



BEREAVED FAMILIES OF ONTARIO (BFO) KINGSTON REGION

April 2018

IN THIS ISSUE

- Hello from the BFO Office!
- Butterfly Release 2018
- Step by Step 2018
- In Memory



Contact Us

<http://www.bfo-kingston.net>

bfo@kingston.net

@ 993 Princess St., Unit 14
Kingston ON K7L 1H3

HELLO FROM THE BFO OFFICE!

Well, it's been over a year now, I think I can't say I'm new to my position at BFO anymore. I feel like I'm in a place now where I am more comfortable talking about and promoting Bereaved Families of Ontario to the Kingston Community. I've been fortunate to meet so many caring and supportive individuals and community organizations over the past year.

In 2018, to date, I have had an opportunity to talk to staff at Addictions & Mental Health KFL&A; with clients and staff at Parkinson's Kingston and other community groups. I have shared information on the services and support that BFO and our fantastic grief support facilitators provide to those who have seeking support as they learn to live with their grief.

I have participated in a great day of learning and sharing at the South East Regional Hospice Volunteer Education Day in March as well as attending the inaugural Compassionate Kingston meeting. Both events again showed me the depth and breadth of caring community members who provide support in Kingston.

And we continue to grow! With the generous support of the United Way KFL&A, the Community Foundation for Kingston & Area and the Churchill Foundation; we have been able to introduce new Grief Support Groups, as well as providing further training for new facilitators. We have introduced a Grief Support Group at the Senior Centre on Francis St, as well as Grief Support Groups at St. Lawrence College and Queen's University. In a few weeks, we'll train more individuals who will be able to help provide support for individuals and families one-on-one and in our grief support groups.



UNITED WAY

**Kingston Frontenac Lennox and
Addington**



ANNA & EDWARD C. CHURCHILL FOUNDATION

*Barb Mundzell – Program and Administrative Coordinator
... do good and lead a meaningful life*



Have you picked up your
'Random Act of Kindness - In
memory of' cards yet?

BFO Groups

Parents Night – 2nd Tuesday

April 10

May 8

June 12

Spousal-Partner – 2nd Thursday

April 12

May 10

June 14

Family Night – 3rd Tuesday

April 17

May 15

June 19

H.E.L.P. After Suicide

- 4th Tuesday

April 24

May 22

June 26

BFO Groups are held

@ 993 Princess St, Unit 14
Kingston

IDEAS FOR COPING WITH GRIEF

Source: <https://healgrief.org/ideas-for-coping-with-grief/>

Where to find your support

One of the critical factors in healing from grief is the support of other people. Having support from your family, friends, or a community of others who have also experienced grief allows you to feel that someone else “gets it.” Being able to share your story or your feelings is vital to the healing process.

Places to find grief support

Faith-based groups: If you are religious, you may find a grief support group in your community or with the leader of your church or temple. They may be able to provide suggestions for rituals or prayer that can help. Because of their role in the community, they may have extensive experience with loss.

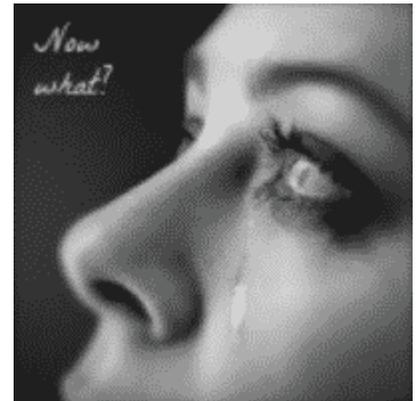
Grief support groups: There are many types of grief support groups for both general and specific types of loss. If this feels intimidating, remember that you can attend a grief support group and just listen. You won't be forced to speak until you're comfortable, and you may draw comfort from being in a community of others who have some understanding of the depth of your grief.

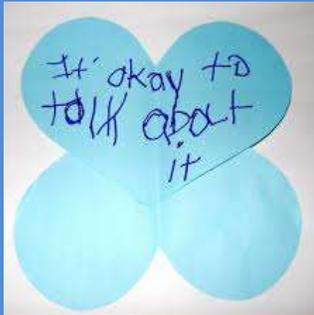
Therapists or counselors: Sometimes, talking to a professional with experience in grief and counseling can help you work through some of the intense emotions you may be feeling. It's normal to feel vulnerable during grief, and you might not always want to share your thoughts with the people in your daily life. A compassionate third party who has grief support experience may help you overcome obstacles to your healing. A local professional may also be able to direct you to a grief support group in your local community.

Community: You may be a private person not wanting an environment of a grief support group or not have a local network of grief support. Here at HealGrief, you can post your thoughts and feelings in our community healing section, or read the postings of others who have suffered a similar loss. Through this community, you may feel less isolated.

Taking care of yourself

In addition to finding support or a grief support group, when you're grieving it is both important and difficult to take care of yourself. Your loss may take away your energy, your appetite and your emotional reserves.





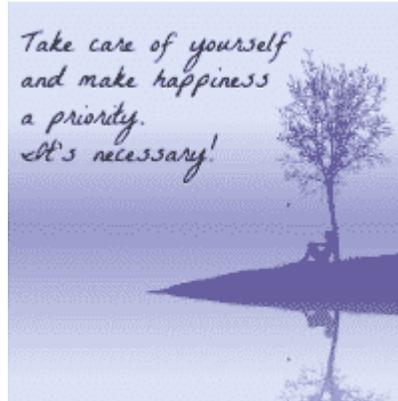
Mourning Coffee
- 4th Tuesday each month
10:00 a.m.
@ Gordon F. Tompkins Funeral
Home, 425 Davis Drive,
Kingston



**We are Bereaved Families of
Ontario – Kingston Region.**

We provide programs, services and resources based on a mutual support model, to individuals, families, children, groups and communities. We are the Bereaved helping the Bereaved learn to live with grief.

We can help the healing begin.



Ways to take care of yourself

Allow yourself to grieve: Often we push the grief away, or tamp it down by distracting ourselves with activities or tasks. Trying to avoid grief only leads to prolonging it — the grief has to be allowed to surface. Unresolved grief, often referred to as complicated grief, can lead to depression, anxiety, substance abuse and health problems.

Express your feelings in a tangible way: This can be done in many ways, depending on your creativity or usual means of expression. You can write about your loss in a journal, or send a

private note to the person you've lost. You can make a scrapbook, photo album or create an online memorial celebrating that person's life. You can also get involved in an organization or philanthropy that was meaningful to them, or make a donation in their name.

Be physically healthy: Your mind and body are connected, and physical health helps with the emotional healing process. It's natural to feel lethargic or low energy, but if you're able to take a walk or a run, it will promote the process. Combat your fatigue with an appropriate amount of sleep, and choose foods that provide you not just with comfort but energy.

Don't judge yourself, or let others judge you: You are allowed to grieve for as long and as deeply as you need to. No one — including yourself — can tell you when to "move on" or "get over it." It's okay to be angry, to cry, not cry, or even laugh — you need to allow for moments of joy in your grief, and feel no guilt for having a moment without pain. We recommend that you read the **Mourner's Bill of Rights**, to reassure yourself of your "right" to grieve.

GRIEVING THE DEATH OF YOUR BROTHER OR SISTER

Other than our parents, our siblings are often the ones who know us best, who have spent the most time with us, at least during our formative years. It's not unusual that we take that relationship for granted ... until they leave us through death. Losing an adult sibling can have the effect of disorientating us and causing many disquieting feelings. Ideas expressed here are taken from a "CareNotes" pamphlet by Kathlyn S. Miller (licensed clinical social worker Wichita, Kansas), which suggests that it is beneficial to consciously "explore and resolve some of the unique aspects" of this type of grief.



Social Media links

Canada Helps:
<https://www.canadahelps.org>

Search - Bereaved Families of
Ontario – Kingston Region

Facebook: @BFOKingston
If you would like to share your
story or an article or poem you find
moving or helpful, email or mail it
to the BFO Office. Contributions
other than your own must include
the author and source. It is our
hope that sharing will help all of us
navigate our way through life with
loss.

Contact Us

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993 Princess St., Unit 14
Kingston ON K7L 1H3

**SHOUT OUT TO OUR
BFO BINGO VOLUNTEERS**

**WE APPRECIATE EVERY
KILOMETER YOU WALK
AT TREASURE CHEST
BINGO.**

**THANK
YOU!**



HONOUR YOUR OWN GRIEF

Unlike a spousal or parental loss, the death of a sibling is often discounted as less important when in fact it can be one of the most profound losses we experience. Remember that in such cases, your loss is just as valid, and that person is just as irreplaceable. The nature of your relationship will surely dictate how severe your grief is, and will result in a myriad of other feelings.

LEARN ABOUT THE GRIEF PROCESS

Hopefully your family and friends will provide understanding and patience. Normal daily routines will need to be resumed fairly quickly, although you are in the early stages of what may be a lengthy healing process. You should expect any number of emotions, many of them mixed, including deep sadness, confusion, longing, anger, guilt and regret. If your family is having difficulty understanding that you are not able to meet their needs in your usual manner, a family session with a grief counselor may be in order.

DEAL WITH FEELINGS OF GUILT AND ANGER

There may be "survivor guilt" in certain cases. Maybe we feel we should have died first if we are the elder or less healthy sibling. Perhaps we feel that we should or could have been kinder or more loving to our sister or brother. Guilt may serve us for a while, maintaining a connection to our beloved sibling, but there comes a time when we must let go of the guilt in order to move on with our own lives.

It is common to feel anger at this type of loss. It may be anger at one's sibling for leaving us, at the circumstances surrounding the death, at oneself or even at God for allowing it to happen. Feelings of abandonment can trigger anger at the person we expected to always be there for us, with us, as we weather the tribulations of aging. It may be helpful to write a letter to the deceased person, or, if you are so inclined, to God as a safe way to express frustrations. One of the ways you may find solace is by attending a grief-support group like those provided by Bereaved Families of Ontario.

FIND HEALTHY WAYS TO KEEP YOUR SIBLING'S MEMORY ALIVE

We can pass on the gift of our sister or brother's life by sharing personal mementos and belongings with other family members and friends. Viewing photos, videos, and stories may bring bittersweet tears at first, but as time goes by, the good times will outweigh the sadness. Undertake an activity your sibling enjoyed, either alone or with someone else, to celebrate the memory of your loved one.

COME TO GRIPS WITH YOUR OWN MORTALITY

You may find this is a good time to reassess and prioritize your life. Remember, your sibling was closer in age to you, unlike a parent or grandparent. Some people decide to rededicate themselves to a cause, big or small, as a memorial to their lost sibling. Chaim Potok says in his novel *The Chosen*, "It is hard work to fill one's life with meaning ... A life filled with meaning is worthy of rest. I want to be worthy of rest when I am no longer here."



TAKE HEART

Early grief can feel like we've been crushed by a huge boulder, too heavy to lift. Over time, and by working through our grief, that boulder becomes smaller and more manageable, until it becomes a pebble that we can carry in our pocket. We may even forget that it's there, but every now and then, in reaching for something else, the pebble finds its way into our fingers and we are reminded of our loss. Let it also remind you of the love you and your sibling shared. It's never easy to say good-bye to a loved one. The playwright Robert Anderson spoke of loss: "Death ends a life, not a relationship."

Sandy Mortensen
BFO-K Facilitator

SAVE THE DATE!

STEP BY STEP – SUPPORTING BEREAVEMENT SERVICES

Join Bereaved Families of Ontario – Kingston Region and Hospice Kingston this Fall 2018 at Lake Ontario Park as we remember family and friends.

For the first time, we will be collaborating with Hospice Kingston in support of bereavement services in Kingston with **Step by Step- in support of Bereavement Services** bringing together the BFO Walk to Remember and the Hospice Kingston Hike. There will be a 1 km Walk in Memory and 2.5 km and 5 km walk/hike in and around Lake Ontario Park.

Date: Sunday, September 16, 2018
Details to follow soon!

IN MEMORY OF OUR LOVED ONES...

APRIL	JUNE	JULY	JULY
Ambury, George	Amell, Shanon	Adams, Dan	Ogilvie, Shannon
Bedwell Sr., Robert	Anderson, Marion	Arrenegads, Arthur	Pickering, Sandra
Bouchard, Arianna	Armstrong, Kevin	Babcock, Ronald	Plourde, Shelley
Cartwright, Nancy	Babcock, Scotty	Brierley, Peter	Reid, Tim
Cooper, Cassandra	Belanger, Dan	Brooks, Carter Graeme	Reynolds, Jason
Costa, Tayler Farrow	Bogle, Kate	Brousseau, Johnathon Eric	Robert, Tristan William
Gural, Michael William	Bourgon, Georges	Burns, Alex	Schnurr, Elizabeth
Gwalchmai, Emme Marie Faith	Cahill, Matt	Cartwright, Charles	Sherlock, James
Hall, Kailey Marie	Carney, Francis	Conway Jr., Dale Adrian	Simmons, Gabrielle
Halladay, Bryan	Chartrand, Edward	Deline, Mark	Soroka, Stephen
Harten, Rodney	Cunningham, Crystal	Deschamps, Connie	Thompson, Tim
Heidrick, Edward	DaCosta, Carolyn	Desjardins, Kaelin	Villeneuve, Zachery
Kane, Julie	Earl, Samuel (Sam)	Doherty, Andrew John	Walsh-Botelho, Cassandra
Knapp, Samuel Eugene	Goodberry, Shawn	Downey, Michael	Rose
			Wells, Heather



Bereaved Families of Ontario (BFO) Kingston Region Newsletter

April 2018

Page 7 of 8

APRIL	JUNE	JULY	JULY
Lacombe, Robert	Gorman, Barbara	Duchesneau, Danielle	Wilkins, Chuck
Lauzon, Chantel	Greenless, Cory Justin	Eckbo, Patricia Wendy	Wilson, Mary
Lawrence, Candi Dawn	Halliwell, Braden	Ervine, Larry	Wolfe, Larry Alan
Leduc, Allen	Harris, Todd Gary	Forrest, Michael D.	Woods, Kenneth A.
Lodge, Kevin	Hollis, Shelley	Glover, Meryan	Young, Brook
MacInnes, Keith	Hurd, Laura Frances	Grooms, Randy	
McArthur, Alexander Reed	Jones, Charlie	Gyde, Wayne	
Meikle, James Edward	Kennedy, Mark	Haggarty, Ron	
Lawrence	Killingbeck, Wade	Hartley, Erika Layne	
Miller, Royce		Hess-VonKruedener, Major P.	
Montague, Bev	Kolind, Tage	Huntley, Arthur	
Nair, Michael	Lord, Bernice	Jackson, Luanne	
Oliver, Sharon	Malbut, Jill	Katherine, Amy	
Pacheco, Linda F.	Manuel, Joey	Kennedy, Sean	
Parish, Bobby	Maytum, Ian	Kish, Glen	
Rafferty, Taylor Michaela	McConnell, Mervyn	LaBrash, Matthew	
Read, David	Moore, Roland	Laframboise, Erin Rose	
Ritchie, Ewan Alexander	Murano, Ralph	Larmon, Bonnie	
Rogers, Harold C.	Nadon, Scott Sheldon	Larmon, David Murray	
Stapley, Jerry	Palmateer, Erin	Lenart, Michael	
VanCoughnett, Linda	Paolino, Joe	MacDonald, Charlie	
White, Adam Shane	Perry, Audrey Olive	McCracken, Reid	
Wilson, James W.	Pollard, Mitchell	McDonald, Skylar	
Wolstenholme, Kay	Robert, John	Meehan, Henry	
	Schiegel, Dorothy	Meehan, Yvonne	
	Sweet, Ken	Minaker, Rollie	
	Vienneau, David		
	Warner, Kristen		
	Watts, Michael		

If you would prefer to receive this newsletter by mail/email, or if you wish to have your name removed from our mailing list, please contact us:

613-634-1230
bfo@kingston.net



Bereaved Families of Ontario – Kingston Region - Butterfly Release 2018



Butterfly purchase: #____ @ \$25.00 each

Venue: Hospice Gardens, City Park Glenhaven Memorial Gardens

Cash (please drop off at office) Cheque (enclosed) Email me with a reminder!

Card #: _____ Exp: _____ CVC#: _____

Signature: _____

Name: _____ Address: _____

City: _____ Postal Code: _____ Phone: _____

I can't make it to the 2018 Butterfly Release but want to contribute to programs for Bereaved Families of Ontario – Kingston Region.

Please find enclosed my **cheque** for \$ _____
(receipts issued for donations over \$10)

I will be making a donation online through CanadaHelps.ca *
<https://www.canadahelps.org/en/charities/bereaved-families-of-ontario-kingston-region/>



I will be making a **one-time** donation of \$ _____ through CanadaHelps.ca

I would like to begin a **monthly** contribute of \$ _____ through CanadaHelps.ca

Please complete and mail this form:
Bereaved Families of Ontario – Kingston Region
993 Princess St., Unit 14, Suite 1431
Kingston, ON K7L 1H3

* If you have any questions about the online donation, please call 613 634 1230.

Tax receipts will be issued – Our charitable registration number is 86521 1718 RR0001