

# Living and Healing



A publication of Home Bound Healthcare Hospice

Bereavement Newsletter

Volume 2 | Issue 1 | Year 2012

## Home Bound Healthcare Hospice

14216 McCarthy Road  
Lemont, Illinois 60439

### Phone

630.914.5140

### Fax

630.914.5148

**Our Service Area:**  
Cook County  
DuPage County  
Will County

## Empowering Decisions & Supporting Choices

If you or someone you know would like more information about our Bereavement Services, please contact us at 630.914.5140.

[www.HomeBoundHealth.com](http://www.HomeBoundHealth.com)

## It IS About You!

**By: Daryce Hoff Nolan, B.A., M.M.**  
**Hospice Spiritual Care / Chaplain**

The research of Elisabeth Kübler-Ross forever altered the view that our society had of the grief and grieving process. Kübler-Ross' Five Stages of Grief are: Denial, Anger, Bargaining, Depression and Acceptance. If you would like to read more on this work, please see Elisabeth Kübler-Ross' book: *On Death and Dying*, 1969.

Sometimes I wonder if we have taken her stages too literally. It may be that some of us expect grief to happen in clean cut stages, and in order. We also may expect that once we get to acceptance we are finished grieving and will move on with our lives.

In my experience, grieving has not been a predictable process. The only thing predictable has been that it hurts like crazy to lose someone that you have loved. People who recently have experienced a loss have described it as feeling like a "punch in the gut" or something that "knocked you out." Another described her grief as a huge wave that crept up and washes over her, leaving her "out of control and flailing."

None of these descriptions sound like clean, predictable experiences. Grief is messy and painful and VERY PERSONAL!

When one is grieving any type of loss, it is a very personal process that is not unlike a journey. There are unpredictable bends and bumps in the road.

This journey takes however long it takes, five stages or not.

Once when a member of my family was grieving the loss of her husband, another family member spoke to her most insensitively: "You should be doing better by now. What is wrong with you?" What a terrible way to judge another person!

There is nothing wrong with taking time to work through grief.

This is one time in life when it is about you. Grieving takes as long as it takes. It is a process that we can acknowledge and allow to happen in our own way and own time. NO one can say to you that it should take any certain amount of time, or direction. Take your time, honor your feelings, and yes, honor your grief – it almost always stems out of the love that we have for the people we are grieving. Try to let go of the preconceived notions of how your grief **should** be. Let it happen to you, and don't fight it. Grieve in your own way.

You certainly may find it is also good to let understanding family and friends in to your grief process as you see fit. Even occasionally a clergy person or therapist may be helpful to you as well. But, the best way to grieve is in your own time and your own way. Healing will come in time.

May your journey be one of many blessings!

*Daryce Hoff-Nolan*

Daryce Hoff-Nolan

Hospice Spiritual Care / Chaplain

**Recommended  
Reading**

- *On Death and Dying*  
- Elisabeth Kübler-Ross
- *A Grief Observed*  
- C.S. Lewis
- *Grief's Courageous Journey*  
- Sandi Caplan & Gordon Lang

## Please Join Us: Community Bereavement Support Group

Suzanne Blanchard, LCSW, C-ASWCM, Hospice Assistant Administrator & Social Worker and the Home Bound Healthcare Hospice Team invite interested community members to attend meetings of the monthly Community Bereavement Support Group.

Date: Wednesday February 22, 2012  
Time: 5pm – 6pm  
Location: Home Bound Healthcare Hospice  
14216 McCarthy Road  
Lemont, IL 60439

Please note that the Community Bereavement Support Group is free of charge and open to any community members interested in taking part in a bereavement support group.

The group will meet on the fourth Wednesday of each month from 5pm – 6pm at the HBH Hospice Office in Lemont.

Please RSVP to the Support Group Facilitator, Suzanne, at 630-914-5140.

## What are Bereavement Services?

**Visit us on the web at:**

[www.HomeBoundHealth.com](http://www.HomeBoundHealth.com)

Home Bound Healthcare Hospice is driven by the concept that the dying process is an integral part of the life cycle that significantly impacts not only the individual, but family and friends. Our Bereavement Services are an extension of the hospice program, designed to promote growth and healing, and to help one adjust after a loss.

We offer individual and family counseling, information that is helpful during the grief process, and our monthly bereavement newsletter; *Living and Healing*.

For more information, please contact:  
Suzanne Blanchard, LCSW, C-ASWCM  
Phone: 630.514.9140  
E-Mail: [sblanchard@homeboundhealth.com](mailto:sblanchard@homeboundhealth.com)



## HOME BOUND HEALTHCARE HOSPICE

*Providing End of Life Care by Empowering Decisions and Supporting Choices*

PH: (630) 914-5140 FAX: (630) 914-5148 WWW.HOMEBOUNDHEALTH.COM

### Home Bound Healthcare Hospice

14216 McCarthy Road  
Lemont, Illinois 60439