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.

“The heart that truly loved never forgets.”

- Thomas Moore

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
- Grief Support Groups
- Remembrance Events
- Grief Workshops
- Individual Counseling
- Educational Material
- Community Presentations

The days are long with light, since the sun expresses its strength at this time. There is an abundance of daylight, love, growth, and time. Summer can feel to some like an ordinary time—a season for enjoying the outdoors, planning vacations and having the kids home on summer break.

But for those of us who are grieving this time is anything but ordinary. The glare of the sun may feel too harsh and high, shining on everything that is missing. Children’s exuberant play may scrape raw nerves. Or the absence of children and families—gone on their annual vacations—may amplify the silence to a deafening level.

The grieving person carries an often invisible wound. It may not be bleeding, require stitches, or prescription medicine, but this wound requires attention and tenderness. Many people equate summertime with peacefulness and quiet. But how can we tend the wounds of grief in a season whose spirit seems so opposed to our feelings?

Consider the words found in the book: Readings for Remembrance, A Collection for Funerals and Memorial Services by Hannah Arendt:

“However much we are affected by the things of the world, however deeply they may stir and stimulate us...We humanize what is going on in the world and in ourselves only by speaking of it, and in the course of speaking of it, we learn to be human.”

We want to hear, share and support you in your journey through grief. Please know we are here for you.

The seasons through your grief

“Hope is like the sun, which as we journey toward it, casts the shadow of our burden behind us.”

- Samuel Smiles
Supporting Yourself Through Grief

Thinking, reading, or singing cannot “fix” or end our grief. But making space for thoughts and finding ways to help you cope are things that help us move through it.

Balance is the key. Give yourself the quiet space to grieve. Grieving is so exhausting, you need your rest! But give yourself the gift of others who can give you something else to think about, some support and maybe some perspective. Everyone needs a little space away from their grief.

Make a list of activities that allow you to have time to yourself and time with others. Examples include:
- **Exercise**: Walk, jog, swim, bicycle, play tennis, or join a gym.
- **Try New Things**: Try meditation, writing, massage, or an art class. Join an interest group. Check out your senior or community centers for activities. Some of these activities can be done alone or in the company of others, an interest group. Check out your senior or community centers for activities. Some of these activities can be done alone or in the company of others.
- **Try New Things**: Try meditation, writing, massage, or an art class. Join an interest group. Check out your senior or community centers for activities. Some of these activities can be done alone or in the company of others.

It is important to recognize when you need time alone and when you need time with others. Sometimes in grief we want to close ourselves off from the world… pull up the covers and never come out. Sometime in grief we run from our feelings by filling every minute with activity. It is important to give yourself permission to do both.

**Remembrances**

Auden’s poem, on the far right column, expresses feelings of anger and emptiness that many grievers can identify with. It may be hard to imagine there will be a time you can say “Life will never be the same, but I will survive and things will be okay.” The majority of people do come to this point.

One of the universal ways we come to a place of acceptance is by learning how to remember, honor and keep a loved one's memory and life present.

Use annual anniversaries and holidays, such as upcoming Mother’s and Father’s Days, as an opportunity to remember them with special rituals, donations meaningful to you or your loved ones, and remembrance ceremonies. Remembrance ceremonies can be held anytime, anywhere as a way to honor their memory and honor your grieving process.

“...as long as we can love each other, and remember the feeling of love we had, we can die without ever really going away. All the love you created is still there. All the memories are still there. You live on in the hearts of everyone you have touched and nurtured while you were here. Death ends a life, not a relationship.”

From: “Tuesdays with Morrie” by Mitch Albom

**Most Six Week Groups Resume in September**

Exceptions: General Loss in Sunnyvale meets Tuesday Afternoons, June 11–July 30, 2019 and Thursday Evenings, June 20–August 8th, 2019

*Ongoing General Loss Group in Los Gatos meets Thursday PM, twice a month.

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To pre-register for a grief support group, please call Vivian Shults at 408-773-4241

For individual counseling or group information call:

Mid-Peninsula/South Bay
408-773-4329

N. Peninsula/San Francisco
550-608-4003

East Bay
510-613-2092

For additional information, please see our website:

www.PathwaysHealth.org

We are here to help.

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.

Stop all the clocks, cut off the telephone,
Prevent the dog from barking with a juicy bone,
Silence the pianos and with muffled drum
Bring out the coffin, let the mourners come.

Let aeroplanes circle moaning overhead
Scrobbler on the sky the message He Is Dead,
Put crepe bows round the white necks of the public doves,
Let the traffic policemen wear black cotton gloves.

He was my North, my South,
my East and West,
My working week and my Sunday rest,
My noon, my midnight, my talk, my song;
I thought that love would last forever; I was wrong.
The stars are not wanted now: put out every one:
Pack up the moon and dismantle the sun:
Pour away the ocean and sweep up the wood,
For nothing now can ever come to any good.

– W.H. AUDEN