

## COPING WITH THE LOSS OF A PET

Nancy Sherman, LICSW, Director of Bereavement Services, Bertolon Center for Grief & Healing at Hospice of the North Shore

For many people, grieving the loss of a beloved pet is no different than grieving the loss of a human being. For pet lovers, a pet often becomes like a member of the family. The reactions we have to loss and the suggestions for coping with it are pretty much the same whether the loss is a pet or a human being.

What can complicate the process of grieving a deceased pet is the way in which your loss may be unrecognized or unappreciated by family or friends. It is important to realize that you do not need anyone's permission or approval to mourn the loss of something dear to you, nor must you try to justify any feelings you may have about this loss.

Grief is a normal reaction when we experience important losses. Although how we grieve is a very individual process, there are some reactions that many people seem to experience. It can be helpful when coping with a loss to understand what these are:

**Denial and isolation:** Often when first facing the death of a loved one or cherished pet, our instinct is to deny the reality of the situation.

**Guilt:** Some people experience feelings of guilt. They may go through feelings of "if only" or "I should have," questioning if they did enough, too much, etc.

**Acceptance:** Eventually, we accept the loss. This does not mean we no longer grieve the loss, or that we forget about the pet, but that we have arrived at a place of accepting that the pet is gone.

To facilitate healing, there are some things a grieving pet owner can do:

- Give yourself permission to grieve.
- Create meaningful ways in which to memorialize your pet.
- Make sure you take care of yourself by eating well, resting and exercising.
- Surround yourself with people who can understand what you are going through and who will validate your feelings. This might be other pet owners or even a support group, such as those offered at the Bertolon Center for Grief & Healing.
- Be patient with yourself. Don't let others tell you how you should be grieving or for how long.

As part of the healing process, people often wonder about getting another pet. Whether this is right for you and the time frame in which to consider it will vary. Just be certain you are doing so because you are looking forward to developing a new relationship, and not because you are "replacing" something lost. Give careful consideration to when you are ready (and do



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## OPTIONS FOR SHOULDER REHABILITATION AT HOME

Working with patients in their home environment for rehabilitation of shoulder pathologies is a unique treatment approach. Often the patients seen at home for shoulder rehabilitation are members of the senior population who are homebound. Common procedures that require home physical or occupational therapy include total shoulder replacements, reverse total shoulder replacements, rotator cuff repairs and open reduction internal fixations (ORIFs) of a fractured shoulder. Home therapy includes pain management instruction, positioning according to physician guidelines (i.e. in a sling), teaching of bed and chair transfers, assessing the incision for signs and symptoms of infection and teaching of home exercise programs (also per physician guidelines). Because of the complexity of the shoulder joint, the exercises given to a patient are to be followed exactly so as not to overly stress the surgically repaired shoulder.

Northeast Senior Health's Medicare-certified home care agency, Northeast HomeCare, can provide patients recovering from shoulder injuries with home therapy and with a home health aide if needed to assist with personal care. When the patient has met the goals of at-home therapy, a referral to outpatient therapy can easily be arranged. To learn more, contact Northeast HomeCare at 978-921-2615 or visit us online at [www.northeasthomecare.org](http://www.northeasthomecare.org).

## NEW LIVING RIGHT ALONG E-NEWSLETTER OPTION NOW AVAILABLE!

In an effort to conserve resources and expand your options for receiving our communications, Northeast Senior Health now offers an electronic version of our quarterly *Living Right Along* publication.

To sign up for our free e-newsletter, please visit the Newsletters page at [www.beverlyhospital.org](http://www.beverlyhospital.org) and complete the form, or send your name and email address to [cpallazo@nhs-healthlink.org](mailto:cpallazo@nhs-healthlink.org).

## SHOULDER PAIN IN THE AGE 50+ PATIENT

**David J. Fehnel, MD, Orthopedic Surgery/Sports Medicine/Advanced Shoulder Reconstruction, Sports Medicine North**

Shoulder pain in the patient over 50 years old is a very common musculoskeletal problem seen in the orthopedist's office. The cause of shoulder pain can be trauma, such as a fall with an outstretched arm on the ice, or overuse from physical work or sports.

There are 17 muscles around the shoulder girdle that help us play overhead sports or cut a dead branch from a tree. The rotator cuff muscles are the four deepest muscles around the shoulder joint which function to stabilize the ball centered within the socket so larger and stronger muscles can move the arm. As we get older, these muscles lose some of their blood supply, which can predispose them to tearing. In addition, ligaments and joints above the rotator cuff start to thicken and calcify with age, thus scraping on the outside fibers of these tendons, which can also cause tears or inflammation.

Impingement Syndrome includes tendinosis as well as bursitis of the rotator cuff. This is the most common form of shoulder pain and can lead to tears if not treated. The most common symptoms are pain with overhead reaching, weakness and night pain. Most often these symptoms come on gradually without a specific trauma. Treatment includes taking a break from the activity that seems to be aggravating the symptoms; a short course of non-steroidal anti-inflammatories; and exercises given by your orthopedist to re-balance and strengthen the entire shoulder muscle group. Oftentimes supervised physical therapy is recommended to first concentrate on regaining "pain-free" range of motion. Once this is achieved, strengthening can be the focus of the rehabilitation.

Obviously, trauma such as a fall onto your arm can result in tears of the rotator cuff or even a fracture of the "ball," or proximal humerus. When severe trauma has occurred, most often the patient can no longer lift their arm away from their side. If this occurs, your shoulder should be evaluated immediately by a shoulder specialist to rule out the above-mentioned injuries and initiate proper care for your injury.

Shoulder pain can be caused by many other things, as well. It is important to be evaluated by a shoulder specialist if your symptoms persist longer than a few weeks. Dr. David Fehnel is a fellowship-trained, board certified orthopedic surgeon with advanced training in shoulder reconstruction and sports medicine.

*Dr. Fehnel's special interests include complex arthroscopic, open shoulder reconstruction, total shoulder replacement and "reverse" total shoulder replacements. He also performs arthroscopy and ligament reconstruction of the knee. He has a special interest in arthroscopic rotator cuff repair.*

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not let well-meaning folks force a new pet on you before you are.) Try to get a pet that is at least somewhat different from the one you lost, and avoid giving the new pet the same name as your previous one. Remember, this is not a replacement, but a new beginning.

As painful as it may be, you will grow and heal if you allow yourself to recognize the many gifts and special memories your pet brought to your life, and how much richer your life is because of it.

A free Pet Loss Workshop will be offered by the Bertolon Center for Grief & Healing on Wednesday, October 27, from 6:00 p.m.-8:00 p.m. Because space is limited, advance registration is required. To sign up or to learn more, call 978-774-5100. For additional resources on pet loss and other types of loss, visit [www.hns.org](http://www.hns.org).

## OCT/NOV/DEC 2010 EVENTS

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### Middleton Event

#### MIDDLETON COUNCIL ON AGING - Free Lecture

**October 13, 2010 10:30 a.m.-11:30 a.m.**

#### **Taking Charge of Your Bladder: How Exercise Can Help**

Pamela McIntosh, PT, Lead Physical Therapist, Addison Gilbert Hospital  
Please RSVP to 978-777-4067.

### Rockport Event

#### ROCKPORT COUNCIL ON AGING - Free Lecture

**November 17, 2010 10:00 a.m.-11:00 a.m.**

#### **Exercise Solutions: Get Healthy, Prevent Injuries and Build Strength After Surgery**

Vaughn Graves, DPT, Doctor of Physical Therapy, Seacoast Nursing and Rehabilitation Center

Please RSVP to 978-546-2573.

### Wenham Events

#### WENHAM COUNCIL ON AGING - Free Clinics

Free blood pressure and blood sugar screenings available on a drop-in basis.

**October 27, 2010 9:30 a.m.-11:30 a.m.**

**November 17, 2010 9:30 a.m.-11:30 a.m.**

**December 15, 2010 9:30 a.m.-11:30 a.m.**

For questions or directions, please call 978-468-5529.

### Gloucester Events

#### ROSE BAKER SENIOR CENTER - Free Programs

**October 27, 2010 10:00 a.m.-11:00 a.m.**

#### **Taking Charge of Your Bladder: How Exercise Can Help**

Pamela McIntosh, PT, Lead Physical Therapist, Addison Gilbert Hospital  
Please RSVP to 978-281-9765.

#### **Free Brown Bag Pharmacy Session: Second Wednesday, Every Other Month**

An Addison Gilbert Hospital registered pharmacist will review your current medications and offer suggestions.

**October 13, 2010 10:00 a.m.-12:00 p.m.**

**December 8, 2010 10:00 a.m.-12:00 p.m.**

Reserve your free and confidential 15-minute session by calling the Gloucester Senior Center at 978-281-9765 at least two days prior.

#### SEACOAST NURSING AND REHABILITATION CENTER - Free Lecture

**October 27, 2010 5:30 p.m.-6:30 p.m.**

#### **Healthy Aging: At 50, 60, 70 and Beyond!**

Neil Mann, MD, Internist, Center for Healthy Aging

Please RSVP to 978-283-0300.

### Hamilton Events

#### HAMILTON COUNCIL ON AGING - Free Lectures

**October 13, 2010 10:30 a.m.-11:30 a.m.**

#### **Can You Hear Me Now?: Tips to Better Hearing**

Annemarie Czarnota, MS, CCC-A, Supervisor of Speech & Audiology, Center for Rehabilitation & Sports Medicine, Beverly Hospital

**November 10, 2010 10:30 a.m.-11:30 a.m.**

#### **Let's Talk About Stroke: Prevention, Education & Myomo Rehabilitation**

Sharon Gonick, MSPT, Clinical Manager, Northeast HomeCare, and Thom Kelly, MSN, RN, Stroke/PCI Programs Coordinator, Beverly Hospital

**December 8, 2010 10:30 a.m.-11:30 a.m.**

#### **Caregiver Stress Around the Holidays**

Melissa Levine, MSW, LCSW, Geriatric Care Manager, NortheastLink

Please RSVP to 978-468-5595.

*Please note: Northeast Senior Health offers additional programs in communities beyond those listed here. For a complete listing of upcoming lectures and screenings, please call our Events Hotline at 978-524-6040. To request a speaker for an organization or meeting you are involved in, please call Northeast Senior Health's Community Relations Department at 978-922-7018 ext. 1304.*

## Beverly Events

### BEVERLY COUNCIL ON AGING - Free Lectures

**October 20, 2010 10:00 a.m.-11:00 a.m.**

**Myomo® Stroke Rehabilitation: New Therapeutic Approaches for You**  
Sharon Gonick, MSPT, Clinical Manager, Northeast HomeCare

**November 17, 2010 10:00 a.m.-11:00 a.m.**

**Taking Charge of Your Bladder: How Exercise Can Help**  
Pamela McIntosh, PT, Lead Physical Therapist, Addison Gilbert Hospital

**December 15, 2010 10:00 a.m.-11:00 a.m.**

**Caregiver Stress Around the Holidays**  
Cheryl Wall, MSW, LICSW, Geriatric Care Manager, NortheastLink  
Please RSVP to 978-921-6017.

### Free Brown Bag Pharmacy Sessions: First Wednesday of the Month

A Beverly Hospital registered pharmacist will review your current medications and offer suggestions.

**October 6, 2010 10:00 a.m.-11:00 a.m.**

**November 3, 2010 10:00 a.m.-11:00 a.m.**

**December 1, 2010 10:00 a.m.-11:00 a.m.**

Reserve your free and confidential 15-minute session by calling the Beverly Senior Center at 978-921-6017 at least two days prior.

### THE HERRICK HOUSE - Free Programs

**October 20, 2010 2:00 p.m.-3:00 p.m.**

**Heart Disease: Know Your Risk Factors**  
Edward Loughery, MD, Cardiovascular Medicine, Northeast Cardiology,  
Beverly Hospital at Danvers  
Please RSVP to 978-922-1999.

**November 16, 2010 1:30 p.m.-4:30 p.m.**

**Alzheimer's Memory Screenings**  
The Herrick House Nursing Staff

Please schedule an appointment by calling 978-922-1999.



800 Cummings Center, Suite 266U, Beverly, MA 01915

To update your mailing information or to be removed from our mailing list, please call 978-922-7018 ext. 1306.

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## Danvers Events

### DANVERS COUNCIL ON AGING - Free Lectures

**October 6, 2010 10:30 a.m.-11:30 a.m.**

**Preventative Health Measures**  
Sandra Whittier, RN, Admissions Nurse, Northeast HomeCare

**November 3, 2010 10:30 a.m.-11:30 a.m.**

**Nutrition News: Eating Well as You Age**  
Lynn O'Reilly, RD, Registered Dietician, Lifestyle Management  
Institute, Beverly Hospital at Danvers

**December 1, 2010 10:30 a.m.-11:30 a.m.**

**Taking Charge of Your Bladder: How Exercise Can Help**  
Pamela McIntosh, PT, Lead Physical Therapist, Addison Gilbert  
Hospital

For questions or directions, please call 978-762-0208

### CENTER FOR HEALTHY AGING - Free Screening

Located at the Beverly Hospital Hunt Center, 75 Lindall Street in  
Danvers

### Brown Bag Pharmacy Session: Third Thursday of the Month

A Beverly Hospital registered pharmacist will review your current medications and offer suggestions.

**October 21, 2010 11:00 a.m.-1:00 p.m.**

**November 18, 2010 11:00 a.m.-1:00 p.m.**

**December 16, 2010 11:00 a.m.-1:00 p.m.**

Reserve your free and confidential 15-minute session by calling  
Northeast Senior Health at 978-921-1697 ext. 300 at least two  
days prior.

For questions or directions, please call 978-762-0208.

## Topsfield Events

### TOPSFIELD COUNCIL ON AGING - Free Lectures

The October program will be hosted at The Villages at Great Hill Meeting House, located at 1 Great Hill Drive in Topsfield, MA.

**October 28, 2010 10:30 a.m.-11:30 a.m.**  
**Anxiety: What Is It and What Can I Do About It?**

Dominique Rutteman, RNCS, Psychiatric  
Clinical Nurse Specialist, Center for Healthy  
Aging

**November 4, 2010 10:30 a.m.-11:30 a.m.**  
**Don't Get Sick: Protect Yourself from Flu and Germs**

Ellie Genest, RN, Director of Staff  
Development, Ledgewood Rehabilitation and  
Skilled Nursing Center

Please RSVP to 978-887-1523.