



# Reid Health

## Hospice Services Update

August 2017

### “One More Step”



Rick Alvey, Chaplain

**Question: How do you eat an elephant? Answer:  
One bite at a time!**

It's an old adage that is still true today! The point of this proverb is to not be discouraged by the big task at hand but to keep plugging along little by little.

My wife helps me with this every time I go to clean up or organize the garage. All I see is a giant mess that leaves me dazed and confused. It's all so overwhelming to me that I stand there like a deer in headlights. But she just says, "Let's start here," as she grabs one item. Then before I even realize what is happening the garage has been sorted through and put into order; one piece at a time!

You eat an elephant one bite at a time. You clean a garage one item at a time. And you move through grief by taking one more step. That one step might be getting out of bed or getting dressed or going to the store or sorting through the mail or fixing something to eat or calling to check on a friend who's been sick. The one more step may be different for each of us but doing just one more thing is the key for all of us.

When we look too far down the path we are on and

see an obstacle in the distance, it's easy to stop where we are because of that obstacle. We're not sure how we're going to get around it or over it so we stop right where we are; we quit moving forward. But we're not at the obstacle yet. It doesn't have to be figured out yet; not until we get to it.

The way to not be overwhelmed by the enormity of what you are going through is to keep your focus on taking one more step; by doing the next right thing. By the time you get to that obstacle it may look very different or a way around it might become obvious now that we are closer to it.

And don't be discouraged if you don't know what one step to take next. That's why we have others to share the journey with us. Ask a trusted family member, friend or clergy to offer a suggestion. In fact, ask multiple people and get various ideas. If none of them seem exactly right, pick the best suggestion and take one more step!

Having others around you who are understanding and supportive is essential. We hope you have such people in your life. But if you don't, please know that we are here to share the journey with you.

### **The Reid Hospice Bereavement Group and Perinatal & Infant Loss Support Group**

times are listed on this newsletter. If you would like to join us for a session, please give us a call! As you remember your loved one's life, may you experience joy, peace and healing as your journey continues.

Right beside you.

## Reid Hospice Bereavement Group

You are invited to join us for an informal monthly support group with people who share the recent loss of a loved one. The Reid Hospice Bereavement Group meets in the Reid Outpatient Care Center, 1100 Reid Parkway. **If you plan to attend either session or have other questions, please call (765) 983-3344 or (888) 983-3344.**

### **Afternoon group**

2:30 p.m. the third Wednesday of each month.

### **Evening group**

6:30 p.m. the first Tuesday of each month.

## Perinatal & Infant Loss Support Group

For families who have experienced ectopic pregnancy, miscarriage, stillbirth, or the death of an infant. We meet at 6 p.m. the third Thursday of each month in Classroom C, 1100 Reid Parkway.

**Please call (765) 983-3020 to confirm attendance if driving long distance, if inclement weather is possible or with any questions.**



**Reid Health**

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ReidHealth.org

holeness – in body, mind, and spirit – is basic to fulfillment of human potential. Reid Health and its people work with others to enhance wholeness for all those we serve.



**Reid's mission**