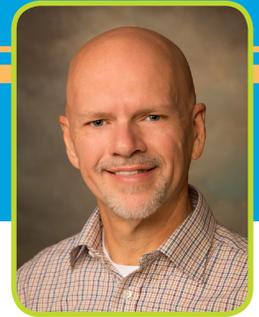


“Brand New Year, Same Old Grief”



Rick Alvey, Chaplain

The familiar adage that “Time heals all wounds” is a great sentiment filled with hope but it doesn’t work that way. Time alone does not lessen the pain of grief or magically make the heartache go away. The calendar may register a new date and a new year but that doesn’t automatically equate to moving forward through the journey of grief.

The journey of grief is one that you must ultimately decide to complete. You cannot remain where you are right now. Time moves forward, and so must you. Remember the good times; cherish the memories, but live each day moving forward. Focus your thoughts on what is before you and how you are going to get there.

“I often tell people that there are three stages you need to think about: You can’t go back. You can’t stay here. You must go forward,” says Dr. Ray Pritchard. “There may be some good things in the past that you wish you could go back to, but in the end you have to let those go.”

Keeping a special item such as a picture, piece of jewelry or favorite stuffed animal can help you hold on to the good memories shared with your loved one. Such keepsakes will always hold a special meaning for you, but don’t let those same things keep you from moving forward in the journey through grief.

Perhaps it would help to write a letter to your loved one to express how much you miss them. Write about how difficult it is to finish one year and begin another without them, but be sure to end the letter by focusing on what you’ll be doing in the coming New Year.

What does come with the New Year is the realization that no matter where you are on your journey or how long you’ve been traveling it, you have made it this far. You have made it to another new year. So keep moving. Keep going. Keep putting one foot ahead of the other. Choose to keep moving through the journey of grief.



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

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 Tuesday 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