



Reid Health

Hospice Services Update

November 2017

“A Series of Losses”



Rick Alvey, Chaplain

Life is a series of losses, and multiple losses will extend your grief journey.

Past losses can include the deaths of loved ones and pets, job displacement, the loss of a home, and friends and family moving away. Less tangible losses include not being chosen for a particular project or committee and missing out on special events. If you have not dealt with these losses, you may have feelings of regret or sadness that will affect how you grieve your current loss.

“The old losses actually contaminate, intensify, and complicate this new loss,” says Dr. H. Norman Wright. Sometimes a new loss can stir up feelings from an old loss that we didn’t even realize we still had. Once you understand that you are experiencing multiple losses, you will be better prepared for the depth and the different aspects of grief that may have been confusing at first. Writing a “loss history” can be very helpful in identifying past losses.

Take time to think of and list any losses you have experienced throughout the course of your life. Include any instances where you felt a sense of loss, no matter how unimportant the circumstances may seem now. Think of missed

promotions, friends moving away, the deaths of pets, the ends of friendships, job losses, children leaving home, and lost opportunities.

After you have identified each loss, go down through the list and sort through them one by one. Find someone to talk with and share with them about how intense it was and how you felt at that time. Take your time doing this. You may need to plan a time each day or week to work through your list.

“If you find there’s an emotional connection to some loss,” says Dr. Wright, “then maybe you have not really processed it. Maybe it’s still affecting your life in some way.” Dr. Wright suggests that you need to come to the point at which you can say of each loss, “Yes, that happened to me, but now I’m going on with my life,” compared to “Boy, that happened to me, and it still hurts.”

Understanding your grieving process will help keep you moving forward and not backward. Be prepared to grieve all your losses on this journey.

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

There will be no Wednesday afternoon group on Nov. 15.

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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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