

Suggested reading

For adults:

The Courage To Grieve by Judy Tatelbaum, Harper & Row, 1980.

Don't Take My Grief Away by Doug Manning, Harper Collins, 1984.

How to Go on Living When Someone You Love Dies by Therese Rando, Lexington Books, 1988.

How to Survive the Loss of a Child by Catherine Sanders, Prima, 1998.

How to Survive the Loss of a Parent – A Guide For Adults by Lois Aker, Wm. Morrow Publisher, 1993.

A Time to Grieve: Meditations for Healing after the Death of a Loved One by Carol Staudacher, Harper, 1994.

Understanding Mourning by Glen W. Davidson, Augsburg Publishing House, 1984.

For children and teens:

The Fall of Freddie the Leaf by Leo Buscaglia, Henry Holt, 1982.

Learning to Say Good-bye: When a Parent Dies by Eda LeShan, Avon, 1976.

Nana Upstairs and Nana Downstairs by Tomie DePaola, Putnam, 1973.

Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children and Teenagers by Virginia Fry, Dutton, 1995.

Straight Talk about Death for Teenagers by Earl Grollman, Beacon, 1993.

When a Friend Dies: A Book for Teens about Grieving and Healing by Marilyn Gootman, Free Spirit Publishing, 1994.

We each experience the loss and death of one we love in our own unique way. Our response to loss is just what we have said. It is our response. Our reactions are usually right, valid and appropriate. Loss is a universal human experience. Grief is our response to the separation anxiety that we experience at the severing of a significant attachment. That attachment can be a loved one, a dream, a treasured object, a state in life or life as we have known it.

Our reactions to loss are acquired through our cultural background, messages received as a child, our environment, our religious and spiritual beliefs and our psychological and emotional development. For most of us, we have been using the same responses and patterns of reacting to a loss for many years - and for some of us a lifetime.

Patrick Del Zoppo, PsyD, CAS
The Archdiocese of New York

When someone you love dies

Hospice Care



St. John's
HOSPITAL
SPRINGFIELD, ILLINOIS
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM



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St. John's Hospice
believes that life is a journey
with many beginnings and endings.
We have chosen the perennial iris,
from roots to bloom, to represent
the cycle of birth to death all
living things face.





Grief is a painful yet normal response to the loss of a loved one. Allowing yourself to experience the pain of grief is necessary in order for healing to occur. Mourning, the process of adjusting to a loss, requires emotional, physical, social and spiritual effort. The intensity and difficulty of your adjustment will be unique to you. You may experience one or more of these symptoms:

- Occasional disbelief that the death has occurred.
- Feelings of numbness, relief, sadness, anger and guilt.
- Tightness in the throat and chest.
- Crying, sighing, restlessness.
- Difficulty concentrating, feeling disorganized.
- Preoccupation with thoughts of your loved one.
- Dreams about your loved one.
- Sense of your loved one's presence.
- Loss of energy, feeling fatigued.
- Loss of interest in pleasurable activities.
- Feelings of loneliness, helplessness.
- Questioning the meaning of the loss.

These symptoms are normal; however, it is possible that you may experience one or more of these symptoms to an extreme degree. Any prolonged physical or emotional changes should be brought to the attention of your physician.

Basic truths about grief

- It is normal and healthy to experience grief in response to a loss.
- Grieving is individualized; you may respond differently than others in your family.
- Mourning often takes longer than is commonly recognized in this society.
- Others may feel uncomfortable with your grief and wish that you would progress more quickly.
- Children grieve when they experience loss although they may show their grief in ways that are different from adult grief.
- It is common to wonder "If only ..." and to question values and beliefs.
- Others may want to help but not know how; you may have to let them know what you need from them.
- Grief contained is grief compounded. Grief shared is grief diminished.

You do not need to face your grief alone. The Hospice Team cared for and supported your loved one in the hospice program and want to be available to you during your time of mourning. Please call St. John's Hospice Program at (217) 535-3899 if you have any questions or concerns.

Bereavement support services

Hospice Grief Education Group

A two-hour session to provide information about normal grief and healthy coping. Held periodically during the year. An invitation is sent to hospice families only. Please call (217) 535-3899 or (217) 544-6464, ext. 45268, for more information.

Grief Literature

Literature about the grieving process is available from the Hospice Program. Please call (217) 535-3899 or (217) 544-6464, ext. 45268, for more information.

Memorial Service

Held quarterly and open to all. Please call St. John's Spiritual Care Department at (217) 525-5675 for more information.

St. John's Bereavement Support Group

Held every Tuesday in St. John's Chapel Annex, 4:30 - 5:45 p.m. Open to all. Please call the Spiritual Care Department at (217) 525-5675 for more information.

Children's/Teen Grief Groups

For more information, please call (217) 757-6770.