoughts, fears and feelings. Being with others that understand and can support you can be the greatest gift you give yourself.
- Keep a journal. Writing down your fears and feelings gives them clarity, which can help dispel fears. As you reflect on your

writing over time, you will notice progress, recognize patterns, and learn some things about yourself.

- As the holidays approach, think about what your needs are and develop a flexible plan. Allow time with others, time to rest and time to remember. Attend a grief workshop or remembrance event.

The beauty of the changing season cannot be denied, the colors of the autumn leaves unfold a new beauty that no other season can match. Amidst our grief we may have moments that allow us to reminisce and reflect on the beauty of our beloved and the joy that their lives brought.

PATHWAYS
Movin

Start September 10, 2018

Children's Grief Group
Late Afternoons
Sunnyvale (TBD)

Parent Support Group
Available at the same time as
Children's Grief Group

**For Individual Counseling
or Group Information Call:**
Mid-Peninsula / South Bay
408-773-4329
East Bay
510-613-2092
N. Peninsula / San Francisco
650-808-4603

**To RSVP for groups,
workshops, events,
or General Grief
Information Please Call:**
Vivian Shults,
Bereavement Coordinator
1-888-905-2800 Ext. 4241
or **408-773-4241**

*"The group provided a safe
place for me to grieve and
laugh – to share with others
the pain and growth that
goes with the process."*

– PARTICIPANT, PATHWAYS
GRIEF SUPPORT GROUP

WAYS
Moving Care Forward

Preparing for the Holidays

We will be facing the holidays soon and we encourage you to take care of yourself during one of the most difficult times of the year for someone who is grieving.

Please let us support you by participating in our annual grief workshop, **Pathways Through the Holidays**. This workshop will help you explore ways to cope with the holiday season.

In the next newsletter, you will receive information about our December **Celebration of Light** memorial service that bring remembrance and hope to the holidays. We hope to see you at these upcoming events.

Workshops: Pathways Through the Holidays

San Francisco
395 Oyster Point Blvd

- Tuesday,
October 23
6:30 to 8:30 p.m.

Sunnyvale
585 North Mary Ave

- Tuesday,
October 23
6:30 to 8:30 p.m.

Oakland
333 Hegenberger Rd

- Wednesday,
October 24
6:30 to 8:30 p.m.

*Refreshments and
conversation to follow
the workshop*

Call 1-888-905-2800
ext. 4241 or email
bereavement@
pathwayshealth.org
to RSVP

Let us know which
location, how many
will attend, and if you
need assistance with
directions.

Book Review

Good Grief by Lolly
Winston (2004,
Warner Books) is the
story of young widow,
Sophie Stanton, as
she moves through
her own "stages" of
grieving, including:
denial, oreos, anger,
depression, escrow,
and ashes.

Although fiction, the
descriptions are real
and show how grief
can impact all aspects
of life. At one point,
Sophie's energy is
so low that she quits
grocery shopping,
stops showering and
shows up to work in
her bunny slippers.
Good Grief is a
touching account
of the uniqueness of
each person's grief
reaction following
their loss.

Seasons

*We buried you in the winter –
Time frozen
Emotions numb
A chill settled on my heart.
Spring Came –
green and growing
The ice jam thawed
And pain gushed
Flooding into my heart
I mucked through living.
Summer brought a drought –
shriveling up growth
Scorching my tears
A suffocating bitterness
I sweltered in the intensity
Of my oppressive loss.
And now autumn approaches –
I harvest my grief
Gleaning a record yield
My larder full
Hoarding provisions because
pain can't hibernate during
the long, lonely winter.*

– PAULA PORTER,
When a Lifemate Dies