

# Grove Park Hospice NEWSLETTER

SPRING  
2024

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(803) 536-6644



## *In the Springtime of Your Grief*

*Spring has fragile beginnings; a tiny shoot of green that emerges from the cold earth, a hint of pastel against the brownish grass, a bud that awakens with the morning sun. Sometimes spring comes so quietly we almost miss it, but once it begins, it is impossible to ignore the daily growth and change. The morning sun brings sounds that were not there before. The breeze carries warmth that invites us to venture outside of ourselves. A promise is released with the budding and blossoming surrounding us. Hope emerges for the beginning of a new season; change is in the air.*

*What we experience in the springtime of the year is what we can experience in the springtime of our grief. There begins to be a growing radiance. The radiance is not just around us; it is within us. A gradual warming of the heart silences the chill of intense pain. The natural unfolding of the grief process moves gently to remind us that we will survive. Life is changing and growth emerges through the changes. The song of our hearts that seemed off key begins to experience a harmonious blend of the past and the present. The songs of the birds invite us to join them in a celebration of a new life. In the springtime of our grief, there can be a new song for us to sing... (Cont. on p. 2)*

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(Cont. from p. 1) ...It will be a song we compose through the heartache of loss.

Optimism for a better day may awaken us one morning. Hearing laughter and discovering it is coming from within ourselves gives us promise for today. Dreams and hopes for a better tomorrow shine brightly with the morning sun. Surviving the winter of our grief with the openness to embrace change is a decision to embrace loss and integrate its impact into the fabric of our lives. It can be a willingness to explore new possibilities that create a different landscape to behold.



We can make a decision that we will begin to appreciate what we still have, not just focus on what is missing. We will know when we have made that decision. Something buds; something opens. The harshness of winter is softened with new life and new growth. It is not something we can force; it is something that unfolds when the time is right.

The springtime of grief arrives with no dramatic entrance, no flashing lights. The stillness of the beauty unfolds and captures our attention. It is happening around us, but it is also happening in us. If spring has already crossed the path of your personal journey of grief, rejoice! But, if the chill of winter remains in your heart, be encouraged; spring is on its way. Look for it, expect it and it will be yours to experience around you and in you!

-Judy Fisher, <http://hopehealinghelp.com>



### *There Is No Night Without A Dawning*

*By Helen Steiner Rice*

*No winter without a spring  
And beyond the dark horizon  
Our hearts will once more sing...  
For those who leave us for a while  
Have only gone away  
Out of a restless, care worn world  
Into a brighter day*

### **Grief and Art: A Journey Through Emotion and Creativity**

Grief is a universal human experience, a complex emotion that can be overwhelming and difficult to express verbally. Art, with its myriad forms and styles, offers a unique platform for individuals to channel their grief and communicate their feelings in a tangible way. Throughout history, artists have turned to their craft as a means of coping with loss. The resulting works often resonate with audiences who may be experiencing similar emotions, creating a shared sense of understanding and empathy. [...]

#### *Art as a Therapeutic Tool for Grief*

Art isn't just a medium for expressing grief; it can also be a powerful tool for healing. Art therapy, a form of psychotherapy that uses art as a means of communication, has been shown to be particularly effective in helping individuals cope with grief. By creating art, individuals can externalize their grief, making it easier to understand and process. This can be particularly beneficial for those who find it difficult to express their feelings verbally.

#### *Benefits of Art Therapy*

Art therapy can provide a number of benefits for those dealing with grief. It can help individuals to express their feelings, reduce stress, and improve self-esteem. Additionally, it can provide a sense of control in a situation where individuals often feel powerless. Moreover, the act of creating art can be a meditative process, providing a distraction from grief and allowing individuals to focus on something positive and constructive.

#### *Expressing Grief Through Different Art Forms*

There are many different art forms that can be used to express grief, each offering its own unique benefits. From painting and sculpture to music and dance, these mediums provide a variety of ways for individuals to explore and express their feelings. Choosing the right art form can depend on a variety of factors, including personal preference, skill level, and the nature of the grief being experienced.

Visual art, such as painting, drawing, and sculpture, allows for a direct and tangible expression of grief. These art forms can be particularly helpful for individuals who are visual thinkers or who find comfort in the physical act of creating. Visual art can also provide a lasting memorial to the person or thing that has been lost, serving as a tangible reminder of their impact and importance.

Performing arts, such as music, dance, and theatre, offer a dynamic and immersive way to express grief. These art forms can be particularly beneficial for individuals who find comfort in movement or who find music to be a powerful emotional catalyst. Performing arts can also provide a sense of community, as they often involve collaboration and shared experiences.

Grief and art are intrinsically linked, with art offering a powerful medium for expressing and processing this complex emotion. Whether through visual or performing arts, the act of creating can provide a therapeutic outlet for those dealing with loss. While grief can be a deeply personal and individual experience, art reminds us of our shared humanity, providing comfort and connection in times of sorrow.

*-Karen Bronson, <http://myfarewelling.com/>*

### **VOLUNTEERS NEEDED**

*We are seeking compassionate volunteers to positively impact the lives of our patients and families. Our volunteers provide emotional support, companionship, and a listening ear for our patients. If you're interested in learning more about our volunteer program, please contact Phyllis at (803) 536-6644.*





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Orangeburg, SC 29115  
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*The Grove Park Family remains faithfully dedicated to*  
**RESTORING DIGNITY, OFFERING HOPE AND PROVIDING COMFORT**

## *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)

