

# LifePath Hospice Bereavement Support Groups



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HOSPICE

A Chapters Health® Affiliate

After the loss of a loved one, some survivors may find that the pain associated with their loss doesn't always lessen with time. Individual grief counseling and support groups provide a safe place to express feelings, share experiences, learn about grief and move ahead in the process. LifePath Hospice provides various support groups and individual

counseling. It is our hope that you will take advantage of the programs that best suit your particular needs and circumstances.

**For more information and to register, please call 813.357.5610 or visit the calendar at [www.chaptershealth.org](http://www.chaptershealth.org)**

## Bereavement Services

All bereavement services are offered at no cost to participants. Grief counseling is not only offered to our hospice families, but is open to all Hillsborough County residents who have experienced the death of a loved one. Pre-registration is required.

## Individual Counseling

At LifePath Hospice, we continue to provide grief support for bereaved family and friends during this difficult time. Individual counseling with a bereavement specialist is available through Zoom, over the phone, or in person while following Centers for Disease Control guidelines. Please call for more information and to register.

**Masks are required at all Chapters Health System locations.**

## New Beginnings Support Groups

Eight-week structured support group programs for grieving adults.

**Registration is required. Limited spots available.**

### Mondays

September 12 – October 31  
6 – 7:30 p.m.  
Hosted via Zoom

### Wednesdays

September 14 – November 2  
3 – 4:30 p.m.  
Hosted via Zoom

### Wednesdays

September 7 – October 26  
11 a.m. – 12:30 p.m.  
Hosted in person at the South Tampa office

### Wednesdays

September 21 – November 9  
1 – 2:30 p.m.  
Hosted in person at the Seffner office

### Thursdays

October 6 – December 1  
6 – 7:30 p.m.  
Hosted via Zoom

\*No meeting on Thanksgiving

## Ongoing Adult Grief Support Groups

Support groups open for registration at any time to those who are working through their grief beyond one year of loss, or those who have previously participated in grief support services with LifePath Hospice.

### Mondays

Ongoing  
3 – 4:30 p.m.  
Hosted in person at the Ruskin/Sun City office

### 2nd & 4th Wednesdays Monthly

1 – 2:30 p.m.  
Hosted in person at Cypress Creek Assisted Living Facility

### 1st & 3rd Tuesdays Monthly

2 – 3:30 p.m.  
Hosted in person at Belvedere Commons of Sun City

### 1st & 3rd Thursdays Monthly

2:30 – 3:30 p.m.  
Hosted in person at Magnolia Assisted Living Facility

## Specialty Grief Support Groups

### Young Adult Support Group

Providing support for ages 18-35

### 1st & 3rd Tuesdays Monthly

September 6 & September 20  
October 4 & October 18  
6 – 7:30 p.m.  
Hosted via Zoom

### Spousal Loss Support Group

Providing support for those who have lost a spouse

### 1st & 3rd Wednesdays Monthly

September 7 & September 21  
October 5 & October 19  
2 – 3:30 p.m.  
Hosted in person at the South Tampa office

## Loss of a Child Support Group

Providing support for the loss of minor and adult children. Please call **813.477.7662** to speak with Bereavement Specialist Ed Evans.

## Circle of Love Children's Grief Program

Providing support for young grievers ages 4-18 and their families.

### 2nd & 4th Tuesdays Monthly

September 13 & September 27  
October 11 & October 25  
6 – 7:30 p.m.

Hosted in person at the South Tampa and Ruskin/Sun City office

**Registration is required to allow for social distancing. Please call 813.357.5610 to RSVP for Circle of Love.**

## Coming Soon! Grieving through the Holidays Programs

Prior to the coming holiday season, LifePath Hospice will again offer our Grieving through the Holidays Programs. These will be offered over Zoom and in person at select locations. More information will be provided in the coming month.

## Healing Grief through the Gift of Volunteering

Depending upon where you are in your grief journey, at some point you may feel the need to channel the time and energy once devoted to your relationship with your loved one into something productive and meaningful through the gift of volunteering. There are many ways that you can volunteer with LifePath Hospice – administrative work at our offices, providing assistance for our grief support groups, or supporting caregivers by giving them a much-needed break.

**For more information, please call 813.877.2200 and ask for the volunteer services department or simply complete the online volunteer application at [www.chaptershealth.org](http://www.chaptershealth.org) to get started.**

# Last Word: “The Gift”

*Our newly enhanced mortality awareness makes us better at living.*

By Alan D. Wolfelt, Ph.D.



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For quite a few decades now, our culture has put on a convincing show of whistling past the graveyard. Americans have long had high levels of assumed invulnerability: We have pretended that death doesn't exist. Starting in the late 1800s, we removed it from our homes and began to hide it behind the closed doors of hospitals, long-term nursing facilities, and yes, funeral homes.

Simultaneously, we began staving it off with better nutrition and remarkable advancements in medical care. Many of these developments were positive, but death grew so seemingly uncommon that many didn't attend the funeral of a close loved one until they'd reached their 40s or 50s. As author Jane Walmsley observed, “The most important thing to know about Americans... is that they think death is optional.”

Of course, funeral service has never lost touch with the reality of death. But as our culture did, the funeral director's job became even more challenging. How do you educate families about the importance of a funeral ceremony if they've never been to one? How do you encourage your community to appreciate death if it seems like the exception rather than the rule?

Then COVID-19 came along, and suddenly, death was everywhere.

It took a global pandemic that killed more than 750,000 Americans and millions the world over for our culture to get reacquainted with the reality and inescapability of death. Nearly all of us now know someone who died, and more are being hospitalized and dying every day. Overall, more than 3.35 million people in the United States died in 2020 – up 20 percent over 2019. We're in collective grief. And we've remembered we're mortal.

Estate planners report that they've never been busier as more people are now aware that they must have a will done. We've all seen the headlines

proclaiming that hospital and long-term care providers – the ones who deal with death – continue to be overwhelmed. And as you know all too well, last responders – funeral homes and crematoriums – have been inundated with caring for the dead (though funeral services were down). Ironically, death is a new fact of life.

A silver lining in all this, I think, is that our culture's newly enhanced mortality awareness is making us better at living. I, for one, have gotten better at being present in and appreciating each moment. I revel in deepened gratitude for friends and family. I find myself in awe of the beauty of nature around me. I'm so, so grateful for my community.

In the fall of 2020, Pew Research surveyed Americans to find out how the pandemic was affecting their lives. While 89 percent reported negative impacts, 73 percent reported positive changes, such as strengthened relationships among people in the “same household and more high-quality free time.”

*We're in collective grief. And we've remembered we're mortal. Ironically, death is a new fact of life.*

How we spend our time is how we spend our lives. When we devote more care and attention to our close relationships, we live and love better. And when we develop or strengthen daily routines that enhance our well-being, such as cooking at home and slowing down the pace of our days, we're more attuned to every precious moment, knowing their number is finite.

This, in a nutshell, is the gift of mortality awareness. Wrote noted 20th-century psychologist Rollo May: “The confrontation of death gives the most positive reality to life itself.” COVID-19 has confronted us with death. Let's not let our communities forget what funeral directors have always known – that holding close the awareness that death is always at the doorstep makes life more meaningful.