

This letter is to introduce you to the Bereavement Support Services Program offered by Hoosier Uplands Hospice. We will provide you with an organized program of bereavement services for at least 12 months following the loss of your loved one.

It is our intent to provide supportive and caring services to assist you during your grief journey. The following services will be offered to you by the Bereavement Coordinator:

1. A follow-up telephone call is a time during which we can set up a care plan containing the components of the program that you would like to participate in; which may include:
  - A. A follow-up visit.
  - B. Occasional phone calls.
  - C. A series of monthly mailings that include educational materials.
  - D. A referral to an outside source if you are in need of more intense counseling.

Enclosed you will find the handout, “Helpful Suggestions During the Initial Phase of Grief.”

If, at any time you choose to no longer participate in the Bereavement Support Services Program, please let us know and we will no longer contact you.

Sincerely,

Ashley Gilstrap  
Bereavement Coordinator

## **Helpful Suggestions During the Initial Phase of Grief**

- ~ You will need to take time for the grieving process. Do not be in a hurry to get over it.**
- ~ Get plenty of rest.**
- ~ Continue or resume your normal routine when it is comfortable again.**
- ~ Remember that your powerful and overwhelming feelings of pain will ease in time.**
- ~ Share your pain with whom you feel comfortable and accept support when it is offered.**
- ~ Surround yourself with plants, animals, and friends.**
- ~ Use mementos to help your mourning.**
- ~ Avoid major decisions.**
- ~ Do not rely on alcohol, tobacco or (street or prescription) drugs.**
- ~ Keep a diary and record your memories of feelings about your loved one's past struggles and successes.**
- ~ Prepare to meet new friends, make new relationships, and use creative urges to write, build, paint, compose or play music; plan and take a trip; reorganize and redecorate your home.**
- ~ Make peace with yourself and others, remembering that what follows is part of the healing process.**
- ~ Expect holidays and anniversaries to be difficult at first - they may bring up painful feelings and memories.**

Courtesy of Hospice Caring Project of Santa Cruz County—Center for Grief and Loss