



WELCOME TO OUR NEWSLETTER

# Healing After Loss



## Letter from Bereavement Coordinator

Dear Readers,

Here we are in May! This means longer daylight, warmer days, and trees now being in full bloom. Unfortunately, for the trees to bloom and the grass to become greener, we need the rain to come as well. This could also be an analogy as a way to view grief. In order for us to continue to heal from our grief and our loss, we may need to experience those “rainy days” for a while, as they are an essential part of the healing process, as our body learns to process this loss and this new way of life. For those who have lost a mother, a child, or a mother-like figure in their life, May can be even more challenging, as this is the month when Mother’s Day is upon us, and the joy and happiness of those celebrating this holiday can be hard for some of us to see or be exposed to because of our grief. For some, that celebration may seem too much too handle. However, for others, it may be a perceived as a joyous day they can use to honor the memory of their mother. My wish for all of you is that this month brings you moments of warmth, moments of peace, moments to smell the flowers, and continued patience and healing on your grief journey.

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Sincerely,  
Lisa Gardner, Bereavement and  
Volunteer Coordinator

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## Navigating Mother's Day after Losing a Mother

by Rebecca Fleckenstein, Volunteer Content Writer

As Mother's Day approaches, we are holding you in our thoughts. This day, overflowing with flowers and memories, can feel impossibly heavy for those who are grieving the loss of their mother. While the world celebrates, your heart might ache with emptiness, longing, and remembrance.

Please know you are not alone in your grief. Many find this day difficult because the absence of a mother leaves an indelible mark on our story. The images in commercials, social media posts, and happy gatherings can reopen wounds or highlight the reality of your loss. It's okay if you need to turn off your phone, be quiet, or step aside from celebrations that don't fit your heart on that special day.

Grieving on Mother's Day is not a sign of weakness, nor does it have to follow any timeline. Grief may surprise you with tears or giggles at unexpected moments. Let yourself feel it all. Remember, your emotions are valid whether you are feeling sorrow, anger, numbness, or gratitude for what you once had.

Here are some suggested activities or ideas to consider when approaching Mother's Day:

- Mark this day as a quiet day. Give yourself permission to tend to your needs on this day.
- Write a letter to your mother
- Re-visit a favorite place you both shared together, whether that be alone or sharing it with someone else you love.
- Cook their favorite meal.
- If you feel isolated, consider connecting with friends, family, or a support group for those who understand loss. Opening up about your feelings, even a little, might help ease your burden.

You may choose not to celebrate that day at all, and that is okay too. Above all, be gentle with yourself. You are celebrating a love that has outlasted life itself, proof of a bond too powerful to be undone. However you decide to move through Mother's Day, trust that your way is the right way for you.



Navigating Mother's Day (cont.);  
What If Your Relationship was Complicated?  
*by Rebecca Fleckenstein, Volunteer Content Writer*



For those whose relationships with their mothers were marked by strain, distance, or pain, instead of joy and celebration, the day may trigger feelings of grief, loneliness, or resentment. Here are some strategies to help you cope with these complex emotions.

- Acknowledging your feelings is an essential first step. It's normal to experience a mix of sadness, anger, or longing on Mother's Day when you've had a hard relationship. Embracing your feelings rather than pushing them aside can lead to emotional recovery.
- Take care of yourself and give yourself permission to set limits. That could mean skipping parties or turning off social media, especially when everyone seems to be posting about perfect relationships with their moms. Remember, it's okay to put your feelings first and do what's best for your mental health.
- It's okay to nurture yourself by reaching out for support from friends, community groups, or professionals who can provide understanding without judgment.
- Engaging in comforting activities that foster self-love, and emotional safety is also important for your mental health.

Grief on Mother's Day is valid, even if your relationship was complex or estranged. Seeking connection in chosen relationships, practicing compassion for yourself, and marking the day with rituals of self-care can guide you toward greater closure and inner peace.

# Managing our Emotional Well-Being

*Written by Lisa Gardner, Bereavement and Volunteer Coordinator*

Last month, we spoke about taking care of our physical well-being, and how important it is to remember our own health when dealing with a loss. The healthier we are, the more resilient we feel. This month, we are going to focus on the emotional dimension of self-care, and what we can do to try and keep this need fulfilled as much as we can when experiencing something that may take a toll on us emotionally.

Emotional well-being does not mean being happy all the time, and not allowing ourselves to feel the grief we are experiencing. Some key aspects of emotional well-being are:

- Being able to manage our emotions in a healthy way
- Having a sense of meaning and purpose in our lives
- Maintaining supportive relationships

There are many benefits to our emotional well-being, such as lowering our risk of disease and illness.



**So what are some things we can do to try and fulfill this part of our lives, while being in the midst of hard times?**

Identifying emotions, so that we can process the experience and what we are feeling

- Finding healthy ways to express our emotions (such as talking with caring friends, writing, creative arts, music, physical activity, etc.)
- Find time to do things you enjoy
- Find moments of calm/joy
- Acknowledge your grief as your own unique journey
- Prioritize self-compassion
- Seek professional help
- Reach out to those who have been through similar situations
- Adjusting self-talk





# 3-PART GRIEF AND LOSS SERIES

*Presented by Interim Home Health and Hospice  
Bereavement Program*

We know that grief and loss can be a complex journey, and at times, challenging to navigate. Whether you are experiencing a loss yourself, know someone who is experiencing a loss, or just would like to learn more to increase your knowledge around this topic, please consider joining us for the following grief and loss workshop series:

## **Monday, May 4<sup>th</sup> from 10-12**

*Different Types of Grief- Did you know that people grieve in many different ways? What do these different styles look like, and how do they impact one's grief journey? Come learn about how these different styles manifest themselves, and factors that may contribute to our grief journey.*

**RSVP required by Monday, April 27th.**

## **Monday, May 11<sup>th</sup> from 10-12**

*Common Emotional Responses to Grief- Based on the Five Stages of Grief Model, this workshop will explore the different ways our bodies respond to the grief journey, and coping tips on how to best support ourselves or others as we process those responses.*

**RSVP required by Monday, May 4th.**

## **Monday, May 18<sup>th</sup> from 10-12**

*Coping Tips and Suggestions- This workshop will explore some general coping strategies to help deal with grief and loss, and incorporate four dimensions of self-care, and how finding ways to support those dimensions can help us through the grief journey.*

**RSVP required by Monday, May 11th.**

**All workshops will take place at the Costick Activities Center  
28600 Eleven Mile Road, Farmington Hills, MI**

**You do not need to sign up for all 3 to attend, though it is encouraged.  
To RSVP by the above dates, please contact the Costick Center  
at (248) 473-1800**

She's in the sun, the wind, the rain,  
she's in the air you breathe  
with every breath you take.  
She sings a song of hope and cheer,  
there's no more pain, no more fear.  
You'll see her in the clouds above,  
hear her whisper words of love,  
you'll be together before long,  
until then, listen for her song.  
– Christy Ann Martine



## SELF-REFLECTION



WHAT DOES MOTHER'S DAY  
MEAN TO YOU?

WHAT PLAN WILL  
YOU PUT IN PLACE  
TO ENHANCE YOUR  
EMOTIONAL HEALTH?

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