

Come join us to help each other through the journey of grief together.

Valor HospiceCare offers multiple grief support groups to the community.

Sierra Vista

For Sierra Vista area, please call 520-458-9450 for more information.

Mondays - 3:00 PM

Sierra Vista Chamber of Commerce
21 E Wilcox Dr., Sierra Vista, AZ
(Large Conference Room)

Green Valley

For Green Valley area, please call 520-399-0200 for more information.

Tuesdays — 10:00 am - 11:30am

Friends in Deed
301 W. Camino Casa Verde
Green Valley, AZ

Wednesdays — 1:30 pm - 3:00pm

Valor HospiceCare
1131 S. La Canada Dr., Suite 103
Green Valley, AZ

Tucson

For Tucson area, please call 520-615-3996 for more information.

Wednesdays—1st and 3rd only

10:00 am—11:30 a.m.

Atria Campana del Rio
1550 E River Rd. @ N. Via Entrada
Tucson, AZ

Helping Others During Bereavement

One of the issues with bereaved people is often “What do I do now?” The loss of close family members or even close friends can send us into a tailspin of confusion about how to go forward from here and what to do when we feel we have no more tears left to cry. Recognizing the fragile nature of life can hurt tremendously, and it can sometimes make us reevaluate our priorities.

Undoubtedly, the inward work of bereavement must be completed in order to effectively process a significant loss. A healthy process may incorporate some community mourning (funerals and memorial services are important for sharing our grief communally). Still, much of the grief work is done internally and can sometimes feel very isolating. Feeling mired in our personal pain is natural after a significant loss, but getting stuck there for too long can become a problem that may only make us lonelier and more depressed in the long run.

This is why bereaved people can benefit from reaching out to help others even at times when their grief still challenges them.

Helping others can be one of the most important things we can do. We can support those around us and, in turn, help ourselves in sharing grief.

Here are some of the benefits that bereaved people can experience in helping others:

1) It can help us gain a sense of purpose.

For those who are utterly bewildered by their enormous loss, reaching out to others in need can make life feel worth living again. We all need to feel valuable and necessary, and it can be hard to feel that way if you've lost one of the people who made you feel the most valued and needed. But many others would benefit from your care and concern; reaching out to them can help you feel appreciated and give you a renewed sense of purpose.

Furthermore, people who do good things for others may forgive themselves for mistakes and feel better about themselves.

2) It can help with overcoming loneliness.

People who are helping others tend not to be as lonely because they develop a sense of community. Being consistently isolated from others can contribute to depression and anxiety, contributing to poor overall health. Helen Riess, M.D., author of *The Empathy Effect*, explains, "...we are hardwired to understand other people." Riess concludes that actively engaging in empathy toward others can help combat the negative effects of seclusion and loneliness.

3) It can help give us perspective and gratitude for the things we have.

We all face losses in this life and sometimes paralyzing ones. But if we spend all our time concentrating on our heartaches, they can become huge and cumbersome to the point of feeling insurmountable.

Helping others who face their own complex challenges can result in developing more gratitude for the blessings we have in our lives. Feeling grateful can strengthen overall feelings of emotional wellness and joy.

Five years ago, I started at Valor HospiceCare as a volunteer with a heart for helping others. In my case, my gratitude to God for helping me through my own grief (the death of my first wife from health complications) fueled my passion for helping others. I would never have guessed that my painful grief journey would one day be transformed into a rewarding career as a bereavement professional. I stand as a personal witness to the truth that, in helping others, you can help yourself as well. Remember the ancient Chinese proverb: *A journey of a thousand miles begins with a single step.*

May you find the courage to take that first tentative but extraordinary step.



Written by:

Tyler Henry, M.A.

Bereavement Care

Coordinator



Provide companionship to hospice patients & families when they need you MOST.

Volunteer with Valor

 **Valor**
HospiceCare

We will provide the training & support you will need to help.

Contact us today & find out how you can make a difference.

www.valorhospicecare.com/volunteer/



You are invited to join us at the
Good Grief Group



When: 1st and 3rd Wednesday of the month
10 – 11:30 AM

Where: The Hobby Room on 2nd Floor
at Atria Campana del Rio

1550 E. River Road @ N. Via Entrada

Turn left from Via Entrada into main entrance.

Follow signs to Leasing Office and go to the Main Building.

COVID screening is required.

Who: Everyone is welcome to attend.

Grief is usually the result of a loss.

Grief can come from the death of a spouse or partner, parent, friend, co-worker, pet, etc. Loss does not necessarily involve physical death. We can lose jobs, change residences, and retire from jobs and volunteer work. As we age, we can lose our ability to engage in familiar and much-loved activities. All of these losses can lead to grief.

Are you dealing with loss?

We will explore our journeys with grief, find comfort with others, and learn how grief can lead us to fuller lives. We can support each other through listening, sharing, and exploring how grief shapes our lives.

Can grieving be good?

“Grieving such losses is important because it allows us to ‘free-up’ energy that is bound to the lost person, object, or experience - so that we might re-invest that energy elsewhere. Until we grieve effectively we are likely to find reinvesting difficult; a part of us remains tied to the past.

Grieving is not forgetting. Nor is it drowning in tears. Healthy grieving results in an ability to remember the importance of our loss - but with a newfound sense of peace, rather than searing pain.”

- Washington.edu

Grief Support

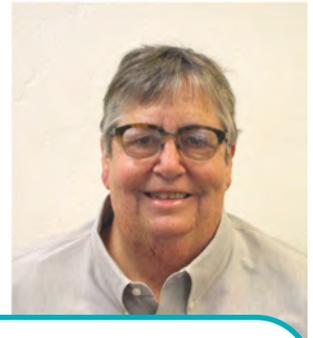
Valor HospiceCare’s Bereavement Care Coordinator, Ken Plattner, PhD, along with Nancy Eswein, MTS, will be leading the group in discussion. Ken and Nancy provide emotional and spiritual support to our hospice patients, their families and to many grieving community members.

For more information, contact a
Valor Bereavement Care Coordinator (520) 615-3996

www.valorhospicecare.com

Reading through Bereavement : Part 2 of 3-part Series

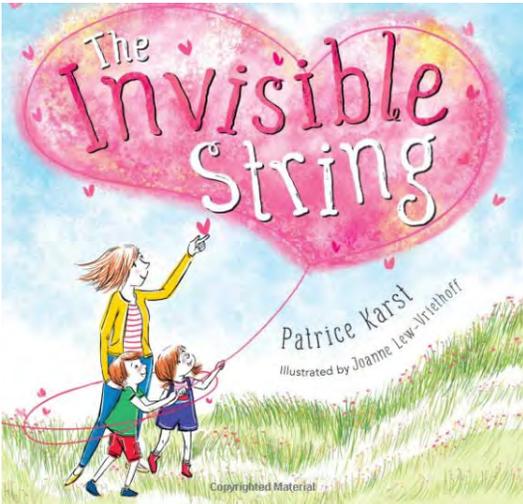
There are a ton of resources dealing with the issue of grief, loss, and bereavement. The sheer volume of books, articles, and blogs can at times seem overwhelming. At best, reading about difficult issues with which we struggle has the potential to connect us with similar experiences that others have. The realization that there actually are others who share similar feelings can help us connect with others. Those connections are important parts of the healing process. However, there is the danger that a book or other resource will be seen as the answer to our “problem.” If we just read carefully enough...or if we just follow a program carefully enough...then, surely, we’ll “get better.” Not so much! We have to have our own timetable and our own method of dealing with grief. I most recently read the book below which beautifully deals with grief. It is available at the library and bookstores.



Written by:

Nancy Eswein

Spiritual Care Provider &
Bereavement Care
Coordinator



The Invisible String (Patrick Karst)

This well-known children’s book is suitable for all ages. It addresses loneliness and separation on many different levels—a friend moves; a parent goes to work; someone dies. How do we stay connected? By an invisible string called love. Valor volunteer Norma and I recently read this book aloud. It made us slow down and savor each word as well as the wonderful drawings. Highly recommended.



If you are reading some good books, articles, or looking at an online resource, I’d love to know about them. You can reach me at the Valor Tucson office or send an email to: neswein@valorhospicecare.com

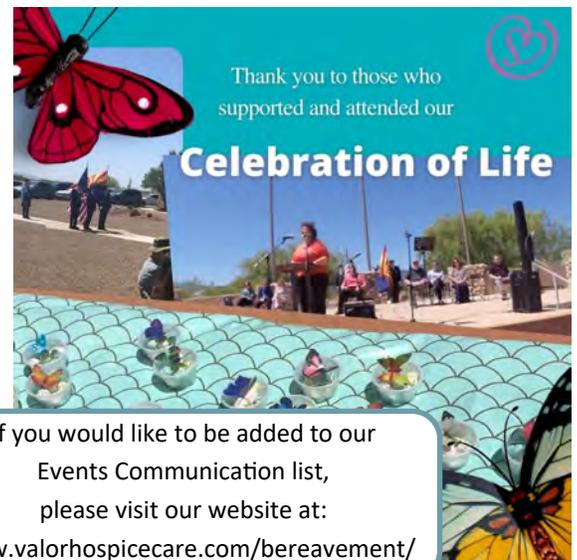
Everyone grieves on their own journey. If you know of a Young Adult in need of help, Tu Nudito in Tucson, Arizona offer Young Adult Bereavement Group and support services for children.

From their website:

Young Adult Bereavement Groups:

The Young Adult bereavement groups are a safe space for young adults ages 18-29 to receive support, care, and comfort after experiencing the death of a loved one. Each group offers a warm and welcoming environment where young adults can share stories, engage and connect with others, learn healthy coping skills, and ultimately find hope and support through their grief journey.

<https://tunidito.org/support-for-families/bereavement/>



If you would like to be added to our Events Communication list, please visit our website at: www.valorhospicecare.com/bereavement/