

“Who Are You?”



Rick Alvey, Chaplain

Our personal identity is not something we often think about, but is an ongoing process through life. It's sort of like the electrical system in our homes— we know it's there, and we use it daily, but we don't tend to give it much thought unless it quits working.

Part of our self-identity comes from our relationships with others. To various degrees, our identity is significantly affected by others. So when someone with whom we have a relationship dies, our self-identity naturally changes.

When my father died during my senior year of high school, I was still a son to my mother but it affected my self-identity. I took on more of a caretaker role with my mom because my dad wasn't there to do that. Then, when my mother died many years later, I completely lost the identity of being a son and had to make new adjustments.

A death often requires us to take on new roles. Maybe it's taking out the garbage or paying the bills; or buying the groceries or

scheduling the car for an oil change. We have to adjust to a new identity every time we do something that used to be done by the person who died.

This process usually brings with it two results. One is that we have a new, deeper appreciation for our loved one because of what they used to do on a regular basis. Be grateful for all that they did, and take time to express your gratitude to others. It is a great way to honor the memory of our loved one and it might even encourage others to be more grateful for the loved ones in their lives.

The second thing that happens is many people discover some positive aspects of their changed self-identity. Perhaps you'll find you enjoy some of these new responsibilities. You may develop a renewed confidence in yourself. And this newfound enjoyment or confidence may empower you to go on living, even though you continue to feel a sense of loss. So keep working on discovering a new identity.

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 the Outpatient Care Center Classroom, 1100 Reid Parkway. **Please call (765) 983-3020 to confirm attendance if driving long distance, 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