



Reid Health

Hospice Services Update

February 2017



Rick Alvey, Chaplain

“Don’t Touch That Dial”

“What happened to the volume?” It can be frustrating to be in the middle of watching one of your favorite shows and suddenly not be able to hear the dialogue; or be in the middle of a favorite

song and unexpectedly lose the music.

When we experience a traumatic event like the loss of a loved one, it can suddenly feel as if someone drastically turned down the volume. We don’t hear the conversations going on around us. Someone talking to us can sound like they are speaking through a tunnel and from a distance that is far away from us. Family and friends give you a quizzical look because they’ve said something three times, and you didn’t hear any of it.

This is perfectly normal!

There is no reason to touch the dial, change the channel or be overly concerned. Getting lost within our own thoughts to the point that we don’t hear what’s going on around us is a common experience for those traveling through grief.

It won’t last forever and will likely lessen with time. This drop in volume is just one of the ways that our body works to keep us from overloading when we are trying to process an enormous amount of emotions. Like an electrical breaker that clicks off to prevent an unhealthy overload, our ears automatically block what is going on around us as we try to process the difficult emotions that come with grief.

If you are around those who are experiencing grief and notice this happening, be patient. Understand that this is an ordinary response to grief. And if you are the one going through grief, don’t be too hard on yourself or concerned about your state of mind. If this kind of condition continues for a long time or becomes a concern, then by all means see your doctor. But understand that this can be a perfectly normal process of the grief 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, give us a call!

As you remember your loved one’s life,
may you experience joy, peace and healing
as your journey continues.

And may you have good grief!

Right beside you.

Reid Hospice Bereavement Group

You are invited to join us for 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

The Reid Health Perinatal & Infant Loss Support Group meets in Classroom C, 1100 Reid Parkway. The time and location of the meetings may change occasionally. **Please call (765) 983-3020 to register, and to confirm the time and location of the meeting.**



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.

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Reid's mission