

Pathways

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presenting

white glove service



● We hope this newsletter finds you WELL!
You are in our thoughts & prayers!



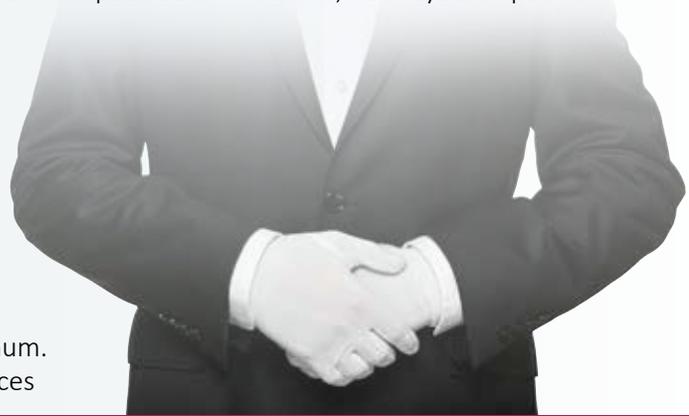
In a world that is uncertain and changing every day, above all, we yearn to feel safe.

Part of feeling safe is knowing that it is a priority with the people that provide services for you. At Bartolomeo & Perotto Funeral Home, we have made a commitment to help you feel comfortable and protected. You can trust that we are taking every safety measure possible to continue serving you with increased daily sanitation & disinfecting.

In addition, our funeral home now offers “White Glove Service” to every family we care for. This service is designed to serve you and your guests safely while preserving the dignity you’ve come to expect from us.

Here are some of the extra measures we are taking to help you feel safe:

- Our **White Glove staff** will be stationed at every entry and exit so that you won’t ever have to touch a doorknob
- **Routine disinfecting in all gathering rooms** used for funeral arrangements or services
- **Hand sanitizing stations** at entryways and throughout the building
- **Virtual funeral arranging - Video conferencing**
- The **deceased are cared for and presented safely**, following all CDC guidelines
- **Social distancing** - our gathering rooms are laid out with ample, recommended space between chairs, hallways are spacious
- **Portable sound system**, amplifies graveside service while social distancing at cemetery
- **Livestream funeral services** - offering video streaming of events to be shared at your discretion
- **On-site registry stations routinely sanitized** by White Glove staff
- **Online registry book** for those who wish to sign in virtually
- **Online visitation scheduling** to help keep building occupancy at a minimum. Guests select a time slot to come to funeral home and express condolences



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how to support a loved one who is grieving

by Andrea Piccone, MS

...the do's & don'ts

Grieving the loss of someone we love, is one of the most difficult and challenging times we encounter in life. Those who have yet to experience an intimate loss like a parent, child, spouse or sibling, may be at a loss for words, having no idea what to say or do for someone who has.

We live in a culture where everyone and everything moves fast, we complete countless responsibilities by days end. There is also the expectation of completing things as quickly as possible; always pushing forward, giving ourselves little time for self-reflection or for what is really important in life. Some of us have been brought up to not talk about our loved one who has passed and may take it a step further to rid themselves of all of their belongings immediately. "Maybe if I can't see his/her things or their picture, then the death will be easier to deal with." In the end, this feeling of having to rush everything encourages superficiality.

What we've been taught to say

As a grief and loss support group facilitator, I hear many discussions, but the number one topic undoubtedly rests on what people say to them after losing a loved one. Well-meant advice can sometimes unintentionally minimize the loss or shut a griever down emotionally. For example, "maybe it's time to move on," or "God doesn't give you more than you can handle," "You need closure." After losing a child, "You are young enough to have another child," "Thank God you have other children," or when a spouse dies, "You will find someone else," "At least he/she lived a long life" or if ill, "At least they are no longer suffering." Someone dealing with a suicide or homicide death might hear, "What happened??" or a drug overdose death has the added stigma of the addiction, which often results in the need to isolate and not reach out for support, fearing how others will judge their loved one or them, as a parent or support role. These statements are unhelpful and diminish the impact of grief. But, before condemning yourself for having said some of these statements to a griever, they are generally said with good intentions. Most people are not purposefully trying to minimize a grievers pain, it goes back to what we are taught to do. Often, we are not prepared to respond in the ways that support others affirmatively.

What to say and do

When my mother passed away, my friends would tell me, "I don't know what to say." Often, there are no right words. What grievers need the most from you is your presence. They need people who can witness their pain without shutting them down. So, when my friends would ask that question, I would tell them, "You don't have to say anything, just be here." Let them take the lead on what they need. Listen to them. I've also heard in my grief support groups how family and friends will try to decide for them what they need during grieving. For example, a friend may call and say "I know you are struggling, and I want to take you out for dinner tonight. It will be good for you to get out." We may worry our grieving friend will isolate themselves and though this can be true, it is often thought of in haste. Staying home for the first few weeks after a loss is normal. Staying home for many months without any interaction is reason for concern.

Offer yourself and your time. Approach them with a desire to understand, rather than thinking about what is best for them. The grieving journey is a process that cannot be decided for them. It would be helpful to say, "I cannot imagine what you are going through, but I want to be here for you. If you want to talk, please reach out to me. What can I do to help you right now?" Invite the griever to come to your home to get together. They will likely prefer to spend time inside an intimate setting like a familiar home. If they need to cry, they can feel comfortable doing so there, rather than in public. Giving them the option and comfort to cry and laugh all in one evening as they navigate their unpredictable emotions lets them take the lead during their grief journey.

Small gestures

Don't underestimate the power of a small, yet genuine and loving gesture. Periodically and spontaneously, send the griever a comforting text message, email message or send a "thinking of you card" in the mail. This means more to a griever than one may think. A simple message could be, "I'm thinking of you today," "Don't forget I am here for you," "Praying for you," "Don't lose hope." Sending them an inspirational quote, a poem or a small gift with a note is an unexpected delight for their day. When you take a moment out of your day to send a thoughtful message, it means a great deal because many people will stop reaching out to grievers after the funeral is over.

Don't have expectations

Grievers often talk in length about how people in their life reveal their own discomfort around their loss. Statements like, "maybe it's time to get some closure" shows their uneasiness. The story of a mother who lost her daughter in a car accident is revealing. Her daughter died only six months previously when a good friend said, "You are still not in a good place." The mother asks if her friend actually expects her to be in a good place now after only six months? Though her friend likely intended to simply express concern, it was how it was stated that made her feel like she shouldn't be where she was mentally and emotionally. It's also possible the friend's own distress over the tragedy of the mother's loss is getting in the way of giving support. We hate to see those we love in any kind of pain, it leaves you feeling helpless. A better way for the friend to approach the mother is, "I will not pretend to know how you feel or what you are going through, but I am concerned about you and I want to help."

Don't avoid

If you find yourself overwhelmed by another person's loss, it's best to address that within yourself before responding to the griever. It is common for people to project their own distress and to then distance themselves. If you are struggling yourself, it is better to be honest, rather than avoid the griever. This may cause the griever to assume the worst and feel you do not care. If you are worried that honesty will be hurtful, understand that avoidance is worse.

Grieving takes time

A common misconception is once the funeral is over- everyone returns back to normal, even the grievers. On a logistic level, we need to return to our responsibilities, but emotionally, to expect a griever to return to life and function just as well as they did before the loss, is not practical or possible. People who believe this do not fully understand the grieving process. Maybe they have not yet experienced a loss, or they've shut themselves down during their own losses thinking that is the best way to deal with grief. Since every person grieves differently, everyone's timeline of grieving will be different too. It takes time to sort out complicated feelings and requires patience to go through all the emotions that ebb and flow daily, causing confusion, anxiety and depression.

Debunking myths about grieving

Common phrases like "Closure" as it relates to grieving is a myth, there is no such thing. We cannot close our hearts to the people we love just because they have died. Closure is when we complete college or retire from a career or sell our home. The intense pain of a loss decreases in time, but we never stop missing them because we never stop loving them. "Moving on" is another myth. It eradicates coping and implies all grief journeys are the same. Consider these statements- "I am worried about you. I sense that you are struggling to find a way to cope" or "Is there something I can do for you? Do you want to talk?" or "would you ever consider trying a support group or finding a grief therapist?" or "I have no idea what you are going through, but I want to try to understand." These questions and statements show that you care and are concerned about the person without telling them what they should do.

Supporting someone who is grieving is not an easy task and it requires patience and compassion. It's important to accept where the person is during their healing and understand that this person will change. The best supporters are people who can walk alongside grievers and are willing to handle the twists and turns of their grief journey with much love and understanding.

To read the full unedited article, visit our blog site: www.bartolomeo.com/171/Our-Blog.html



Living longer... don't we all wish for it? More time to check off items on our bucket list, accomplish goals, enjoy those we love, and see those closest to us grow and flourish?

Many of us work ourselves silly, stretch ourselves too thin, and simply don't give enough care to our body and our mind. The time we have been given on earth is a gift. It's been found that genetics play a more minor part in living longer than formerly thought. So, what do we do to increase our lifespan, and is it even possible?

YES! Fear not, there are a plethora of recommended habits with sound backing that just may extend your time here on this earth! Let's start with the most indisputable approaches:

Be ACTIVE

Our bodies were not meant to be motionless. Why do you think we have legs and arms?! Use them regularly and you may find your body is leaner and your muscles are stronger. This includes your heart muscle! 15 minutes of exercise a day can bring benefit.

Don't Overeat!

Heard this before? It's true! A decrease in your caloric intake can extend your life by lowering your likelihood of disease.

Eat Healthy Plants

Didn't your mom always say to eat your fruits and veggies? Moms are smart, we should listen. Reviews of a plant-rich diet show a tie to the reduction in many health issues...and they make you feel good!

NUTS

Squirrels do it! Eating more nuts infuses your body with valuable plant compounds, vitamins and minerals, not to mention they are loaded with protein, fiber and antioxidants! They have been found to curb the probability of high blood pressure, heart disease, diabetes, inflammation, and even some forms of cancer, among other benefits.

Coffee or Tea, Please

Both are connected with lowering the risk of chronic disease, believe it or not. Green tea has been known to reduce the danger of cancer, diabetes and heart disease. Coffee has been linked with reductions in type 2 diabetes, heart disease, some cancers, Parkinson's, and Alzheimer's diseases.

What's Turmeric?

Try it! Turmeric is a spice that has a potent bioactive compound called curcumin. It also has antioxidants and anti-inflammatory properties that are known to maintain brain, heart, and lung function. It's been consumed in India for thousands of years with no major detrimental effects.

Must Have Sleep

Sleep is crucial. Not having enough or having too much, can equally be a detriment. Get your eight hours in! Lack of sleep can lead to weight gain, heart disease, inflammation, and diabetes. Too much sleep can be a sign of depression or other undiagnosed health conditions.

Smoke - NOT!

Again, we've all heard, read or seen studies that show smoking causes diseases that can cut our lives short. Keep in mind, if you are a smoker, quitting TODAY can still add years to your life!

Alcohol in Moderation

Overdrinking is linked to liver, heart and pancreatic disease. If you have to choose... Choose wine! It has oodles of polyphenol antioxidants considered to be beneficial to your health. But don't forget, everything in moderation, or abstain completely depending on your individual circumstances.

Conscientious

Remember those teachers that were always telling us to be more conscientious? They were correct. Being more self-disciplined, organized, and goal-oriented will help you live longer!

Escape Chronic Stress and Anxiety

Just saying the words "stress" and "anxiety" have a negative connotation. The prospect of getting heart disease, stroke or lung cancer are doubled in women who have chronic stress. Premature death in men is tripled if continually overstressed.

And Finally... Just BE HAPPY

Even the Dalai Lama says "Happiness is the greatest form of health." There have actually been studies of happiness, people and longevity, and guess what?... Happy people WIN!

Since we are all unique individuals, take in all recommendations carefully and always consult your doctor if you have concerns. But always... take great care of yourself!

Work cited: Alina Petre, MS, RD (CA). "13 Habits Linked to a Long Life (Backed by Science)." Healthline, April 8, 2019

<https://www.healthline.com/nutrition/13-habits-linked-to-a-long-life>

E.V.E.N.T.S O.N P.A.U.S.E

It is with deep regret that we will be pausing events until further notice. We anticipate the day when we can gather again!

**Annual
Memorial Butterfly Release will be Delayed**