

BLILEY'S



Healing in the 804

This newsletter is intended for those on the journey for healing the loss of a loved one by providing you with support, resources and grief activities.



Grief isn't something you get OVER...It's something you go through.

DID YOU HAVE AN AMAZING HOSPICE NURSE?

Many families tell us stories about all the help, healing and care they receive from hospice staff. We want to hear your story!

Once a month, Bliley's recognizes hospice workers for the work they do for families with a \$100 gift card and an annual appreciation event.

You can nominate any hospice, clergy, or nursing facility staff to be recognized for our award.

It only takes a few minutes and its a great way to honor these unsung heroes!

CLICK HERE TO NOMINATE SOMEONE: <https://www.blileys.com/caregiver>

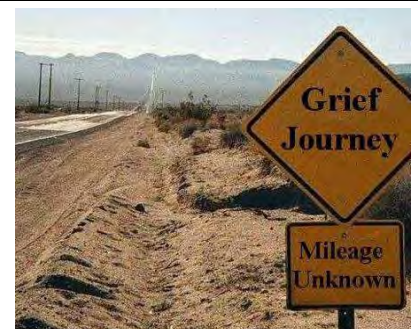


FREE GRIEF COUNSELING

Because we care about the families we serve...

We are offering every family we serve a [free session of grief counseling](#) at Full Circle Grief Center (a \$60 value).

In this session, share your story of loss with a grief professional and get connected with help that's right for you.



Let us help you take the first steps on the path of your grief journey.

Schedule your Appointment today **804.308.0118**

or Counseling@fullcircle.gc.org



REMEMBERING A LOVED ONE...

Actively remembering the ones we have loved is what keeps them with us always.

While it may be painful to bring up these feelings of grief, acknowledging the death and your loved one in a positive way, truly helps work through those feelings.

This free service is held to honor loved ones who have recently passed.

This ceremony can be a powerful tool in the process of healing and grief.

Bliley's offers a free memorial service annually at each of their locations.

Augusta location	Nov 5, 2019
Chippenham location	March 10, 2020
Staples Mill location	May 5, 2020

For more information or to register to attend a service, please email RHagan@blileys.com

Grief Support Group at Bliley's

At Home Care Hospice offers a safe and open space for you to share your story with others who are also experiencing grief and loss. All sessions are free and eight weeks long, but registration is requested due to limited space.

Groups will be held from 3:00 p.m. to 4:30 p.m. and are open to the public for anyone experiencing a loss.

Groups will be held at Bliley's Central Funeral Home:

3801 Augusta Ave
Richmond, VA 23230

To REGISTER: call 804-358-3480 or alexis.sribbling@athomecare.com

Facilitated by: Alexis Sribbling, MSW

2019 Adult Grief Support Groups

Session 1	Session 2
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8/07/19	10/30/19
8/14/19	11/06/19
8/21/19	11/13/19
8/28/19	11/20/19
9/04/19	11/27/19
9/11/19	12/04/19
9/18/19	12/11/19

The Legacy Project

One of the biggest regrets for people suffering a loss is not knowing more about the person that passed. Create a gift you can leave your loved ones with a memory book about YOU!

Fill this book with your childhood memories, favorite vacations stories, funny stories, and how history impacted your life.

Come to this monthly workshop to create your story with writing prompts, scrapbooking materials, and crafts.

This event is Free but registration is required.

First event is August 19th 1:30-2:30pm at Bliley's Augusta location

To register for THE LEGACY PROJECT, email jmoss@blileys.com or [click here to register](https://forms.gle/KrCrRUazhVxUhia7)
<https://forms.gle/KrCrRUazhVxUhia7>

WHAT TO SAY AND WHAT NOT TO SAY TO A GRIEVING PERSON

May times we wonder what to say to a grieving person, "should I bring it up? Should I distract them with funny stories, What if I say something wrong? People's intentions are good but since we as a society are not educated on death and grief a lot of times we say or do the wrong thing.

Here are a few things *not* to say, along with better ways of saying them.

The Worst Things to Say to Someone in Grief

1. At least she lived a long life, many people die young
2. He is in a better place
3. She brought this on herself
4. There is a reason for everything
5. Aren't you over him yet, he has been dead for a while now
6. You can have another child still
7. She was such a good person God wanted her to be with him
8. I know how you feel
9. She did what she came here to do and it was her time to go
10. Be strong
11. Avoid telling your story of loss.
12. Avoid saying nothing, it's hurtful to a grieving person when its not acknowledged.

The Best Things to Say to Someone in Grief

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I don't know how you feel, but I am here to help in any way I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. I am always just a phone call away
7. I loved _____. I'll never forget the time that she/he...

8. We all need help at times like this, I am here for you
 9. I am usually up early or late, if you need anything
 10. What do you miss most about her/him?
 11. I miss _____. My favorite story about him/her was...
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HOW REMEMBERING HELPS GRIEVING...

Actively remembering the ones we have loved is what keeps them with us always.

While it may be painful to bring up these feelings of grief, acknowledging the death and your loved one in a positive way, truly helps work through those feelings.

Make a **memory book**

Light a special candle on holidays and anniversaries

Make a **toast**

Create a playlist of **music**

Plant a tree or flowers

Make a photo **quilt** or quilt with pieces of your loved ones favorite clothing items.

Get involved in a **charity** that meant something to your loved one.

Get involved with a **prevention charity** related to the person's death.

Hold an **annual pot-luck**. Have everyone bring a dish that reminds them of your loved one.

Make a donation to a charity that your loved one supported.

Carry something special that reminds you of your loved one with you. Take it out and hold it when you need to.

Do a favorite **activity** of the person who died on their birthday and/or on the anniversary of their death.

Create a family painting or collage about the loved one who died where each surviving family member contributes a piece. Hang the creation in the house where everyone can see it.

Create an annual **charity event** in your loved ones name.

Make a plan for anniversaries and holidays, **just simply lighting a candle** on those days can bring you peace and a feeling of connectedness. This will help ease your worry and the worries of those around you.

Healing through grief is NOT about learning how to stop missing someone, It's about learning how to live your life WHILE missing someone.

*The intention of this email is to connect people grieving a loss to resources in the community and provide support. To **unsubscribe** from this informational newsletter please respond- UNSUBSCRIBE to this email.*