



Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513 | (315) 573-7028



SPRING HAS SPRUNG! Along with all the sudden downpours, the instant puddles turning into ponds, and rainy day gloom unmoved by high winds, suddenly, new life seemed to pop up from nowhere. Soon sunny daffodils, perky tulips and highly scented hyacinths appeared as if by magic to lift our spirits with the promise of renewal....and brighter days to come.

Grieving has a spring season as well. Time comes when the avalanches of unstoppable sadness yield for peeks at happier moments to come. They might be triggered by the joy of children laughing joyously, the lift of sudden recall of a happy memory, the discovery of long forgotten beautiful sentiments once written. Often triggers come from the undeniable lift Mother Nature brings. Beauty that lifts and revitalizes bursts through the soggy days and lights the pathway forward.

Beauty is clearly a gift from God to balance the hardships of being human and feeling such deep pain, with the promise of more good to come. It is a gift that can help us stay the course and work to welcome in better times once more.

Welcome to Spring. We are off and running!
Let the beauty lift and renew us, one and all.

~Laci Graham, Executive Director

IMPORTANT NOTICE:

After careful consideration we decided to produce Ten issues of TAKE MY HANDS a year to allow the production team some time out from deadlines. Instead of vacationing all the summer months, we will offer issues on May, July, and September (NOT on June or August). That will give us a greater sense of remaining connected with our greater Hospice families, honor our holiday summer months, and still have that breather known fondly as vacation time, for those of us who find the bits and pieces and laughingly knit them together for our monthly issue. Let us know how you feel about that as we

explore ways to stay in touch while balancing time out. We value our connection with you!

Sharing a Moment



By: Kali Newlen-Burden,
Guest Blogger and Full Circle Volunteer/Supporter

Twenty-two years, one month, and 20 days. That's how long I was blessed with my mom's presence. I wish I had more time, but it was more than enough to collect a lifetime's worth of love and memories. I treasure a voice recording from my 22nd birthday where she poured out her heart to me during an exhausting week of clinical trials at MD Anderson in Houston, Texas. I remember sitting together in our hotel room when she shared, *"Plenty of people lose their mamas early, but you've had more of me..."* She then added with a laugh, *"You've had too much of me!"*

She was larger than life, a rare gem bursting at the seams to share her creativity and love with the world. Her vibrant personality, compassionate heart and joyful spirit made an impression on everyone she met.

Allow me to paint a picture...Kim Newlen didn't just throw a tea party, she organized the World's Largest Tea Party in 2005 and broke a Guinness World Record. She proudly drove all over Richmond in her dad's 1986 Ford pickup that she had painted pink. She sent the BEST snail mail. My mom mailed me frisbees, beach balls and lint rollers while I was away at summer camp. No, they didn't arrive in an envelope or box. Instead, she would write my name and address in sharpie right on the items and send them through USPS. Imagine all the smiles those parcels prompted from postal workers and carriers.

Whenever she would go out of town for retreats or speaking engagements, she would leave a box wrapped in smiley face wrapping paper with goodies inside on the kitchen counter. Every morning before school, I would close my eyes and choose a surprise. We would chat on the phone later and I would share what I picked out and she would share why it made her think of me. Even though we were physically apart, she wanted me to feel special.

In fact, she wanted everyone she came into contact with to feel special. As someone who battled breast cancer twice – a decade apart – she was no stranger to hospitals. She would fill her purse with butter mints in bright yellow smiley face wrappers and hand them out to patients, doctors and nurses. No matter how she was feeling, she always set out to brighten someone else's day. She was everyone's friend.

While she was fighting for her life, I remember her saying to me, *"you have the most incredible future and I feel at peace...the hardest thing for me is leaving you."* While it's easy to think about all the milestones that she missed – my college graduation, first job and wedding – I know that she was with me every step of the way. She still is. As I navigate the ups and downs of life, and embrace adventures like moving back and forth across the country and marrying the love of my life, I imagine her smiling and cheering me on.

I like to talk about her in the present tense, as if she's just in the other room or out running an errand. Because when you lose someone so important to you, she's always part of your present.

Seemingly ordinary things often spark memories of my amazing mom. Whether it's a pink sunset or a penny on the ground that has fallen from heaven, I feel her with me. I have so many daily reminders of her – reading her devotionals, wearing some of her favorite accessories, drinking out of her pink mug, and finding all the sweet notes she had written me. I can't help but dance when I hear her old ringtone “*Sugar Pie Honey Bunch*” on the radio. My husband and I still talk about her all the time and recall the unique phrases she used to say: “*Oh my rooties!*” (instead of “oh my goodness”) and “*I have my 'so excited' face on!*”

On my 21st birthday, my mom gave me a beautiful painted sign that said “celebrate everything.” She wrote on the back: “*We did! We do! We will!*” Little did I know that just over a year later, we would be planning her celebration of life service. I miss her every day, but some days are harder than others.

Christmas, her birthday, and death anniversary all fall within a six-week period. Every year on those days, I find ways to celebrate her life and do things that she would love, like enjoying a hot cup of tea or curling up and watching a Hallmark Channel holiday movie.

I find myself saying to my husband or a friend, “My mom would love this – let's do this for her.”

This Mother's Day, I'm spending the day with a friend who recently lost her mom to cancer. We'll take a walk and look at all the tulips in full bloom (one of our moms' favorite flowers). We'll treat ourselves to pedicures, something they both loved to do. I'll opt for bright pink polish (my mom's favorite color). We'll enjoy a cup of tea or coffee and “cheers” to our moms who shaped us into the women we are today. We'll laugh and cry. We'll reminisce, share stories and scroll through old photos. We'll keep their memories alive.

The way I see it, those we love never really leave us. They're here, we just have to open our hearts and look for glimmers of them. It's up to us to keep them a part of our present.



Simple Recipes to Share...

The Kate Middleton Summer Salad

Kate is said to pair her watermelon chunks with

cucumber wedges, avocado, diced onion, and crumbled feta cheese, topping all this off with a delicate mint garnish.

This recipe whilst so simple to put together blends the perfect mix of sweet juicy pink watermelon with the other savory ingredients.

The dish is also full of nutrients making it an ideal one to have for a light lunch. Sometimes Kate might even add the odd handful of olives to her salads too as she once revealed they're her favorite to snack on.



Strawberry Arugula Quinoa Salad

Quinoa salad with fresh strawberries, arugula, toasted almonds, mint and a citrus vinaigrette

Read More:

https://www.simplyrecipes.com/recipes/strawberry_arugula_quinoa_salad/?utm_source=emailshare&utm_medium=social&utm_campaign=shareurlbuttons



Timely Tips



4 Ways to Express Grief That Aren't Just Talking About It

by Asma Rehman/ Certified Grief Recovery Specialist.

Grief is hard to deal with. It can even feel impossible to let ourselves feel it enough to express grief. And—as we've talked about on the blog before—there are a lot of causes for grief right now.

Grief is one of those tricky feelings that doesn't feel good to acknowledge or express, but somehow feels worse when it gets ignored. Facing things we regret or that we miss or that we lost is not a fun thing to do. But bottling up those feelings is actually worse. They start to show up in other

ways, things like frequent headaches or appetite changes or issues sleeping are all ways that unacknowledged feelings can show up in our body. It's like the feeling (in this case, grief) was trying to get our attention, and when we decided to bottle it up, kick it under the bed and ignore it, it had to do something drastic to get us to listen.

We've talked about [signs of incomplete grief](#) here before, but they can include things like:

- Feeling like you're stuck in an emotional rewind
- Increased irritability
- Always bracing yourself for the worst
- Feeling of numbness
- Increased self-harming behaviors
-

These are all signs that your grief needs acknowledgment and care.

And finding ways to express our grief isn't just about crisis prevention for our future selves. There are a lot of [benefits that come with talking about grief](#); things like finding support, learning more about your own emotional processes, and lessening feelings of isolation.

But what if right now, talking about it with someone else is just too hard? How can you give your grief the care and attention it deserves while you wait to be ready to share with someone else?

Journal

If you're ready to get your feelings out, but just aren't ready to share them with someone else, then [journaling about your grief](#) is a wonderful way to release it instead of letting it fester. Journaling can also help you make sense of your own feelings, which might help you feel ready to talk about it with others when the time comes.

Write a Letter

What is it you're grieving? Is there someone you miss? Write a letter to whoever or whatever it is that you have lost. It could be about why you miss them, how you're feeling thinking about them, what you've wanted to share with them since losing them, etc. Or, why are you afraid to let yourself grieve? Write a letter to your grief. Tell it why you're so afraid of it, what it's been like for you in the past,

how you hope it can help your healing, etc.

Other Artistic Expression

There are so many ways we can express our feelings without talking about them. If you're a writer you can write poetry about how you're feeling, or stories where characters have to grapple with their own grief—letting you explore your own through them. Or if you're a musician you can write music about your grieving, or look to musicians you admire and see how their work deals with their own heavy feelings. If you're a painter or other visual artist, how can your feelings translate into your art?

Do something that makes you feel close to what you've lost

If you're mourning a friend, think about what made you feel closest to them. Maybe you would spend a lot of time sharing meals with this person. You could spend an afternoon cooking their favorite meal, or the meal you'd like to share with them. This can both acknowledge the pain of the loss, while h

~Paying Tribute ~ Ways to Remember~

One of the most perplexing questions to arise from losing our loved one is, "How do I remember this special person I love so much in a way that fully honors the wonderful person he/she has been in my life?" Somehow finding the right memorial pathway is elusive and uncertain at the same time our energies seem overwhelmed with simply finding a way to carry on and re-engage once more with life and it's not-to-be-denied necessary duties.



The possibilities are many and varied. From very simple and personal to more complex and grander, there are many inviting examples of pathways to remembrance available. How do I find the information I need? And how do I choose the right one for me?

The need for an overview of suggestions for memorials calls us to begin a new column, *PAYING TRIBUTE*, wherein we can outline ideas one at a time per issue. Our hope is you will see the potentials one by one, in a less overwhelming way, and know whether this is what you seek...or not...knowing other ideas to consider will be coming your way. So let us begin today in our search for ways to remember.

(We welcome hearing from you, ways you have already embraced and will share them in a future issue! So, email us, leave a message on the office phone or write us your already completed memorials. We want to learn too!)

A memorial garden lives on. Dealing with the loss of a loved one is a challenge that nearly everyone will experience during his or her lifetime. Creating a memorial garden in honor of your loved one is an inspirational way to pay tribute to their life while giving you a quiet place to remember your loved one.

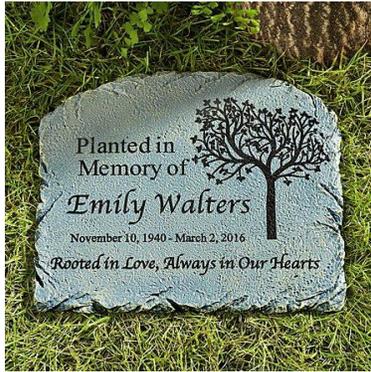
Live plants, by their nature, can provide soothing comfort to you during your bereavement, while providing many years of pleasant improvement to your landscape. Let's look at one memorial garden idea you can create in your backyard to get you started...

Sometimes it helps to actually see an idea.....



Forget-me-not memorial garden

Plant a small patch of forget-me-not flowers, and either add a small bench where you can sit and reminisce, or add a memorial plaque. What a lovely reminder to plant in your memory garden.



*I hope these memorial garden ideas helped you envision how you might start a memory garden and will remind you of, and help commemorate the loved one you lost. Remember there will be more ideas for **PAYING TRIBUTE** in future editions...*



Mother's Day: Thinking of ALL Mothers

By Carrie Schaeffer, LCSW, Perinatal Bereavement Services Manager

Mother's Day is quickly approaching as we settle into spring. The day is celebrated with flowers and picnics, homemade crafts and time spent together as a family. It is a day to honor and reflect on the sacred bond formed between a mother or mother-figure and her children. For some, however, this day (along with the cards, flowers, commercials and social media posts) is a painful reminder of what has



THINKING OF YOU



MOTHERS WHO
HAVE LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS



THOSE YEARNING
TO BE MOTHERS

This Mother's Day, we want to acknowledge:

- Individuals whose mothers have died
- Mothers who have lost a child, baby or pregnancy
- Women who want to be mothers and struggle with infertility
- Mothers and children who are separated from one another due to COVID19 or otherwise

Ideas for those who want to honor and feel connected to someone that they cannot be with this Mother's Day:

- Plant a tree or a bush that can serve as a reminder of your love and a symbol of life and renewal
- Use art to create a memento that will bring a smile or spark a memory – paint a birdhouse or garden stone that you can see from your window or use symbolic beads to make a necklace or a bracelet
- Spend time with keepsakes or photos and, if possible, share stories or memories of those items with others
- Write a letter to the person who is gone updating them on your life today or sharing regret and lost dreams
- Work on a hobby or cook a recipe that your mother taught you
- Call your surviving parent, a sibling or a friend and talk about the loved one you miss and the memories you share together
- Talk with your partner about the child or baby you lost. Say his or her name and

discuss the plans you had made as a family.

- Release a paper lantern in the evening and watch it float peacefully toward the sky
- Set aside time for self-care and reflection and allow yourself to feel grief however it comes

Ideas to help someone that you know who is grieving this Mother's Day:

- Call them and let them know you are thinking about them. Remember to say their loved one's name out loud.
- Consider sending a card to someone whose mother is gone to acknowledge the loss
- Consider sending a card to someone who has lost a pregnancy or child to acknowledge the enduring role of motherhood
- Post a quote, poem, or image to acknowledge your family members or friends who are grieving
- Invite them out for a walk and allow for conversation but also be OK with silence
- Allow a partner or spouse time alone to grieve and reflect

We're thinking of all of the mothers as we approach Mother's Day!



**"My mommy loves me more than anybody.
You don't see anyone else kissing me to sleep at night."
Clare-age 6**

CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism,
He learns to condemn.
If a child lives with hostility,
He learns to fight.
If a child lives with ridicule,
He learns to be shy.
If a child lives with shame,
He learns to feel guilty.
If a child lives with tolerance,
He learns to be patient.
If a child lives with encouragement,
He learns confidence.
If a child lives with praise,
He learns to appreciate.
If a child lives with fairness,
He learns justice.
If a child lives with security,
He learns to have faith.
If a child lives with approval,
He learns to like himself.
If a child lives with acceptance
and friendship,
He learns to find
love in the world.

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Item No. 24217



CHILDREN'S HUMOUR

WHO TO MARRY:

How can a stranger tell if two people are married?
You might have to guess based on whether they seem to be
yelling at the same kids. Derrick, age 8

What do you think your Mum and Dad have in common?
Both don't want any more kids. Lori, age 8

When is it okay to kiss someone?
When they're rich. Pam, age 7

How would make a marriage work?
Tell your wife that she looks pretty even if she looks like a
Dump truck. Ricky, age 10



GOOD NEWS CORNER

Vancouver Couple Converts Their Huge Resort Property Into A Ukrainian Refugee Home For Dozens

by Andy Corbley, Good News Network

Owners of a nature resort in British Columbia have put renovations on hold to open up the stunning 81-acre property exclusively for housing Ukrainian refugees. With their goal of hosting 100 people, the owners and operators of The Grouse Nest on Vancouver Island see the fleeing masses as equivalent to their own people, since Brian's family comes from Ukraine. "We've got 19 people booked to be coming in about two to three weeks," Brian told Global News Canada. "We're in a position, in a place, in a time where we could help make a bit of a difference."





More Good News from our community...*A Resounding Success Story! RIGHT IN OUR BACKYARD!!!*



Newark Summer Program Provided Real Value for Participants

“Community Schools” is a concept and a practice that recognizes that raising children into healthy, productive, fully realized adults is often a team sport, frequently requiring more resources than any individual school district can muster. That’s where the “community” in Community Schools comes in.

Community Schools is person-centered and place-based, identifying and utilizing agencies, organizations, businesses, and individuals in each community to bring whatever services and resources a student, or students, may need to be successful.



In 2019, The Newark Chamber of Commerce identified the lack of reliable all-day activities for children as a hindrance to the Newark Labor market. Parents were not able to engage fully in employment with limited affordable options for their children.



The Chamber reached out to Wayne County Community Schools to see if anything could be done. Planning began for the summer of 2020, but the pandemic put the Program on hold. It was reimaged and retooled and launched in July of 2021.

The 2021 Newark Community Summer Program was a shining example of Community Schools in action: individuals, families, organizations, businesses, and schools coming together to help young people grow and thrive. Led and facilitated by Josh Arnold, the Newark Summer Program was open to children ages 5 – 12 whose families live within the Newark Central School District, or whose parents or caregivers work in Newark and were having difficulty finding reliable daycare.

Better still, the program provided childcare and activities at a very reasonable cost to families.

Program staff member Michele Zimmer said that the best part of the program has been meeting the children and hearing their laughter. "Josh [Arnold] told us at the beginning of the Program," Zimmer said, "our goal was to give these kids a summer to remember. And we certainly have. We've exceeded that goal. "It is important that we all continue to work together to shape what it means to grow up in Wayne County. And that means considering each community individually and as part of a whole. Community Schools provides the framework to make this happen.



WE PROUDLY HONOR OUR MEN AND WOMEN IN UNIFORM

Memorial Day reminds us that freedom isn't free. It calls us to duty, every one of us, to remember, give thanks, and help in any way we can the families and survivors as we honor our fallen heroes and their families in our prayers, in our communities and in our hearts.

For all the families whose loved ones gave the ultimate sacrifice and lost their lives defending our country and our freedom, we are greatly honored and humbled receivers of their incredibly selfless service. We join you in this moment to pay our respect and express our deep gratitude for their acts of heroism and sacrifice, that gifted our citizens and country with precious protection and freedom. May we always remember and honor their priceless gift given for all of us.

OUR FALLEN HEROES WERE:

**BRAVE BOLD KIND PROUD COURAGEOUS FIERCE
STRONG DETERMINED INSPIRING**

VERY MUCH LOVED AND APPRECIATED.

***ALWAYS IN MY MIND,
FOREVER IN MY HEART.
GONE YET NOT FORGOTTEN
THOSE WHO TOUCH OUR LIVES
STAY IN OUR HEARTS FOREVER.***

With our annual Memorial Day ceremonies, we acknowledge the heroism, pain and loss of so many

brave and dedicated fallen heroes of our country. We pause as well to acknowledge the monumental personal loss and ongoing grief for all the families and loved ones of those who died. Our moments of silent prayers and tears are expressed in remembrance for all of you as well.



In recent years we have extended this honoring to the many paralyzed and disabled Veterans who also served and are still paying a tremendous price in many Veterans hospitals and care centers. In recognition of their heroism and ongoing sacrifice, PARALYZED VETERANS OF AMERICA offer an opportunity to remember these American heroes as well. Donations made to the organization for remembrance and assistance to our injured heroes can be made at:

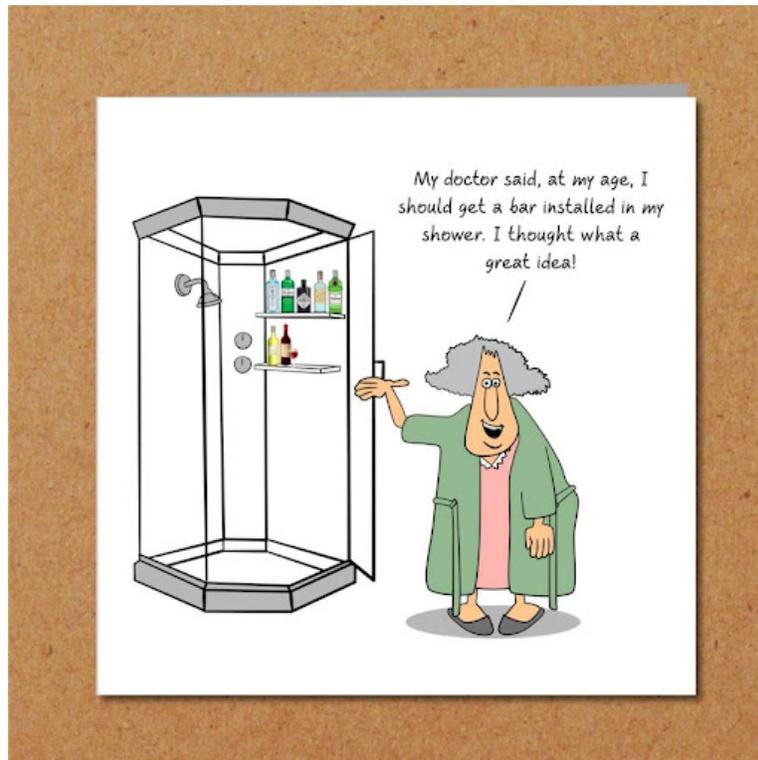
Paralyzed Veterans of America, National Processing Center, PO BOX 758589, Topeka KS 66675-9950.

WOUNDED WARRIOR PROJECT, Donor Care Center, PO Box 758541, Topeka, Kansas 66675-8541

However you choose to honor the holiday where we pause to remember our fallen heroes, whether by old tradition, parades, picnics, or finding a new and meaningful way to touch another's life, we offer our best wishes for a safe and meaningful Memorial Day Weekend!



On the Lighter Side



The Best Medicine

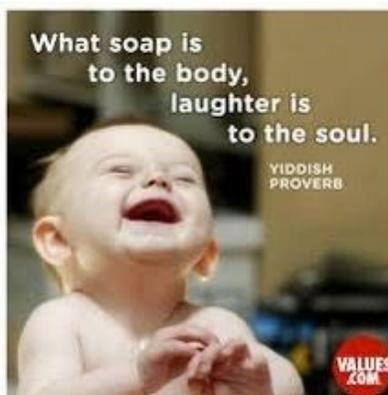
Patient: Doctor, doctor! I accidentally swallowed a bunch of Scrabble tiles!

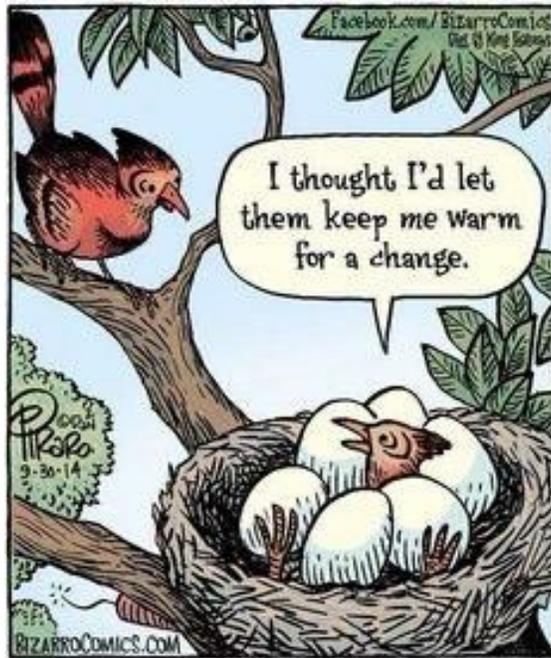
Doctor: Oh, no! Your next trip to the bathroom could spell disaster.

Someone posted they had just baked some synonym buns. I replied, you mean just like the ones grammar use to make? Now I'm blocked.



"I'm lonely," Adam told God in the Garden of Eden. "I need to have someone around for company." "Okay," replied God. "I'll give you the perfect companion. She is beautiful, intelligent, and gracious-she'll cook and clean for you and never say a cross word."
"Sounds great," Adam said. "But what's she going to cost?"
"An arm and a leg," answered God.
That's pretty steep," replied Adam. "What can I get for a rib?"





WHY I LIKE RETIREMENT!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bed time?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question; Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question; Among retirees, what is considered formal attire?

Answer; Tied shoes.



Spring Equinox Blessing

*From its winter sleep the earth is awoken,
The cycle of nature true and unbroken.
The promise of spring, of life, a new start,
To fill you with faith in mind, body and heart.
The perfect wheel of nature keeps spinning,
with proof that the ending is just a beginning.
Rejoice in the season, may it fill you with peace,
And may the blessings of nature, for you, never cease.*

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