

## Monthly Support Groups

**2nd Tuesday** of the month from 4:00 pm. to 5:00 p.m. @ Alpert Jewish Community Center in Long Beach.  
This group offers a safe and supportive environment for participants to share their experiences and feelings related to loss.  
**Pre-registration is required.** Please contact Donna Baranyay at 562-426-7500 ext 206 for more information.

## Individual Support

The Bereavement Department of Haven Hospice offers individual support. For more information or to make an appointment for an individual meeting please contact our Bereavement Coordinator, Donna Baranyay at (562) 426-7500 ext 206

## Volunteering With Haven

Are you ready to become a Haven Hospice Volunteer? If you are interested in this rewarding opportunity, or you know anyone who is looking to volunteer his or her time, please contact Erin McCuan, Director of Volunteer Services (562) 426-7500 ext 409.

## Help us keep our mailing list current!

If you no longer wish to receive our monthly newsletter or if the address that appears is not current, please email Jennifer Orellana at [Jennifer.Orellana@havenhealth.org](mailto:Jennifer.Orellana@havenhealth.org) or call the office at (562) 426-7500 ext 300.  
Thank you for your assistance.



Haven Health™

2895 Temple Ave  
Signal Hill, CA 90755

Call toll-free at (877) 366-4466



# Healing with Haven

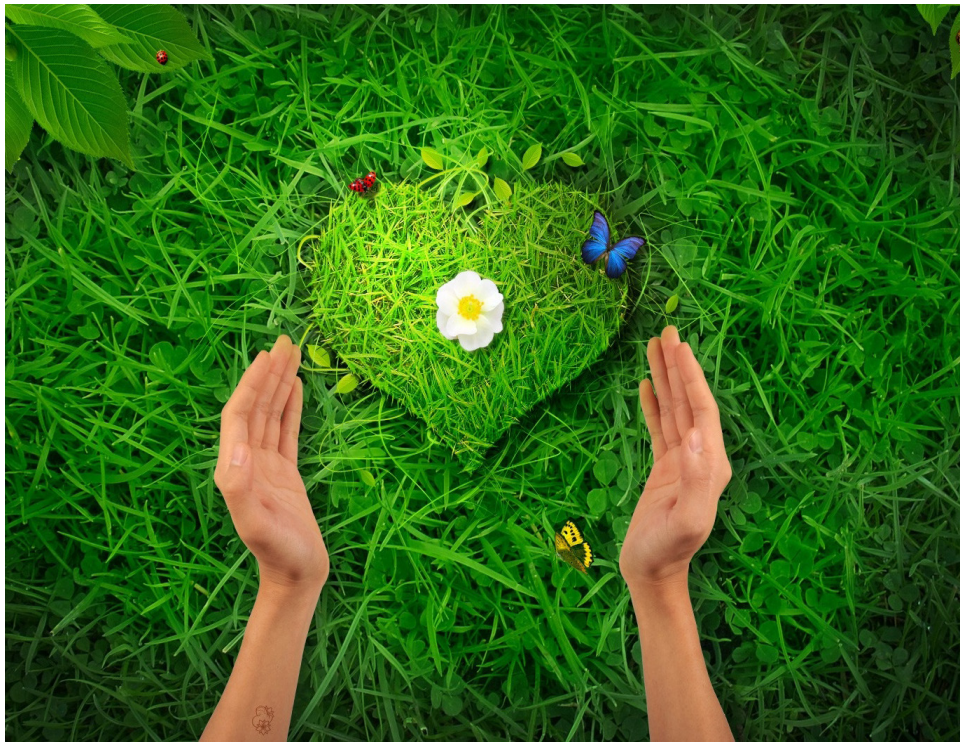
September & October 2014

## Growing and Healing through the Grieving Process

By Donna Baranyay, CT

*“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”*  
**-Maya Angelou-**

When we are grieving the death of a loved one we often do not realize the changes that we experience, sometimes on a daily basis. We discover an inner strength we didn't realize we had, we find new, healthier ways to cope when we are feeling sad, depressed, frustrated, or some other feeling we would rather not be feeling in the moment. We discover for ourselves what is often referred to as the “new normal”, a new way of coping with life and the changes that ensue following the death of a loved one. These changes may include changes to beliefs, traditions, and attitudes towards life, living, and loving.



Just like that caterpillar who becomes a butterfly, we too go through changes. While the caterpillar is alive he moves through the world seeing everything from one perspective. As he enters into the chrysalis he has no idea that he is about to be transformed. For all we know, he thinks his life is about to end. And end it does, or rather an end to how he experienced life as he knew it. What happens in reality is that he becomes transformed into a beautiful, graceful butterfly.

How does life change for us? This issue we chose to focus on the strengths, growth that evolved out

of the challenges we faced – meaning emotional, physical, spiritual, mental, and in some cases financial challenges. We survived. We not only survived but I believe we found a way to thrive through the grief journey. The journey that many of us are still on and may continue to be on for a very long time. For many of us, we faced many “firsts” – first anniversary or birthday celebrations, first home repair that we needed to take care of on our own, first major decision, first health challenge of our on that we had to face alone – without the love, support, and guidance of our deceased

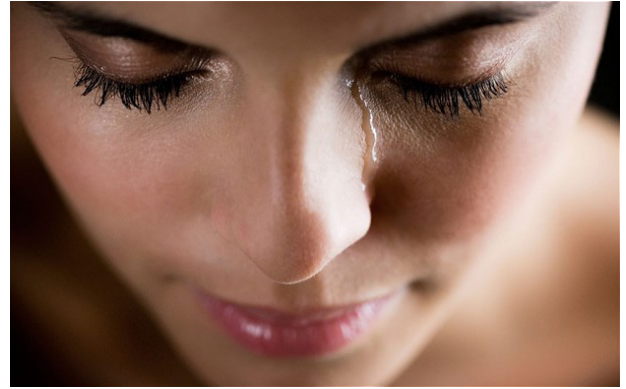
loved one to name just a few. I'm sure every person reading this article will have their own list.

In this issue we share how some others who are walking the grieving journey coped when their loved one died. It is our hope that you find some solace and maybe some understanding that we all grieve in our own way but that we do not have to grieve alone...unless we make that choice. As we grieve and heal, we move through the chrysalis of our pain and loss and emerge as a beautiful graceful butterfly in our own unique way. I wish you continued healing as you discover the inner strength that you may not have even known was inside you...but it was and is all the time.

# Community Voices

We invite you to share your experiences with others. Please Email your submission to: [donna.baranyay@havenhealth.org](mailto:donna.baranyay@havenhealth.org)  
Or mail them to: Haven Health Bereavement Department, 2895 Temple Ave, Signal Hill, CA 90755

In speaking with the bereaved we asked questions on coping and what the bereaved felt had helped them cope during this sometimes difficult time. Below are some of the answers that we received. It is our hope that you, the griever, may find some comfort in reading these responses and may feel called to integrate one or more of them into your healing journey. The bereavement department wishes you continued healing.



*Maria, father died June 2013*

“What has helped me cope with the loss of my father is seeking support from a psychologist. Seeing a psychologist allowed me to speak to someone who is not related to me who listens. Also I talk to a picture of my father which helps because I am able to say some of the things that I did not get a chance to say when he was alive.” “The Monster under my Bed poem from a past issue of the bereavement newsletter”.

“I cry and let everything come out.” “I would tell myself “ let him go he was so sick that he needs to rest and you need to rest .”

*Amy, grandfather died*

“A big one for me is music. There are particular songs that I associate with specific people that I have said goodbye to. When I am missing a certain person a lot, I will turn on one of those songs and just drift away into my memories of them.

To me, crying is a great relief. I love to listen to music, look at pictures or just replay memories in my mind that bring tears to be my eyes. It reminds me that the people I lost are still very much a part of me, that they still have an impact on me and it helps me to know that they will live in my heart forever. “

*Robin, mother and father died*

“How I cope... Well daily at work I think of daddy all the time, more and more now that he’s gone. I get comfort in knowing he and I both shared a strong work ethic and dedication to youth. He taught us to BE on TIME, and to TREAT others the way you want to be treated in the work arena. Every time I do PE lessons I remember daddy and pappu. All they taught me about sports and teamwork have paid off.

Daily I deal with so many memories of mom. In my family room I have the woody pillow, Irish green clover pillow and her PT LORNA license plate sign on my fireplace. Then I look around and see all her things in my home and get teary eyed because I finally feel like my home feels warm just like hers did for all of us. Having her close to me in this way is a daily healing for me. She had a real gift for decorating. I even get to drive her car everyday! How cool is that?

It is also helpful that I have my grandchildren to spoil and teach. I can’t help but want the things I was taught to be instilled in them. I can’t wait to teach them about their great and great great grandparents and the many things each of them did for all of us.”

*Sandy, mother and father died*

“Coping with the loss of my parents within the past few years has been very difficult and probably the hardest emotional life experience I have ever been through. Some days are better than others and when the pain and hurt hit I usually try a few things to get through it.

I remember a happy time spent with them, sitting in the backyard at our family home, taking trips together, family holidays spent together, spending time at a special event. Our family has always been very close and spend time together regularly, a true Blessing; lots of good, good memories.

I call or email one or both of my sisters and share my feelings and receive comfort from them. Reaching out to family and friends does help, especially ones that have gone through this same type of loss and pain.

Sometimes just looking at their pictures and having a good cry helps, might be just what I need to feel better and get through the day. I feel it is okay to cry and sometimes it just happens when I least expect it, out of the blue.

I feel them around me, like in a bird singing, a butterfly flying around, a song I hear or in something someone said that reminds me of them.

I try to embrace life and find comfort in my belief that they are always with me and that they are not gone forever just until we return to one another again one day.”



# Community Voices Cont...

*Kathy, mother and father died*

“Coping with loss is a daily encounter. Never knowing how the loneliness of missing a loved one will hit, dealing with it positively is the only way I know. Even crying, sobbing in fact, has given me “room” to move on in the process.

Each morning I give thanks to God for the many blessings of having such a loving family. We help each other cope through talking and remembering our lives with our parents and grandparents. We were taught to trust, encourage and love one

another through the highs and lows of life. Having these characteristics give us the tools to look forward with our new generations in the hope to pass these along. They are invaluable building blocks.

I too see my loved ones in nature.....a butterfly, a bird, a tree, the ocean. All symbolize the life which was given and will always live on. God’s creation is a beautiful and perfect picture is you look long enough!

Love is a powerful and healing quality and I’m so very fortunate to have that surrounding me with my family. The simple things in life are the most important to remember. The new generations are here and I know the loved ones that have passed on are holding them close.

It is my responsibility to pass along these truths which were given to me. As my precious Gramps used to say, “LOVE IS ALL YOU NEED”



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## *A Symbol of Hope*

*By Author Unknown*

A butterfly lights beside us like a sunbeam  
And for a brief moment its glory  
and beauty belong to our world  
But then it flies again  
And though we wish it could have stayed...  
We feel lucky to have seen it.

*Summary by: Donna Baranyay, CT*

The butterfly represents freedom, transformation, a shift in perspective, a reminder of the power of hope. Hope can never be taken from us...unless we let it. Our feelings and expectations of hope may shift depending on the circumstances of our lives or the situation we are currently faced with.

In the midst of busyness—whether its in the physical or mental sense, I invite you to stop, take a breath, and relax into the moment for just a minute. Call it “taking a pause break” if you will. In that moment we have the opportunity to realize that all we have is this minute for we can never get this time back.

Ask yourself, if this what you want to be doing in this moment? When we are grieving the death of a loved one our time sometimes may not feel like our own, we have paperwork or arrangements that need to be completed. We have other responsibilities that need to be attended to, family or friends that need to be cared for, or some other event that is specific to your life. What is it that you hope for now? Peace of mind, to feel your loved ones presence, to know that they are ok? What would it need to look like in order for you to experience this peace? For me, being able to visualize a beautiful butterfly brings me that sense of peace. I am able to pause no matter what I’m doing and just enjoy the experience of watching a butterfly flutter watching in awe and amazement knowing that it started out as a caterpillar before being transformed into a magnificent butterfly. As you look over your life and the times you spent with your loved one, what comes to your mind and heart? Moments of peace, joy, love, amazement?

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## Save the Date

Join us for our Annual Memorial Service and Butterfly release October 4, 2014 at the Seal Beach Center for Spiritual Living: 500 Marina Drive, Seal Beach CA 90740. We are offering an English service at 10 AM and a Spanish service at 12 PM. Light refreshments will be served following each service. Please join us as we remember our loved ones. For more information or to RSVP, contact Donna Baranyay, Bereavement Coordinator (562) 426-7500 ext. 206 or Jennifer Orellana, Bereavement Assistant at (562) 426-7500 ext. 300.

