

WIDOWED SUPPORT SERVICES NEWSLETTER

News from: Rainbow Hospice and Palliative Care Widowed Support Services
August 2014



Resources Offered:

Patient and Family Services
*Helping people quickly identify
and receive what they need.*

Grief and Loss Center
*Providing support to grieving
individuals, families and
communities.*

Palliative Care Consultation
*A team approach to easing
symptoms of serious illness*

LIFE Institute for Learning
*Leading Innovators for
End-of-Life Education*

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1550 Bishop Court
Mount Prospect, IL 60056
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F: 847-294-9613
www.rainbowhospice.org

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Presence Saint Elizabeth
Hospital
Chicago, IL 60622

Oak Park address:
Oak Park Arms, Oak Park,
IL 60203

**Widowed Support
Services (WSS)
Newsletter is a
monthly
publication.**

Editor:

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847-685-9900**

The Social Side of Grief by Kenneth J. Doka

This article was originally published May 2000 in "Journeys," a Newsletter to help in Bereavement published by the Hospice Foundation of America. More information about Journeys can be found at www.hospicefoundation.org or by calling 800-854-3402.

We often think of the emotional reactions that accompany grief – the anger, sadness, loneliness or guilt. We may also recognize the physical or spiritual effects of grief. Yet, we are sometimes surprised by its social side. When Margie's husband Tom died, she realized "I would miss Tom when he died. I did not realize how every part of my social life would be affected."

We are often connected to others either as a couple or through our children or partner. Once we experience a loss, there are many reasons why our circle of relationships may change. We may have less energy or reasons to pursue relationships. Others may be uncomfortable calling, or not know what to say. Strangers or acquaintances may surprise us with the caring support they are willing to offer.

When Tom died, Margie sometimes felt very alone and often felt like a prisoner in her own house. But she would also feel like a "fifth wheel" with their friends. "We used to go out to dinner with two other couples almost every week. When the check came, we'd split it three ways. After Tom died, it was awkward because they always wanted to treat me. But, I couldn't see what was so difficult about splitting the bill five ways."

Social changes can leave us feeling lonely and vulnerable at a very difficult time. To handle these changes, the first thing we need to do is to acknowledge them. We must recognize that they can very much be part of the grieving experience.

We should also be aware of our needs, what we want to do socially, and who we'd like to spend time with. Without knowing this, we can enter a meaningless social whirl simply because we are afraid of being alone or feel that's what others expect. Margie attended a series of dances that she had no

interest in attending because friends thought she should get out.

We may need to gently confront the implications of a loss with friends. Margie felt it important to share her discomfort with her dinner companions. "After that, we effortlessly divided the check by five." And we should celebrate those relationships that are sustained or even grow during times of grief.

Alternate sources of support may be just what we need. This is one advantage of a support group. Support groups can introduce us to other people who've experience loss. Sharing the grief experience offers support and the possibility of new friendships. There may be other places as well such as groups at our places of worship or clubs where we can find additional opportunities to spend time and develop new relationships.

But we should also remember that we need to do this in our own time and at our own pace. Early in our loss experience, we may have neither the energy nor any interest in developing or reforming our lives. So we should determine, at our own individual pace, when the time is right to attend to that social side of grief.

***Do not protect yourself from
grief by a fence,
but rather by your friends.***

---- Czech Proverb

ANNOUNCEMENTS



WSS (Widowed Support Services) are services professionally facilitated by Rainbow Hospice and Palliative Care staff.

WPS (Widowed Persons Services) are activities which are volunteer-led.

Following is a listing of the activities for both service areas:

Widowed Support Services

The Widowed Support Group

addresses the losses faced by persons who, as a general guideline, have been widowed for less than two years.

It meets the **second and fourth Tuesday of the month, 7:00 - 8:30 pm.**

Life After Loss is a five or six-week support group for widowed persons who are 55 years of age or younger and have been widowed for less than two years.

For specific dates, please call 847-692-8884

The above groups are held at the:

**Park Ridge Nonprofit Center
720 Garden St.
Park Ridge, IL 60068**

Holding Onto Hope is a monthly day-time support group for persons 55 years of age or older who are grieving the loss of a spouse or significant other and who have experienced their loss within the last two years.

It meets the **third Thursday of each month from 1:00 – 2:30 pm. at**

**Central Baptist Village
4747 N. Canfield Ave.
Norridge, IL 60706**

For more information regarding these programs, please contact Rainbow Hospice and Palliative Care Bereavement Services at **847-692-8884.**

SAVE THE DATE:

Saturday, August 23; 10:00 – 11:30 am

The Soundtrack of Love and Loss is a Music Therapy Workshop. Music connects us with our loved ones, grounds us and offers peace needed for bringing back balance into our lives after a loss.

Join us for sharing music, feelings and memories.

Registration required. Fee: \$15.00

Held at: **Rainbow Hospice & Palliative Care,**
1550 Bishop Ct. Mount Prospect, IL

WPS Dinners and Lunch

Join the Widowed Persons Service members for dinner or lunch.

Volunteers will be there to welcome you.

Dinners are held at:

The New Silver Stallion

1275 Lee, Des Plaines

at 6:30 pm on the 1st Monday of the month and is for widowed persons and those who were widowed and are now remarried.

Contact: Susan Hofmeister at 847-634-6345

Colletti's Restaurant

5707 N. Central Ave., Chicago, IL

for dinner scheduled on the 3rd Thursday of the month at 6:30 pm.

Contact Carolyn Peithman at 312-213-6388.

Lunch takes place at:

Andrew's Open Pit & Spirit

2610 Dempster (at Potter), Park Ridge

at 12:30 pm. on the 4th Sunday of the month.

Contact: Pegge Ferris at 847-696-0456
Sheila Burns at 773-637-6860

WPS Outreach and Groups

The WPS One to One Outreach Service is

also available. Trained widowed volunteers offer phone and/or in person support to newly bereaved persons.

Please note: New Event

Touchstones is a new monthly day-time support group for persons who are grieving the loss of a spouse or significant other and who have experienced their **loss between two and four years ago.** It meets on the **third Thursday of each month from 3:00 – 4:30 pm.**

The location is at:

**Central Baptist Village
4747 N. Canfield Ave.,
Norridge, IL 60706**

Reminder:

**Wednesday,
September 10; 7:00 – 8:30 pm**



Grief & the High Holidays is a workshop for bereaved who are anticipating the Jewish High Holidays after the death of a loved one. This workshop will offer information on the grief process, strategies for coping with the holidays, ways to memorialize your loved one, and rituals to bring meaning to your celebrations. Co-sponsored by the Jewish Healing Network of Chicago and Rainbow Hospice and Palliative Care.

Registration required. Fee: \$15.00

Held at: **Jewish Child & Family Services,**
5150 Golf Rd., Skokie, IL



*Courage is nothing less than
the power to overcome danger,
misfortune, fear, injustice; while
continuing to affirm inwardly that
life with all its sorrows is good;
that everything is meaningful
even, if in a sense, beyond our
understanding; and that there is
always tomorrow.*

--- Dorothy Thompson



**Joyful Again ! Program for widows &
widowers who want to find joy in living again.**

Come join us for a weekend especially designed
to help you reflect on and recognize new
direction for your life while still treasuring
memories of your loved one.

August 2 & 3, 2014

Mary Queen of Heaven Parish
Elmhurst, IL

Call: 708-354-7211 to register, or
email: joyfulagain@att.net more info at:
www.joyfulagain.org



SUBSCRIPTION INFORMATION:

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**Please check one of the above, clip this
form, and mail it to:**

Rainbow Hospice and Palliative Care
1550 Bishop Court
Mount Prospect, IL 60056
Attn: WSS Coordinator

NAME:

PHONE: (_____)_____

ADDRESS: _____

CITY: _____

STATE: _____ **ZIP:** _____

EMAIL ADDRESS:

Please print



August 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> <u>6:30 pm</u> Dinner at the Silver Stallion	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12</i> <u>7:00 pm</u> · On-going Widowed Support Group · Life After Loss Held at the Park Ridge Nonprofit Center	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19</i> <u>7:00 pm</u> WPS Volunteer Support Meeting at RHPC	<i>20</i>	<i>21</i> <u>6:30 pm</u> Monthly Dinner Colletti's Rest. <u>1:00 pm</u> "Holding Onto Hope" <u>3:00 pm</u> Touchstones Held at Central Baptist Village	<i>22</i>	<i>23</i>
<i>24</i> <u>12:30 pm</u> Lunch at Andrew's Open Pit & Spirit	<i>25</i>	<i>26</i> <u>7:00 pm</u> · On-going Widowed Support Group · Life After Loss Held at the Park Ridge Nonprofit Center	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>
<i>31</i>						



Mission statement

Rainbow Hospice and Palliative Care empowers people to live with dignity and hope while coping with illness, loss and the end of life.

Value statement

We will be the best in class for the relief of symptoms, the prevention of suffering, grief support and specialty education.

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