

Grove Park Hospice NEWSLETTER

FALL
2021

1353 Grove Park NE, PO Box 701, Orangeburg, SC 29116

(803) 536-6644



Gratitude And Grief

November can be a difficult time for individuals who have lost a loved one in recent months. Strong emotions often surface on Thanksgiving, including sorrow, anger, and frustration, and many people experience a mixture of emotions during the holidays.

When the family gathers around the table for Thanksgiving dinner, it's impossible to miss the fact that someone is missing. The holiday resurrects memories of the role the deceased person played in family activities, and it can be painful to face the reality that they are no longer present. The first Thanksgiving after a loved one's passing can be especially challenging. For people who are grieving a loss, the holiday season is often accompanied by apathy and uncertainty. This feeling is often described as "secondary..."



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...loss.” The death of the family member is the primary loss, followed by a series of secondary losses, such as loss of companionship, financial security, future plans, and even loss of time spent together during the holidays. However, you can acknowledge the absence of your loved one even if you are grieving.

Some families set aside a memorial place setting for their loved one or recognize them in some other way, such as cooking a favorite dish, lighting a candle, placing a picture on a chair, or reciting a special poem. Others choose to create a new family tradition rather than keeping to the usual Thanksgiving arrangements or by skipping the home-cooked turkey and having dinner at a restaurant. Here are some other ways people express thanks on Thanksgiving when coping with grief:

- **Share stories** – Ask family members to share their favorite memories of a loved one. This can lift the mood of the occasion and you might even learn something new about the person who died.
- **Give Back/Donate** – Make a contribution to a cause in honor of your loved one. You can choose a nonprofit that held special meaning to the deceased, or support an organization that provides Thanksgiving programs for people in need.
- **Volunteer** – Helping others during the holidays is always appreciated. Invite family and friends to join you in volunteering at a hospital, senior home, or animal shelter and make it a group affair.

Why Volunteer?

Becoming a Hospice Volunteer is a great way to honor the memory of your loved one. By giving of your time and compassion, you could make a tremendous impact in the lives of our patients and their families in their time of need.

What does a Hospice Volunteer do?

Volunteers provide emotional support, companionship, and a listening ear. They may visit a patient in their home, make phone calls, send cards, read or sing to a patient.



For more info about our Volunteer Program, call Christie Canaday at (803) 536-6644.

Grove Park Hospice Welcomes New Chaplain/Bereavement Coordinator



Rev. Dr. Beth Yarborough

Grove Park Hospice is pleased to introduce Rev. Dr. Beth Yarborough as our new Chaplain/Bereavement Coordinator. Beth has previously served as a Hospice Chaplain, and she brings with her a wealth of experience and knowledge. She is a native of Orangeburg County, and she and her husband, Mike, currently reside in Williston, SC. She currently serves as Pastor of Williston Presbyterian Church. Beth has extensive training in the areas of Hospice and Palliative Care. During her Chaplain residency, Beth worked with the former Baptist and Richland Memorial Hospitals. She also served as Chaplain at The Oaks before returning to pastoral ministry. In her free time, Beth enjoys reading, knitting and hanging out with friends and family. Beth will certainly be a valuable asset to our Hospice Team, and we are excited to welcome her to the Grove Park Family.

What If Christmas Isn't Merry?

It's hard when the turkey and mashed potatoes are served up with a side of grief. It's hard when you can't buy gifts for someone you love because they have passed away. It's hard when there won't be any presents under the Christmas tree from the one you miss the most.

It's hard when you can't make new memories or take new pictures because someone is missing. It's hard when you lose people and the list for gifts gets shorter and shorter each year. It's hard when the old ornaments and movies bring back memories of when they were still here.

It's hard when your heart is broken, but everywhere you turn, there is talk of joy.

It's hard when you are crying in the bathroom and then wiping away your tears before walking into a room full of those filled with the holiday spirit knowing that your heart is broken.

But then you realize that even though someone is missing from the table, they can still be present in the memory you carry with you. You realize that even though you can't take new pictures or make new memories, the old ones will mean more than ever before. You realize that even though the list is shorter, the seat is empty, the tears are falling and you wish they would walk through that door, there is comfort in the memories and stories that you share.

Even if the holiday looks vastly different than you imagined, there is still joy to be had.





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The Grove Park Family remains faithfully dedicated to
RESTORING DIGNITY, OFFERING HOPE AND PROVIDING COMFORT



**We need Volunteers! Please call Christie at
(803) 536-6644 for more information.**

Additional Resources:

<http://www.aarp.org/family/lifeafterloss/>
<http://www.hospicenet.org/html/bereavement.html>
<http://www.hospicefoundation.org>
<http://www.griefnet.org>
<http://goodgrief.org/grief>
<http://www.hospicehelp.org/events.htm>
<http://www.griefrecoverymethod.com/about-us>
[http://www.tributes.com/grief_recovery_center/
index](http://www.tributes.com/grief_recovery_center/index)

