



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.

- WINTER 2019

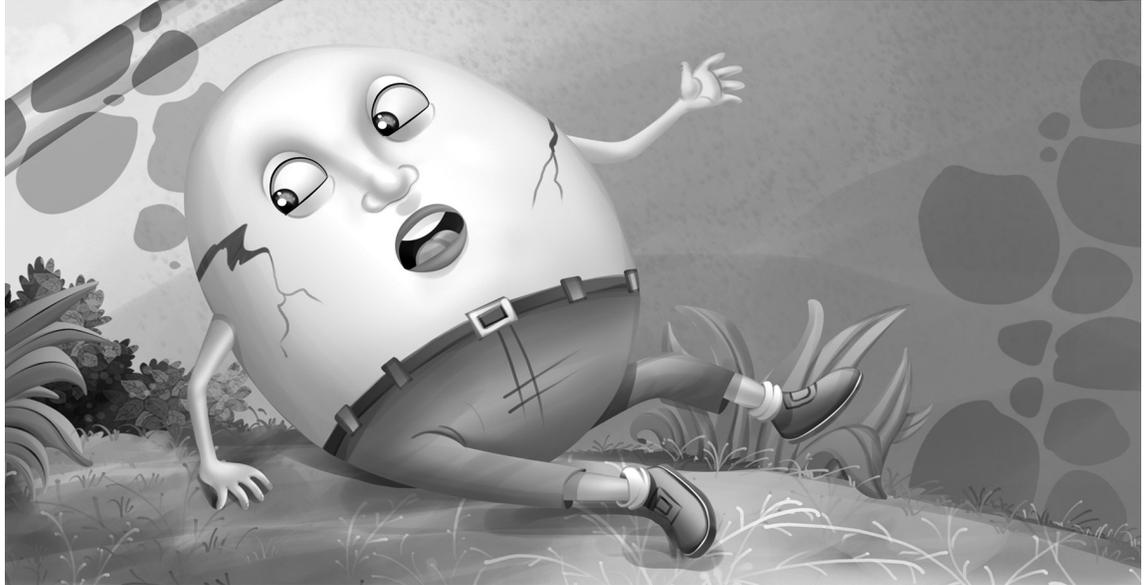
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Grieving the Loss of Someone You Love

By **Raymond R. Mitsch and Lynn Brookside**

“...You’ve fallen off the wall and you know all the king’s horses and all the king’s men are never going to be able to put you together again.”

In the weeks and months following the death of someone we love, we often feel like Humpty Dumpty. That’s the only way to describe it. We feel broken. We hurt so much that our pain seems almost tangible. We move cautiously and uncertainly because our nerve endings are all on the alert, sensitive to the slightest stimulus. We breathe shallowly as if we’re afraid to take a deep breath for fear our lungs will press too harshly upon our aching heart. There are times when the atmosphere around us seems to be charged with our own anguish and dread. We long for the days when life was simpler, sweeter.

It is a daunting task to examine all of the broken pieces of your life, giving full attention to the pieces of your sorrow, your anger, your fear, and your disillusionment. It takes time and support to break all your feelings down and address them... As they say one day at a time.

continued on next page

**Out of clutter,
find simplicity.
From discord,
find harmony.
In the middle
of difficulty,
lies opportunity**

Albert Einstein

Grieving the Loss of Someone You Love

It is often difficult to find the support you might need to process your grief. Crisis has a way of separating our friends and acquaintances into two camps: those who are committed to seeing you through and those who cannot cope with your crisis. It can be a rude awakening when we find that some of the people we thought were our closest friends suddenly make themselves scarce when trouble hits. It can be equally surprising when we find that some of the people we never really considered close come to our aid and comfort.

As if we are not already enduring enough uncertainty, now we have to endure the changes in relationships that inevitably take place following the death of a loved one. In times like these, many of us find that we are called upon to grieve the loss of friends in addition to the loss of our loved one. It doesn't seem fair.

It can also help if we try to keep in mind that our friends probably still love us. They may never have had grief of their own and feel completely unequal to the task of seeing us through ours. Or, our grief may remind them too much of their own unhealed wound. We will need to release those other friends from our expectations, and get on to our grief work.



A big thank you for those that attended the program 'Candle Light and White Feathers'.

Many of the stories told about those who have passed will be remembered with smile and even giggles.

Respectfully Joanne



Special

Unknown

'Special' is the word that's used to describe

Something one-of-a-kind, like a hug or a sunset

...or a person who spreads love with a smile or a

Kind gesture.

'Special' describes people who act from their

Heart...

...and keep in mind the hearts of others.

'Special' applies to something that is admired and

Precious...

'Something' which can never be replaced.

A Friend



www.facebook.com/forastierfamilyfuneralhome

Good Grief

By Joanne Sullivan, RN. Grief Specialist

The winter is a quiet time of year, a great time to do some soul searching and take a look at how you want to spend these next three months of winter. Most of the time is spent indoors due to very cold weather and the darkness that befalls us so early in the evening. Explore doing something that will be a new experience for you. Maybe you can find a hobby that will interest you.

There are groups, churches, agencies or neighborhood gatherings that contribute homemade items that will benefit those less fortunate. There are many acts of kindness that you can participate in. You might want to make house calls or phone calls to those who might be alone or ill. Maybe someone in your neighborhood need a person to talk to or a tray of cookies. You are not alone, it just feels like that every once in a while.

You will find a list of grief groups on the back of this newsletter. Many wonderful relationships come from support groups. At one of the most vulnerable times in your life to be in the company of people who are also grieving in a safe and healthy way, can bring some comfort.



Joanne Sullivan

Often we put on a front for family and friends, but the only way out of grief is through it. You need to have some support in order to get through the grief process.

Grief groups are rather like a GPS system, they help you find your way to a place of healing. You are in the driver's seat, you plug in where you want to be and then you start your journey. Occasionally you drift off the recommended route or you run into interference, but you are asked to turn around when possible or take an alternate path. With hope and support you will get there, it might take a little longer than you would like but following the road to your destination will happen.

It is the road less traveled — it takes grief work, patience and time.

I would like to thank all of those who attended the program Candle light and White Feathers. The family stories were great, thank you for your participation.

A healthy and peaceful New Year to all and to all a good night.

Always Joanne

Upcoming Events

We will be having a Spring Remembrance program at a time and place that has not been determined. Please check the Spring Newsletter or check us out on Facebook www.facebook.com/forastierfamilyfuneralhomes



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

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

January

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February

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March

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| 31 | | | | | | |

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

FORASTIERE
 985 Main Street
 Agawam, MA 01001

COLONIAL
 624 College Highway
 Southwick, MA 01077

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