

Bereavement Services Summer / Early Fall 2022 Calendar

The David and June Pelkey Grief Education Series

Presentations designed to support people on their journey of grief

- **Registration is required** • **Workshops take place via phone or Zoom** •

Grief Journaling

Mondays • July 11, 18, 25, August 1

6:00 p.m.—7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnsny.org

Proceso de luto (The Process of Grief)

Thursday • July 14

1:30 p.m.—3:00 p.m.

Gladys Ortiz-Alvarado • 917-923-6288

Gladys.Ortiz-Alvarado@vnsny.org

Bereavement Creative Arts Support Group

Each meeting will focus on the grief journey of group members, as told through use of the creative arts (no artistic skills required and a list of suggested art materials for each session will be provided).

Thursdays • July 14, September 22, October 20

11:00 a.m.—12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnsny.org

Paths to Peace — A Healing Modality Series

Saturdays

• **July 16 – Self-Care and Rituals**

• **July 23 – Reiki**

• **July 30 – Mindfulness Meditation and Labyrinth Walk**

10:30 – 11:30 am

6:00 p.m.—7:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnsny.org

Saturday Matinee

A monthly film series to support you in the grieving process

Saturdays • Dates TBD

1:30 p.m.—3:00 p.m..

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnsny.org



Summer Labyrinth Walk

Wednesday • July 27

5:00 p.m. — 6:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnsny.org



How Long Does Grief Last?

Thursday • October 6

6:00 p.m.—8:00 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnsny.org

Fall Labyrinth Walk

Saturday • October 15

9:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnsny.org



Workshop Testimonial

“Each time I attend the weekly group meeting, I am reminded of the importance of allowing myself to grieve.”

—W.B.



Workshop Testimonial

“Being able to listen and share my deepest feelings with a group of peers was healing.”

—E.G.



Workshop Testimonial

“During this scary pandemic time, the group gave me comfort, understanding, wisdom, and even moments of joy!”

—E.R.

Bereavement Services Summer / Early Fall 2022 Calendar

Support Groups to Join

- Registration is required • Groups take place via phone or Zoom •

Weekly (Ongoing) Groups

Chinese-Language Bereavement Support

善別輔導小組

Tuesdays • 2:30 p.m.—4:00 p.m.

Pamela Yew Schwartz • 347-831-1811

Pamela.Schwartz@vnsny.org

For Adults Grieving the Death of a Loved One

Tuesdays • 6:00 p.m.— 7:30 p.m.

5:00 p.m.—6:00 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnsny.org

Bi-Weekly Groups

For Adults in the First Year Who Are Grieving the Death of a Hospice Patient

This is a general loss group with meetings ongoing

Mondays July 11, 25, August 8, 22, September 12, 26, and October 10, 24

11:00 a.m.—12:30 p.m.

Janet King 646-341-0405

Janet.King@vnsny.org

For Adults Whose Loved One Died on Hospice

This is a general loss group with meetings ongoing

Wednesdays • July 6, 20, August 3, 17, September 7, 21, and October 5, 19

1:00 p.m.—2:30 p.m.

Janet King 646-341-0405

Janet.King@vnsny.org

For Adults Grieving the Death of a Loved One

Tuesdays • July 5, 19, August 2, 16, September 6, 20, and October 4, 18

12:00 P.M.—1:30 P.M.

Dianna Sandiford • 646-430-4125

Dianna.Sandiford@vnsny.org

For Young Adults Grieving the Death of a Loved One

Thursdays • July 21, August 4, 18, September 1, 15, and October 6, 20

6:00 p.m. — 7:30 p.m.

Gladys Ortiz-Alvarado • 917-923-6288

Gladys.Ortiz-Alvarado@vnsny.org

Men Coping with Grief

Mondays • July 11, 25, August 15, 29, September 12, 19, and October 10, 24

6:00 P.M. — 7:30 P.M.

Willis Partington • 718-715-5320

Willis.Partington@vnsny.org

Grupo de Soporte para Hispanos

“Construyendo un Puente hacia una Vida Nueva” (Spanish Bereavement Group)

Thursdays • September 8, 22, October 6, 20

1:30 P.M. — 3:00 P.M.

Liz Santana • 917-608-7220

Elizabeth.Santana@vnsny.org



Workshop Testimonial

“When I was knocked out by grief the group got me back on my feet.”

—E.G.



Workshop Testimonial

“Even with Zoom we can speak freely, safely, and from our hearts.”

—N.D.

Bereavement Services Summer / Early Fall 2022 Calendar

Support Groups to Join

- Registration is required • Groups take place via phone or Zoom •

Monthly Groups

For Adults Grieving the Death of a Brother or Sister

Mondays • July 25, August 22, September 26,
and October 24

6:00 p.m.—7:30 p.m.

Gladys Ortiz-Alvarado • 917-923-6288

Gladys.Ortiz-Alvarado@vnsny.org

Loss of an Adult Child

For Parents Grieving the Death of an Adult

Wednesdays July 13, August 10, September 14,
and October 12

1:00 p.m. – 2:30 p.m.

Pamela Yew Schwartz – 347-831-1811

Pamela.Schwartz@vnsny.org

Focused Groups

LGBTQ+ and Allies Bereavement Group

Thursdays • TBD

4:00 p.m.—5:00 p.m.

Jean Metzker • 917-331-7819

Text or email preferred

Jean.Metzker@vnsny.org

For Adults Grieving the Death of a Parent

Tuesdays • TBD

2:00 p.m.—3:30 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnsny.org

For Adults Grieving the Death of a Spouse or Partner

Mondays • October 17, 24, 31 and November 7, 14, 21

5:30 p.m.—7:00 p.m.

Mary Kay King • 646-627-4618

MaryKay.King@vnsny.org

Special Topic

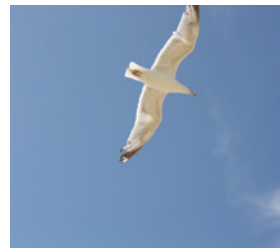
Art as a Pathway to Healing

Thursdays • TBD

11:00 a.m.—12:30 p.m.



This fall, the Museum of Modern Art, in Partnership with **VNS Health Hospice Care**, invites you to join regularly scheduled virtual programs. Learn about art and meet new people through interactive sessions that will explore different artists and themes in modern and contemporary art. No prior experience necessary! Space is limited and preregistration required. This program is open to individuals who have had loved ones in **VNS Health Hospice Care** and participated in the bereavement program. First time participants will be given priority. For more information or to register e-mail primetime@moma.org.



Workshop Testimonial

“My journey through the grieving process is evolving with the help and support of our Men’s Group.” —E.G.



Workshop Testimonial

“The professional group leaders do their work with great wisdom and caring.” —E.G.



VNS Health Hospice Care
 220 East 42nd Street, 7th Floor
 New York NY 10017

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**LOOK INSIDE FOR: Summer-Early Fall 2022
 CALENDAR OF EVENTS**

A Memorial Weaving

Woven from pieces of fabric cut from shirts, blouses, scarves, dresses or other personal items of individuals who died, ***A Memorial Weaving*** was begun at **VNS Health Hospice Care** in September 2007. Inspired by a similar endeavor of the Hynes Hospice in Wichita, Kansas and developed locally by Janet King, **VNS Health Hospice Care** Bereavement



Counselor, the ***Weaving*** is designed as a continuous memorial with new additions each year. As an expressive arts therapist, Ms. King is keenly aware of the power of a weaving which brings torn cloth together to make something new—it symbolizes and joins the love and loss of so many families. Bereaved family members are welcome to send fabric cuttings any time of the year to Ms. King, so



A special weaving that's become a continuous memorial

they can be incorporated into the ***Weaving***. A strip of fabric is ideal, but you are welcome to send whatever you have. Buttons, gloves, patches and other items have been added to the ***Weaving*** in the past. To contact Janet King, especially if you have questions about what to send, please call her: 646-341-0405 or email her: Janet.

King@vnshealth.org or write to her at: **VNS Health Hospice Care**, 220 East 42nd Street, 7th floor, New York, NY 10017. We hope to be able to offer our annual memorial service both in person and via Zoom this year. Ms. King will continue work on the Weaving this fall as circumstances allow. Photos and finished versions of ***The Memorial Weaving*** will be shown as part of the **VNS Health Hospice Care Memorial Service, scheduled for 2:00 p.m. on Sunday, October 23, 2022**. It will be displayed during the rest of the year at the VNS Health Hospice Care administrative offices in Manhattan.



Seasons of Life

Editor: Willis Partington, M.Div., LCSW-R, FT
 Lead Bereavement Counselor
For more information, please contact me:
 Willis.Partington@vnsny.org or call me at 718-715-5320