



Lake Superior
LIFE CARE & HOSPICE

JANUARY 2021 Bereavement Newsletter

Happy and Healthy NEW YEAR Everyone

914 W. Baraga Ave.
Marquette, MI 49855
906.225.7760

January Calendar of Events:

Grief Support Group:
Open to the public

ZOOM GRIEF SUPPORT Meeting

**Wednesday,
January 20
5:30-7:00pm**
Meeting ID
943 8830 2459
Passcode
806438

**Please call our office if you would like a link to this meeting e-mailed to you. 225-7760

Individual Grief Counseling:

Please call or e-mail for telephone appointment

906-225-7760
lmarttila@lakesuperiorhospice.org

WINTER MEMORIAL SERVICE:

Due to COVID restrictions, this memorial will be recorded and available via video.

Please contact LSLCH office, 225-7760, by Jan 26, 2021, if you would like your loved ones name read at the service.

Accepting (or sometimes even remotely caring about) the New Year can be a big task for griever !! Sometimes, it is hard enough to live each day as it comes, much less look ahead to an entire new year. We may be afraid of what the new year might bring; we may worry whether or not we can handle any more challenges, or we may feel our current experience of emptiness and loneliness may stretch on forever. Also, longing to recover the past can sometimes make us resistant to welcoming a new year. The past was where we were comfortable, and where we felt safe and happy. We long for the person we miss, the person we were with them and the precious past we shared.

Additionally, this year, while everyone is waiting for the COVID pandemic to end and “things to return to normal”, this will not be the case for us. While we are grateful and relieved our pre-COVID world may return in the near future, our lives will never be the same again — Our loved one is gone.

The approach of a new year may mean different things to different mourners. Whether we welcome, dread or ignore a new year probably will depend on where we are in our grief process. By now we realize we have to adapt our lives on all fronts. Some adaptations to the usual list of resolutions may be useful.

Such a set of resolutions might look like this:

I **resolve** to not place time limits on my grief; it will take as long as it takes.

I **resolve** to acknowledge my grief as my own – that it is as individual as I am and will take shape in its own unique way.

I **resolve** to be mindful of the need for flexibility when it comes to the expectations of others (and myself).

I **resolve** to not be pressured by “shoulds”.

I **resolve** to cut myself some slack when I am not as productive as I might like, behave in ways uncharacteristic of my usual self or simply “don’t care”.

I **resolve** to accept that others may not understand my pain, and it is probably not realistic to expect that of them.

I **resolve** to express my feelings without guilt, and not apologize for tears.

I **resolve** to be grateful for others who are concerned and willingly just listen.

I **resolve** to recognize that my acceptance of assistance and support of others allows them the blessing of giving.

I **resolve** to forgive those who say or do things which feel hurtful, recognizing that unkindness is not intended.

I **resolve** to extend to myself the same grace and patience I would to others, were they in my situation.

I **resolve** to find some little way each day to begin to reinvest in life, in an effort to move toward hope and a sense of purpose.

I **resolve** to continue to speak my loved one's name, tell our stories and embrace my memories.

Used with permission from The Hospice of the Red River Valley.

Whether or not you are one to make resolutions, it is our hope that one or more of these thoughts will resonate with you. It is our greatest prayer and hope that you have a



HOPEFUL, HEALING AND HAPPY NEW YEAR

From Lake Superior Life Care and Hospice

Winter Memorial:

Please contact LSLCH at 225-7760 or email to lmarttila@lakesuperiorhospice.org so we can add your loved ones name to the group of cherished people we will honor at our memorial service. We ask that you contact us by January 26, 2021. The video will be made available by February 15, 2021. At your request, a program can be mailed to you after the service is videoed on January 28th.

PS: If your loved one was a patient of LSLCH, you will receive a phone call from "Arbor Survey" asking for your feedback on our services. Your participation and input would be greatly appreciated, so we can continue to improve our care, support and services.