



Pennyroyal Hospice, Inc.  
220 Burley Avenue  
Hopkinsville, KY 42240

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 380  
Hopkinsville, KY

Return Service Requested

## Friends For Life April 2014 Bereavement Newsletter

I hope that this April newsletter finds you well. However, if you are struggling with your loss and need someone to listen, I am always available to meet with you in your home or in our office. Please feel free to call me to schedule a visit. I am also able to refer you to other resources in the community.

We have some important events in the upcoming months that may help you or your loved ones in coping with your loss.

The first event will be a *Celebration of Life Butterfly Release*. This event will be held on June 1st. A detailed flyer with more information is included with this newsletter. Remembering our loved one is a very important part of the grief process. We hope that you will join us for this healing time.

Pennyroyal Hospice also has an event called *Kamp Sunrise* occurring on June 19th. This one day camp will be held at Living Hope Baptist Church in Hopkinsville. The day will be filled with events, games, processing of grief, and a memorial service. We are open to serve children throughout the community who have lost a loved one in the last two years. If you know of a child between 6 and 17 who can benefit from this camp, please feel free to give them our contact information. There is a *Kamp Sunrise* application on the back of this newsletter.

The final resource that I would like to tell you about is our support group program. We will be beginning a monthly one-session program for the newly bereaved. This will give a brief introduction to grief and suggestions for coping and will explain further the hospice bereavement services available to you. A more detailed six week group will be scheduled later for those interested. More details are listed below.

*Kim Baggett MSSW, CSW*  
270-885-6428

### Cadiz Support Group

**When:** 1st and 3rd Tues. of each month

**Time:** 10:00-11:00

**Where:** Library—Cadiz

- No RSVP needed. All are welcome.

### Pennyroyal Center

Grief support groups are held at the Pennyroyal Center in Hopkinsville. Free of charge. Individual counseling is available. Call Mary Foster at 886-5163.

### The Compassionate Friends

**Who:** For anyone who has experienced the death of a child, grandchild, or sibling.

**When:** 7:00 pm on the 2nd Tuesday of each month

**Where:** Christian County Baptist Association, Hopkinsville

### Princeton Support Group

Meets every Monday at 2:00 at Caldwell/Lyon County Baptist Association at 45 Old Connector, Princeton. Call Mac Walls at 270-210-1204.

## Pennyroyal Hospice Grief Support Groups

### Coping After Loss (One-time class)

Getting started on this journey through grief can be difficult. We want to help you as you begin this journey. On the first Monday of each month we will offer a one-session educational program for the newly bereaved. This group will give a brief introduction to grief and suggestions for healthy coping. We will share other helpful resources in the community and inform you of all of the Hospice bereavement services available to you. There will be a meeting on May 5th and another on June 2nd. The group will meet at Pennyroyal Hospice 5:15—6:45.

### Help for the Journey (Six-week workshops)

Throughout the year there will be six-week grief workshops to delve deeper into coping with grief. Dates will be announced as groups are planned.

### Holiday Groups (One-time class)

One-time group meetings will be held to help with coping during the holidays. Dates will be announced as groups are planned.

### Common Triggers Of Grief

Reminders of your loved one are everywhere and are inevitable, especially during the first year of grief.

You will experience a lot of "firsts" this year. As time passes, you will face anniversaries, birthdays, holidays, and other celebrations without your loved one.

Reminders aren't just related to times of the year. They can also be in sights, sounds, smells, a television program, or a stranger. You can suddenly feel a flooding of emotions when you drive by your favorite place to eat or when you hear a song that your loved one enjoyed.

Time will lessen the intensity of the grief you feel. However, you can also prepare yourself for these "firsts" and continue the healing process if you follow the tips below:

Be reassured— know that the reactions you feel are normal.

Prepare for episodes of grief—knowing that you will experience these reactions will help you understand and prepare for them.

Look for healing opportunities—You may not look forward to upcoming special days and may even feel overwhelmed. Sometimes the anticipation can be worse than the day itself. You may find yourself working through your grief in the days before the event.

Reflect on the relationship you had with the one you love— Try to focus on the good things about your relationship and the time you shared together, rather than the loss itself.

Plan a distraction— Take a weekend and go away or plan to visit with friends or relatives.

Start a new tradition—Donate to a charity or plant a tree.

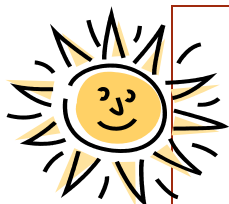
Tune out—Limit your exposure to news reports about tragic events.

Connect with others— Lean on your family and friends instead of avoiding them. Find someone who will listen to you and how you feel about your loss.

Allow yourself to feel— Allow yourself to feel sadness and loneliness but also allow yourself to feel happy and joyous as you celebrate special times.

Ask for help— If your grief symptoms do not **lessen** (not go away) in 6 months or so, you may be experiencing complicated grief. Talk with your doctor, counselor, or grief professional.

~Taken in part from Grief: Coping With Reminders of Loss by the Mayo Clinic. ~

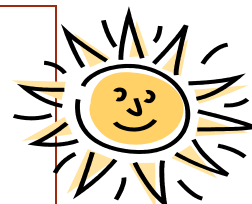


## **KAMP SUNRISE**

*A GRIEF CAMP FOR YOUTH AGES 6-17*

Thursday, June 19, 2014 8:30 AM to 4:30 PM

Location: Living Hope Baptist Church in Hopkinsville



**Kamp Sunrise** is a one-day grief camp designed to provide a place for children and teens to find a sense of peace, comfort, and hope.

**Kamp Sunrise** is for youth ages 6-17 who have experienced the death of a loved one in the last two years.

**Kamp Sunrise** strives to provide children a fun but therapeutic day to fellowship with others who have experienced a loss in their life. There will be expressive therapies such as art and music. There will be plenty of fun and food, as well as time to learn ways to cope with the feelings related to grief.

**Kamp Sunrise** is staffed by trained volunteers and the clinical and administrative staff of Pennyroyal Hospice.

**Kamp Sunrise** is FREE OF CHARGE. You may register you child by mailing or faxing the application located below.

## **Kamp Sunrise Application 2014**

Child's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_ Sex: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ Relationship to the Child: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Relationship of Deceased to the child: \_\_\_\_\_ Date of Death: \_\_\_\_\_

Child T-Shirt Size: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

MAIL TO: KIM BAGGETT, 220 BURLEY AVENUE, HOPKINSVILLE, KY 42240  
OR FAX TO 270-885-4901