



IMH HOSPICE BEREAVEMENT NEWSLETTER

JANUARY 2010

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JANUARY'S ARTICLE OF THE MONTH



DANCE WITH A LIGHT HEART

My little granddaughter loves to dance and perform. She graces the floor with the lightest little feet and is as poised as any little five year old can be.

As we live life, our feet get a little heavier and we are not as poised and carefree as we once were. Life blesses us with lessons ... some wanted, some not.

To help you understand my thought process, let me explain that I am not writing without experience. Life has dealt me heavy feet and heartfelt pain just like many of you. My dance has been altered along life's path. However, the lessons I have learned are valuable ones on which I continue to build .

First, I learned that bad things happen to good people; it is not punishment for some insignificant deed.... It is just life.

I learned that when someone I love dies, my heart breaks but also it extends my hand to someone else.

I learned that grief does strange things to people, much of which cannot be controlled.

I learned that attachments facilitate the will to live.

I learned never to leave the house without kissing my loved one goodbye or telling them I love them.

I learned to put myself in other's shoes and share the pain.

I learned that crying is allowed and is healing.

I learned that grieving from a distance is less real.

I learned that guilt can destroy self and relationships.

I learned the meaning of forgiveness.

I learned that those whose hearts are breaking need to talk. Therefore, I listen.

I learned to be present.

Lennie

“When we allow ourselves to mourn, we celebrate the dance, and,
In our hearts, life keeps beating.”

Sally Downham Miller

As we enter January and a new year, we will begin scheduling events, speaking engagements, grief support groups, and other community outreach events. December was a break from the busy organizational community activities, but now we are recharged and ready to begin the new year.



Our first Support Group of the year will begin January 26 at 5 p.m. at Iroquois Regional Health Center in the Conference Room. The group will run for six Tuesdays.

Dates are:

January 26
February 2
February 9
February 16
February 23
March 2

Registering will be helpful for me to prepare appropriately. You may contact me at 815-432-0185 to do so. Since January and February are weather concerned months, I will contact you if group is cancelled, so please make sure I have contact information.

This support group is open to hospice bereaved clients, facility staffs, general public. Bring a friend if you would feel more comfortable. Looking forward to see you there!

(If a different day or time is better, let me know your wishes!)



We are planning to begin the new year with updates for all our nursing homes. There have been changes made to our admission process due to regulation changes. I will be contacting all our long term care facilities to schedule informational inservices for the staff. We are looking forward to spending time with staff and answering any questions they may have.

Our Bereavement Newsletters can be read on our website. Please visit: www.iroquoismemorial.com for previous and future newsletters.

In addition to the newsletter, I have personally begun a blog which I invite everyone to view and comment. Share your thoughts, ask questions, etc. Tell me what you want to know about grief. Tell me what is on your mind!

<http://lonniesroom.blogspot.com>

Lonnie's Book Club

I recommend reading:

“Tear Soup” by Pat Schweibert
