

## Griever's Bill of Rights

- You have the right to experience your own unique grief
- You have the right to talk about your grief
- You have the right to feel a multitude of emotions
- You have the right to be tolerant of your physical and emotional limits
- You have the right to experience "grief bursts"
- You have the right to make use of ritual
- You have the right to embrace your spirituality
- You have the right to search for meaning
- You have the right to treasure your memories
- You have the right to move toward your grief and heal

—Adapted from Dr. Alan Wolfelt  
"The Mourner's Bill of Rights"



**High Peaks Hospice**  
has offices in:  
**Saranac Lake**  
**Mineville**  
**Glens Falls**

*Servicing Warren, Essex and portions of Franklin,  
Hamilton, St. Lawrence, and Washington Counties*

**For more information call**  
**518.891.0606**

### Our Mission

Dignity, comfort and peace  
at the end of life

High Peaks Hospice provides end of life care that listens with respect, cares with compassion, supports with choice and comforts with understanding wherever you call home.



**HIGH PEAKS HOSPICE**  
**BEREAVEMENT**

## BEREAVEMENT CARE



If you, a loved one, or someone you know is experiencing grief and looking for support, please contact the Bereavement Coordinator in the High Peaks Hospice office nearest you.

Grief support is open to everyone in the community.

## Bereavement Care

The emotional toll of caring for, and living with someone with an advanced illness is an ongoing process, and the effect on families and caregivers does not end when a loved one dies. Our bereavement team provides support for family and caregivers that begins during hospice care and continues through our bereavement program.

## Grief Myths vs. Facts

**Myth:** Grief is the same as mourning.

**Fact:** Mourning is an outward social expression of loss, while grief is the feeling that comes from loss.

**Myth:** Grief and mourning periods are predictable and have a pattern or progression.

**Fact:** Grief and mourning differ from person to person and come out at different times and in different ways.

**Myth:** To avoid grief, you must "move on".

**Fact:** In order to resolve grief we must experience and participate in the process; avoidance leads to unresolved grief.

**Myth:** Tears = Weakness

**Fact:** Tears are an appropriate expression of grief and healthy release of emotions.

## THE BEREAVEMENT JOURNEY

### Bereavement Coordinator

The opportunity to be present for people in grief is a privilege that allows our team to be drawn into the richness and beauty in the lives of survivors. All honor the spirit by learning together, bearing witness, listening with our hearts not as an expert but as journeyman. Mourning is not an end, but a new beginning.



### Help is available through:

- Mailings
- Support Calls
- In Person Counseling
- Support Groups
- Remembrance Services
- Lending Library
- Community Needs
- Special Events



### Divine Momentum

The notion that the process of mourning will, all by itself, lead to healing and reconciliation. In embracing and expressing grief, mourners will, over time and with support, move forward on their own. We are here to offer you a safe open space to give attention to that which desires attention.

### For More Information

visit a High Peaks Hospice office near you or one of these online resources:

Center For Loss  
[www.CenterForLoss.com](http://www.CenterForLoss.com)

The Dougy Center  
[www.Dougy.org](http://www.Dougy.org)

Hospice & Palliative Care Assoc. of NYS  
[www.hpcanys.org](http://www.hpcanys.org)

National Hospice & Palliative Care Org  
[www.NHPCO.org](http://www.NHPCO.org)

Hospice Foundation of America  
[www.HospiceFoundation.org](http://www.HospiceFoundation.org)