

Grief *Matters*

NEWSLETTER



Winter 2024

As the calendar pages reveal the new year, perhaps you're wondering what lies ahead for you and your loved ones. Recently, I came upon this quote: "Grievers use a very simple calendar ... before and after." This rings true, along with the reality that recreating the "before" is now out of reach. So, where does that leave you in this new year? For me, it leaves me in a place of wondering what might be needed to live in this "after" time.

In this Winter edition of BayCare's *Grief Matters* newsletter, we feature reflections, resources and programming that may help chart a direction. Beginning again takes energy, resilience and support. It's awfully hard to do it alone. In her "Season of Grief" reflection, BayCare's Spiritual Care manager, West Region, Beth Morse writes of a wisdom figure in her life whose experience, strength and hope have been a guiding light in her understanding of the grieving process. Our monthly conversations about grief focus on a variety of resources that might help. We'll look at resilience and grief, creativity and grief, and spirituality and grief. These conversations provide a space to be curious about avenues for a path forward.

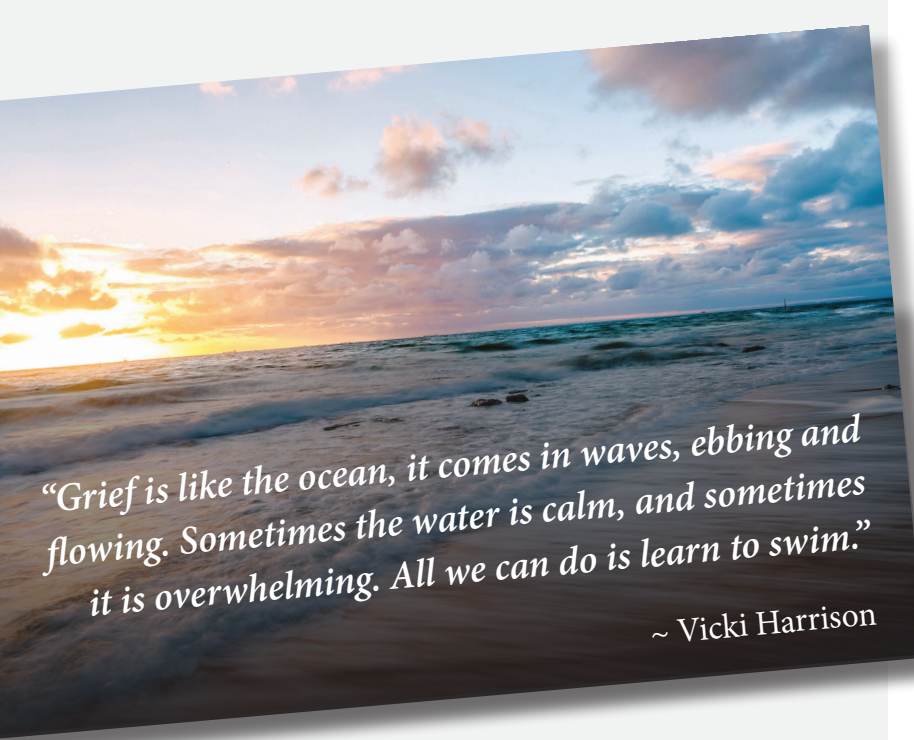
Our four-part *Grief Matters* Forum series will be offered again. This series has proved to be helpful to those who are grieving and to those wanting to be of support. BayCare's bereavement program focus is to create an online community where grief can show up and be met in a way that feels safe and accepting. Together we can become more "grief aware" as we tend to our own losses and support the losses of others. Your grief matters to us. We hope you'll join us in 2024.

Most sincerely,

A handwritten signature in cursive script that reads "Rebecca Bass".

Rebecca Bass
Bereavement Coordinator
BayCare





"Grief is like the ocean, it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

~ Vicki Harrison

Conversations About Grief

The Grief Matters team invites you to take part in free online monthly conversations about special topics related to grief. Each conversation will tap into resources that some have found to be helpful while grieving. We welcome you – be part of the conversation, learn from our presenters and share your own experience.

Grief and Resilience – Making the Connection

Grief is hard and having a perspective that supports resiliency can help.

Thursday, January 18, 12-1pm

Coping With Grief – A Creativity Tool Kit for Mourning

Explore creative practices that can lead to expressive outlets for grief.

Thursday, February 15, 12-1pm

Spiritual Dimensions of Grief – Exploring the Big Questions

Grief sometimes brings up spiritual questions that deserve to be explored.

Thursday, March 21, 12-1pm

To register, see the Registration Information section.

A Season of Grief

By Elizabeth "Beth" Morse, MDiv, BCC, CPXP
Spiritual Care Manager, West Region

Once, I asked someone who's like a father to me what helped him cope with the deaths of those he loved. His first wife died when they had three young children, and his two oldest children died as young adults—one in an accident and the other due to health-related issues. While we each have unique ways of connecting with strength, for him, a pivotal moment of healing was when he read a book about the challenges faced by families moving across rugged terrain in another century. It helped him to normalize that devastating losses, hardship and challenge were part of life. He chose to affirm the belief that he too could keep moving forward.

His means of strength became caring for those who were in his life. He spoke of the preciousness of life – he cherishes

contributing to the goodness of life of those around him, as well as the goodness within them. We noted the helpfulness of having people around who were safe and kind; he relayed that at crucial moments he needed people who didn't just check on him, but who could handle the truth of how he was really doing. This conversation was life-giving to both of us. We need connections with others to heal and grow – sometimes we have people around us already and sometimes we build our community. I hope that you're able to connect with what you need during this time.



Grief Matters Forum Series

This free online educational series addresses topics that are central to the experience of grief. Each presentation provides resources for those who are grieving and those who want to be of support. The series is presented by our chaplains and counselors. You can attend single events or the entire series.

Understanding Grief: An Introduction

This forum will focus on types of grief, the grief timeline and the uniquely personal ways individuals experience grief.

Tuesday, February 27, 6:30-7:30pm

Wednesday, February 28, 12-1pm

Love and Loss: Sorting Through the Feelings

Grief is a wide-ranging experience that can show up physically, emotionally, cognitively and spiritually. In this forum, explore helpful strategies to cope with your grief.

Tuesday, March 5, 6:30-7:30pm

Wednesday, March 6, 12-1pm

What Helps? Finding and Providing Support

This forum explores what might be helpful to someone who's grieving and what might not be.

Tuesday, March 12, 6:30-7:30pm

Wednesday, March 13, 12-1pm

The Ripple Effect: Exploring Secondary Losses

Recognizing that many losses can follow a death, including the loss of hopes, dreams, relationships, finances and more, is an important part of the grieving process.

Tuesday, March 19, 6:30-7:30pm

Wednesday, March 20, 12-1pm

To register, see the Registration Information section.

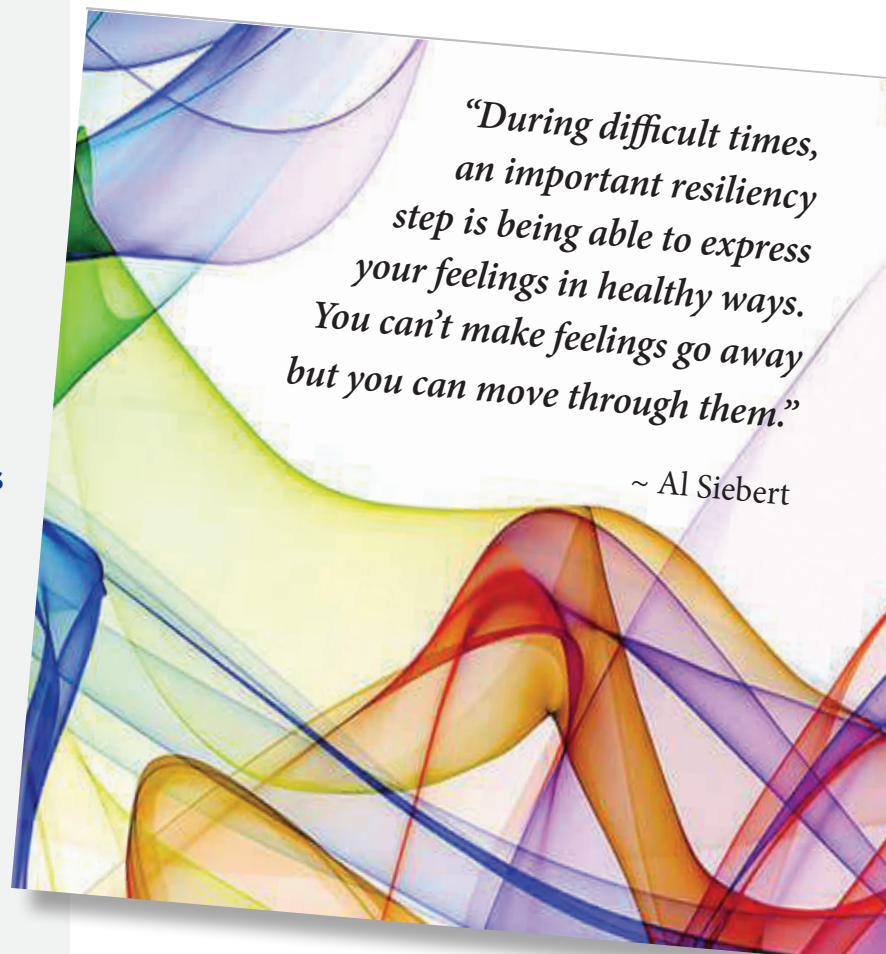
Registration Information for Grief Matters Programs

All programs are free and open to all, thanks to a generous grant from Morton Plant Mease Health Care Foundation. Program presenters are chaplains and counselors from BayCare's spiritual and palliative care teams. All programs are offered online using Microsoft Teams. Technical support and orientation are offered. To register, email bereavement@baycare.org or scan this code:

BayCare team members can register in the Online Learning Center. Search for "Grief Matters."



**For more information:
(727) 462-7995**



TO:

To receive this newsletter digitally and to connect with us for online programs, email bereavement@baycare.org.
This *Grief Matters* newsletter is published by the Spiritual Care department at Morton Plant Mease Hospitals and is made possible with the generous support of Morton Plant Mease Health Care Foundation.

Grief Resource Corner

What kind of support do you need most for your grief? BayCare offers online grief support using Microsoft Teams. Some benefits of online programs have emerged, including:

- People can attend from near and far. We have participants from around Florida and even out of state.
- Different from in-person support, participants can log in from their own home or their work environment, and have the option of engaging in whatever way is comfortable.



- Participant cameras and microphones are turned off during the program. This allows each person to receive what's offered by our presenters and then engage through the chat feature, sharing experiences and hearing from other participants.

Because of these benefits, many organizations are offering online grief support. If you'd rather be referred to in-person support with a grief counselor, either in a group or one-on-one, call us at (727) 462-7995 for a referral. Your grief matters to us.

