

Healing Together: Ideas to Share

The Newsletter of Suburban Hospice

FALL



Contents

A Time of Reflection	1
Review: <i>The Invisible String</i>	1
Stay Healthy This Winter	2
Cooking for One	2
The Joy of Movement	3
"Out of Sorts"	3
We're Here for You	4

Grief support services

- ◆ Grief group, online for now, every Friday 10:30-11am
- ◆ Private Facebook grief group
- ◆ Private grief counseling
- ◆ Grief resources

This newsletter is a free bereavement publication offered by Suburban Hospice, Greenfield, IN

A Time of Reflection

Greetings!

Isn't it hard to believe that fall is already here? In this unusual, unprecedented and unexpected time, we are still doing semi-normal things. Schools have been back in session—with adjustments and precautions—for a couple of weeks, and the trees and tall grasses are taking on a decidedly golden tint. After a lush summer season of sun and rain, fall brings the high point of the growing season and along with it, an awareness of abundance, a sense of gratitude, and a season of sharing our bounty with those we love.

For those of us who are grieving, fall may also bring bittersweet memories and a heightened feeling of loss as we prepare to "draw inside" for the winter months. When we're grieving, we can feel disconnected from the normal change of the seasons. We're not up to hayrides and bonfires and even apple cider and other treats of

BOOK REVIEW

The Invisible String: Love Lasts

In your life, is there a child—or a child at heart—who is grieving? *The Invisible String* is a gentle book that talks about the continuing bonds of love, no matter where our loved ones may be. This sweet book is often shared when a child has lost a parent or grandparent, a parent is deployed overseas, a family goes through a divorce, and more.

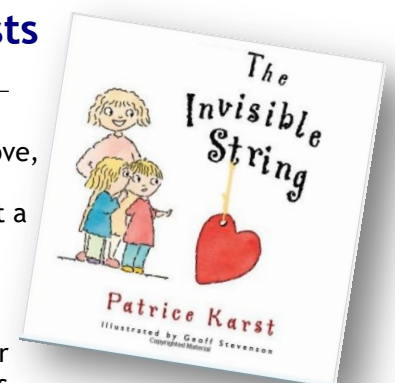
For any kind of loss, it is a comfort to remember that our bond with the person we love continues, no matter what.

The lovely illustrations and gentle words will soothe and comfort aching hearts, whether they are 80 or 8 years old. ♥

the season don't bring the same feeling of home and happiness we once felt. That's normal in loss. Our memories of fall may have sadness around the edges this year.

One thing we know helps that feeling of sadness is to put it into words. Tell your loved one, out loud, that you're missing him or her. Share with a friend both the challenges and the blessing of the season. Perhaps write about how you feel, or sing about it, or come up with a new fall tradition you can do in honor and in memory of your loved one.

The change of seasons, especially in the fall, invites us to reflect on all that has gone before—the joys and the sorrows. We have a chance to affirm the goodness of life, even while we're still feeling its heartache. Perhaps along the way, we can enjoy the crispness of the air, the crunch of the leaves, and feel a sense of gratitude for the blessing and memories of those we love. ♥



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Visit WebMD's Food and Recipes Center at <http://www.webmd.com/food-recipes> to learn more about the effects of healthy food and get great recipes!

Share Your Thoughts!

If you have a story, idea, recipe, or suggestion for us, we'd love to hear it. Send questions or submissions to Katherine at kmurray@suburbanhospice.org.

TIP: When we're shopping for one, we often overbuy produce. To save \$\$\$ and energy, buy only what you need—one or two apples, a grapefruit, some pre-cut cantaloupe. Sure it's a few cents extra, but that's better than letting good fruits and veggies go to waste.

Stay Healthy This Winter

This year more than ever it is important to stay precautions and avoid COVID-19 and the flu. Our immune systems can take a hit when we're grieving. To help yourself stay healthy this winter, experts recommend the following:

- Wear a mask, avoid crowds, and wash your hands often.
- Get a flu shot.
- Use your own pen (no kidding! Reduces exposure to germs.)
- Join a group online. Seeing friends boosts your immune system!
- Express yourself. Share your feelings, paint or draw, take a

dance class, get creative.

- Keep a gratitude journal. Feeling good helps you stay well!

For more healthy tips, visit www.prevention.com/health/winter-health-guide.♥



Boost immunity and keep cold germs away.

COOKING FOR ONE

Curried Butternut Squash Soup

This soup is filling and comforting and gluten-free! It takes only 30 minutes to make and you can freeze leftovers for a warming dinner on a snowy night.

INGREDIENTS

- 1 medium butternut squash
- 1 TB coconut oil
- ¼ c chopped onion
- ¼ tsp garlic
- 1 ½ T curry powder
- ¼ tsp cinnamon
- 1 14 oz can light coconut milk
- 2 c vegetable broth
- 2-3 T maple syrup

DIRECTIONS

1. Cut the squash in half, remove seeds, and bake, cut-side down, on a cookie sheet at 350 degrees for 45 minutes.
2. Sauté onion and garlic in oil for 2 minutes, stirring frequently.
3. Scoop baked butternut square out of the skin and add to sauté, with curry powder, cinnamon, and salt and pepper to taste. Cook 4 minutes.
4. Add coconut milk, vegetable broth, and syrup, and reduce heat to low. Simmer 15 minutes.
5. Use immersion blender if you want a smooth consistency. Season to taste. Enjoy! ♥



Curried butternut squash soup

READY, SET, MOVE!

The Joy of Movement

Are you achy? Do you feel stiff, like walking and bending is a chore? Sometimes grief makes us feel that way. Sometimes *life* makes us feel that way.

What helps might seem counterintuitive, but it actually works: Move!

Gentle morning stretches and deep breaths can help bring oxygen into your bloodstream and get blood flowing through muscles that have been quiet all night. Going for a mid-day walk gets your blood pumping and hopefully gives you time to chat with friends or bond with your dog or kitty. (Don't laugh—I

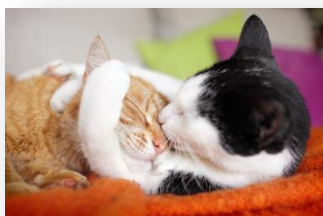
actually walk my kitten Mabel on a leash. Or, rather, she walks me.)

You might also consider joining an exercise class at one of the two Hancock Wellness Centers. For easy movement, you'll find classes in Yoga Lite, Senior Strength, and Aquatics. Curious? Find out more by going to www.hancockwellness.org.

Whatever you choose, just know that movement is good for you, can boost your energy (and your immune system), and give you a little more spring in your step. ♥



Hancock Wellness Centers offer group classes for all ability levels.



RELATIONSHIPS

“Out of Sorts”

The phrase “out of sorts” is a funny term that experts say originated back in the 1700s. It's hard to explain what “sorts” are, but we know it when we're out of them. Things get under our skin. We have little (maybe very little) tolerance or patience. Nothing feels right. We are the opposite of peaceful.

When we grieve, the whole universe may feel “out of sorts” for a while. Things don't add up. People seem less friendly than usual. We feel isolated and alone. This is normal. This is hard. This is the time we need a friend we can call and speak truth to: “Everything hurts today.”

Anger and irritation aren't often talked about in polite company but they are a normal part of healthy grieving. We might have anger for the way our loved

one suffered. We might feel mad that they've left us with a mess of paperwork and household duties to figure out. We might feel at a loss about how to deal with the kids, how to face our friends, or how to begin to go on with daily life.

Anger is normal. Irritation is expected. And feeling “out of sorts” is often the nature of the day for a while.

The good news is that with time, our “sorts” begin to return. We start to find a comfort zone. We continue to grieve and we miss our loved ones greatly, but the anger and irritation do start to fade as the great blessing of memory and our awareness of love and light returns. ♥





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We're Here for You

Here at Suburban Hospice, we know that healthy grieving means family members have the support they need to share their feelings honestly. Our grief support in the last weeks of life and following a loved one's death includes:

- Spiritual and emotional care for pt and families
- Grief awareness & education provided during last weeks of life (what to expect, what's "normal," coping strategies, where to go for help)
- Presence of chaplain at the patient's passing (as requested by family)
- Availability to officiate at funeral services

- Continuing contact with families to check in and assess grief needs following patient's death

Long-Term Bereavement Support

- Phone calls to check in
- Mailings about grief, encouraging families to call for more support
- Weekly drop-in grief group
- Private Facebook grief group for our Hospice families
- Memorial services for families of loved ones twice a year ♥

Grief Support Continues

Our in-person grief group is suspended at the moment, but we are still meeting online! Email Katherine to find out more.



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If you need grief support, please call

Grief is a difficult journey that is unique for each one of us. But we don't have to go through it alone. Please call **317-468-4124** if we can help by providing grief resources or support for you.