



The Forastiere Family
Funeral & Cremation
Newsletter

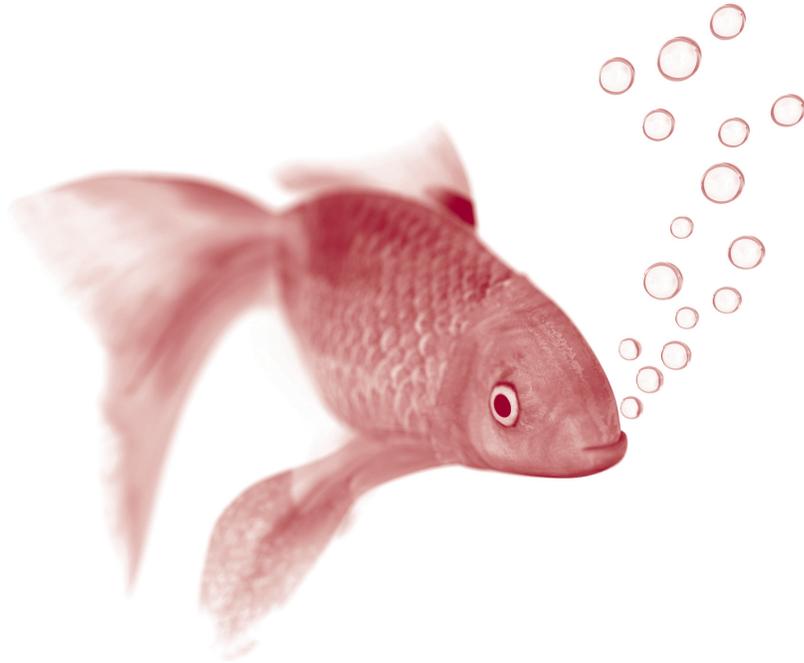
Full Circle

At Forastiere Family Funeral & Cremation, we are here to help before, during and after your loss. Our care encompasses the full circle of your experience... the full circle of your life.

- SPRING 2019

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People Aren't Goldfish

By Susan Arlen, M.D. Bereavement Magazine

Misconception about what constitutes normal bereavement can exacerbate the already painful experience of the griever. It can also cause bereaved persons to feel even more isolated and to regard themselves as abnormal.

It is painful and difficult enough to grieve, but I believe it adds to the burden when the bereaved feel the need to justify and explain themselves. It is difficult enough to function, to put one foot in front of the other, without the additional burden of choking back tears while making explanations.

This is intended to validate the painful process that you may now be experiencing and to help to educate the non-bereaved with whom you must interact.

Misconception #1

"You look so well!" (Usually said with a tone of amazement in the speaker's voice.)

Answer:

Bereaved people look just like the non-bereaved. They are capable of walking, talking and appearing absolutely normal. Though they may feel their lives have been shattered, they usually try to keep their intimate feelings private. It is more helpful to quietly acknowledge their pain and the effort it takes to keep functioning.

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Spring is nature's
way of saying
"Let's Party"

Robin Williams

You cannot do
a kindness too
soon, for you
never know
how soon it will
be too late.

Ralph Waldo Emerson

Grieving the Loss of Someone You Love

Misconception #2

“Your spouse died several months ago, isn’t it time you were dating?”

Answer:

Human beings are not goldfish. We do not flush them and their memories and go out and look for replacements. We bond with human beings. People we love become like a part of ourselves. Each relationship is unique; it takes a very long time to build a relationship of love. It also takes a very long time to say goodbye.

Frequently, after the death of a child, bereaved parents are advised to have or adopt another child, or that their remaining children will take the place of the child who died. This is an outrageous notion! Hopefully, after much time, people will eventually establish new and different relationships — not replacements.

Misconception #3

“It’s been six months or nine months, you should be able to function normally, be able to concentrate, to remember things like you did before.”

Answer:

How the bereaved wish that this were true! They would give anything to be “normal” again. They would love to concentrate and to remember and to not burst into tears, but it is taking all of their energy to merely survive.

Misconception #4

“If I don’t mention his/her name, the bereaved will not be reminded of their loss. If I distract them, they will not think of their grief.”

Answer:

The bereaved are thinking of their loved ones anyway; they may feel relieved if you mention the name of the one who died or reminisce about a favorite time. That lets them know that their loved one is not forgotten.

Misconception #5

“I know just how you feel. My aunt died, my cousin died, my grandmother died...”

Answer:

The assumption that your own loss, grief and sadness makes you an expert is not true. Each person, each relationship is different as is each loss. We are our own expert in our own loss only. The more intimate a relationship was, the more central it is to the griever’s sense of wellbeing.

Misconception #6

“Your loved one is at peace, out of pain, not suffering. You should be thankful for that.”

Answer:

Though, intellectually, the bereaved realize this truth, on a gut level, the words are meaningless. The loved ones are still missed and mourned. Of course, the bereaved did not want their loved one to suffer! However, when one is wounded, one hurts, and knowing that someone else is out of pain does little to lessen that empty aching.

Misconception #7

“I thought I was coping and adjusting so well in handling my feelings and situations. Now, I feel as if I am back at square one.”

Answer:

This regression usually occurs following an emotional setback. A significant memory, date or at a sight, sound or fragrance that is reminiscent of the deceased. It is unpredictable. This painful grief reawakening usually subsides more rapidly than the original grieving period.

Misconception #8

“If I smile, laugh or love again, I am being unfaithful to the memory of my loved one or I am “forgetting”.”

Answer:

Of course you will never forget; you will always love your loved one; the feeling never goes away it just changes. Grieving is the price we pay for loving. It is for this reason that these very people need to allow themselves the opportunity to feel and express happiness again.



Coping Addiction Loss support group will meet

The first Wednesday of every month
from 7:00pm-8:30pm

Grief Support Center

Forastiere Smith Funeral & Cremation
220 North Main Street, East Longmeadow, MA
For more information: copingaddictionloss@gmail.com
or phone 413-781-7750

Good Grief

By Joanne Sullivan, RN. Grief Specialist

As I am writing this SPRING newsletter it is the end of February. It doesn't feel like spring, but after so many years of spring following winter I will go under the assumption that it will arrive, maybe not on my time table but on Good Old Mother Nature's.

Spring is definitely a time of renewal, shedding our winter coats for a light sweater in the cool evening breeze, our boots for sneakers and flip flops, our earmuffs and fuzzy hats for pony tails, baseball caps, buzz cuts and head bands. Spring is a time that is lighter and more carefree; it takes you out of yourself and puts you in a place with other people. You do not have to be isolated, unless you choose to be.

Grief is difficult under any circumstance; it is also individual and unique to you. How you grieve and how you deal with the death of a loved one is very personal and cannot always be considered as a choice.



You may not choose to be sad, but you are. Loneliness and the feeling of emptiness can make you feel numb, isolation does not help. Now that the doldrums of winter have retreated for the time being, try to get out, if not with other people, just get out. Take a walk, go to a park, or go for a ride to the butterfly museum. Enjoy the beauty around you, the small things — be kind to yourself, get a triple dipper ice cream cone and enjoy every flavor before it melts. Try to be in the present, allow small pieces of joy to enter into your life. The more pieces you allow the faster your life's puzzle will be whole. It is the little things that make a difference.

What are you looking forward to? Spring into Spring — Bring it on!

Always Joanne

Remembering Loved Ones by Candlelight

We hope you will join us for a special candle lighting ceremony

You may light a candle and share a memory:

"I am thankful for _____".

"I remember when _____".

"I laugh every time I think of _____".

As a special tribute we would like to Request a photo of the person you are Remembering: maybe an action photo or one that makes you smile.



Forastiere Smith Funeral & Cremation

Tuesday, April 23, 2019

7:00pm - 8:00pm (413) 525-2800

Or

Colonial Forastiere Funeral & Cremation

Wednesday, April 24, 2019

7:00pm - 8:00pm (413) 786- 2600

Please email to wecare@forastiere.com

All photos must be received by April 17th and will be returned.

To reserve just a candle in their name please RSVP by April 17th

To receive our Full Circle Newsletter it will be available on our website and via email. We will no longer be mailing the publication. The link on our website will allow you to view and save the newsletter or if you would like it emailed directly please email us at wecare@ForastiereFuneralHome.com with the word, "Newsletter" in the subject line and it will arrive every quarter. Our newsletter is at your fingertips, which includes our Care Calendar of support groups. You may now download it, share with friends, or just store it for future reference.



Options... for a brighter tomorrow Care Calendar

These monthly support groups are provided free of charge to anyone in the community by Forastiere Family Funeral & Cremation. Please select the group most tailored to your loss. No registration or long-term commitment is needed. Our Grief Specialist, Joanne Sullivan, welcomes you to attend the group whenever you need some support.

■ **AF = Family and Friends Support** For those who have lost a child, parent, sibling, or dear relative or friend.
 Captain Charles Leonard House · 663 Main Street, Agawam · 7:00pm-9:00pm

■ **AW = Widowed Support In Agawam** For anyone who has lost a spouse.
 Captain Charles Leonard House · 663 Main Street, Agawam · 1:30pm-3:30pm

■ **EW = Widowed Support In East Longmeadow** For anyone who has lost a spouse.
 Forastiere-Smith Grief Support Center · 220 North Main Street, East Longmeadow · 7:00pm-9:00pm

■ **SS = Survivors of Suicide** For anyone whose life has been touched by suicide.
 Forastiere-Smith Grief Support Center · 220 North Main Street, East Longmeadow · 7:00pm-9:00pm

■ **WSF = Family & Friends Support** For those who have lost a child, parent, sibling, or dear relative or friend.
 West Springfield Senior Center · 128 Park Street, West Springfield · 3:15pm-4:15pm

■ **Coping Addiction Loss =** For those who have lost a loved one to substance use.
 Forastiere-Smith Grief Support Library · 220 North Main Street, East Longmeadow · 7:00pm-8:30pm

April

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1	2	3 CAL	4	5	6
7	8	9	10 AF/AW	11	12	13
14	15 SS	16	17 WSF	18 EW	19	20
21	22	23	24	25	26	27
28	29	30				

May

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1 CAL	2	3	4
5	6	7	8 AF/AW	9	10	11
12	13	14	15 WSF	16 EW	17	18
19	20 SS	21	22	23	24	25
26	27	28	29	30	31	

June

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3	4	5 CAL	6	7	8
9	10	11	12 AF/AW	13	14	15
16	17 SS	18	19 WSF	20 EW	21	22
23	24	25	26	27	28	29
30						

This newsletter provides us with an opportunity to share with you some information we hope will be helpful. For more information about any of these topics or the services we have available to you, please call (413) 733-5311 (reaches all locations) or complete the information request form within.

FORASTIERE
 45 Locust Street
 Springfield, MA 01108
 FORASTIERE SMITH
 220 North Main Street
 East Longmeadow, MA 01028

COLONIAL
 985 Main Street
 Agawam, MA 01001

SOUTHWICK
 624 College Highway
 Southwick, MA 01077

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