

TRANSITIONS

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have fun “fall”-ing!

by Andrea Ruggieri



We’re going rogue with the front cover and just TALKIN’ FALL! We sometimes carry around so many “heavy” things, so...

Lighten your mood and enjoy fall!

Tour lovely, leafy landscapes • Go to Fall Festivals • Apple-Picking • BAKE • Have a night IN, watch movies • Have a Campfire • Jump in the LEAVES! (even if you’re an ADULT!) • Wine and/or brewery tours

Google it up!

FALL DAY TRIPS • Letchworth State Park • Taughannock Falls State Park • Skaneateles • Grimes Glen Park • Robert H. Treman State Park • Bristol Mountain • Watkins Glen • Sonnenburg Gardens • Any Fingerlake Winery • ROC/FLX Craft Beverage Trail • Blodgett Family Farms • Beak and Skiffs Apple Hill Campus • Wickham Farms • Kettle Ridge Farm • Cobble Creek Farm

STAY IN, WATCH MOVIES • Mystic Pizza • Beetlejuice • Remember the Titans • Autumn in New York • Rudy • Legends of the Fall • Sleepy Hollow • When Harry Met Sally • Moonstruck • Halloween • Good Will Hunting

...On a nice night, tack up an old bedsheet, grab a projector, stoke up the campfire and watch a movie outside!

COOK COZY • Butternut Squash Soup • Roast Pork with all the trimmings • Macaroni & Cheese • Chili • Meatballs of any kind • Eggplant Parmesan • Bangers & Mashed Potatoes • Winner Winner Chicken Dinner • Red Beans & Rice • Chicken Noodle Soup • Beef Stew • Crockpot Creations • Lasagna • Tacos

DRINK COZY • Hot chocolate with marshmallows • Warm apple cider • Hot Toddy • Coffee topped with fluffy whipped cream • Espresso Martini • A glass of Chardonnay or a nice earthy Red • Apple Cider Moscow Mule

BAKE COZY • Pumpkin, Apple or Pecan Pie • Snickerdoodles • Apple Crisp • Banana and/or Zucchini Bread • Cinnamon & Sugar Covered Fried Dough • Brown Sugar Oatmeal Cookies • Sweet Potato Pie • Apple Cider Bundt Cake • Donuts • Pumpkin Bars • Applesauce Cake • Pumpkin Chocolatechip Cookies • Blondies

Doing FALL with your favorite company will surely get you grinning - Try it! **Happy Fall!**




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stuck in grief

by Andrea Ruggieri

In the darkness of grief, you may get stuck. Maybe more so when experiencing your first major loss. It's all new territory to navigate. The intense emotions that you face may be unfamiliar and difficult to handle. Even in grief, there can be a learning curve in finding your way through to normalcy again.

Your grief might feel like getting your car stuck in the mud or snow. You may be spinning your wheels, frustrated and angry that you are not getting anywhere. You may want to just throw up your hands and give up! The reality of giving up is that you will be stuck in a place that you don't want to be. It may be cold, uncomfortable, dark, scary, or even unsafe. And maybe you are missing out on something meaningful that you were hoping to do.

So, what do you do?... You don't just sit in your car and hope for help. You find help! You actively look for a lifeline that will alleviate the situation and allow you to feel safe and good again.

This analogy to grief may seem silly, but ask yourself: Do you want to help yourself to start feeling better, or be stuck?

Grasping for Gratitude

The simple concept of gratitude seems ironic after a loss.

- Think Balance-

When you are deep in the throes of grief with no relief in sight, visualize what balance is, and do you have it in your life? Are you stuck? Experiencing grief in and of itself is necessary, whether we like it or not. However, if you get to the point where your grief outweighs all else in your life and it is physically and emotionally dragging you down, you need to stabilize.

Discovering and re-discovering gratitude is a great harmonizer.

Just stop for a minute and think about something you are grateful for in your life. Really think on it. Even if it gives you the smallest flutter of happiness, this reveals that you are able to make a turn to being "un-stuck." But, as they say "Practice makes perfect." You must do it again, and again... until one day you are seeing more light and optimism.

Practicing Gratitude

You may not find it easy to begin routinely practicing gratitude. Un-tighten the knot of resistance and continually re-evaluate your life balance and what it might feel like to bring yourself back to enjoyment and happiness again. What are things you can do?

Find Commonality - Practice with Others

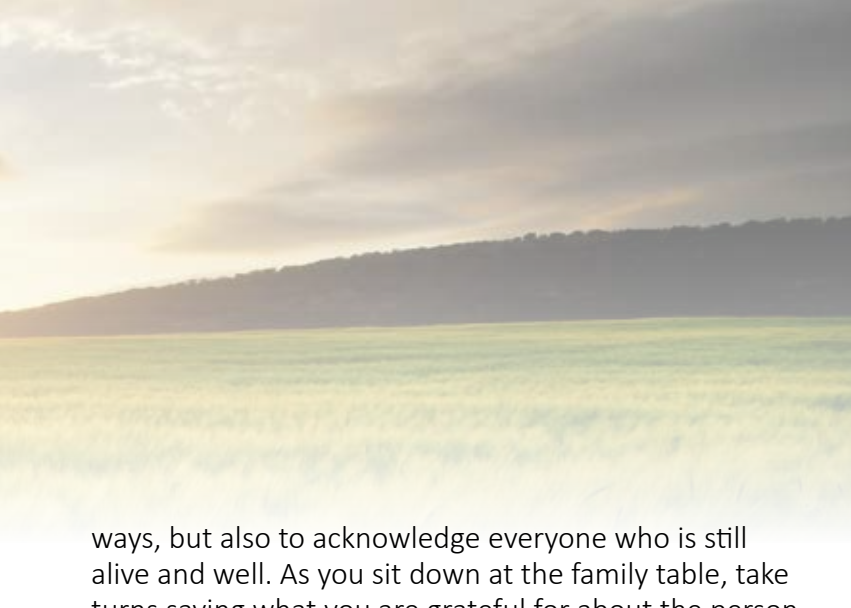
- Talk to supportive friends or family that have had a loss and are now doing well
- Google local groups for the grieving and join a group
- **Just One Little Thing** is a Facebook community created by Kelly Buckley, a grieving mother who was dealing with the overwhelming loss of her son. In response, she was moved to forge a shared space to remind herself of the inspiring and beautiful things that life still had to offer. For daily encouragement, give it a try, or look for other similar resources online or at a bookstore!
www.facebook.com/JustOneLittleThing/

Pay it Forward

Send a handwritten card expressing your gratitude, bake cookies for people just to show you care, help someone in need, volunteer! "Paying it forward" can turn the switch in your psyche you didn't realize existed! Doing something nice for someone else can bring a much-needed distraction. It actually can increase your endorphins and trigger feelings of euphoria which bring balance to your feelings.

Times for Sharing Gratitude

At special times like holidays or birthdays it is harder when your loved one is no longer there to celebrate with you. This is a good time to acknowledge your loved one in special



ways, but also to acknowledge everyone who is still alive and well. As you sit down at the family table, take turns saying what you are grateful for about the person sitting next to you and go around the table.

Count Your Blessings

A cliché, you may say, but don't judge too quickly on this one. If we don't take time to identify what good things we have, no matter how small, we risk clouding our subconscious and feeding the fire of doom. It's just not possible to be thankful and gloomy at the same time!

The reality is that grief is, and always will be painful. When you have been hurting for a long time, ask yourself: "Is this all there is?" The answer is an emphatic NO. Why are we grieving in the first place?... because we loved someone. Just because we grieve doesn't mean we relinquish all ties to joy. Happiness and joy should not be a casualty in our journey with grief.

There's no giving up! Climb, claw and fight your way to finding gratitude and the balance between the hurt of loss, the good feelings in memories and today's blessings. Keep working on it- and in time solitude will eventually follow!

Article source:

• 5 Gratitude Practices For Grieving Hearts This Thanksgiving | Nov 21, 2022 | by Krystal Penrose | <https://blog.funeralone.com/grief-and-healing/gratitude-grief-thanksgiving/>

***If you feel your grief is beyond these practices and need extra help, don't be afraid to pursue professional help.**

Gavia Lifecare Center is a local resource to try -
Greece, NY | www.gavialifecarecenter.com
Ph: 585-371-6464 | Email: info@gavialifecare.com

Link resources:

www.walkerbrothersfh.com/resources/grief-resources
www.facebook.com/JustOneLittleThing/
www.mindful.org/an-introduction-to-mindful-gratitude/

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Surviving Grief during the holidays



December 4, 2024

10 a m - 11 a m

*Coping can sometimes be harder at holiday time. When someone that you care about is now gone, it's common to not feel the same joy everyone else is feeling during these times. Shopping, holiday gatherings and traditional celebrations may seem overwhelming. If you are struggling with how to get through it all, please join us for our free seminar, **"Surviving Grief During the Holidays"** Feelings of loss and grief can intensify over the holidays. Take this opportunity to learn healthy ways to get through each day and still find moments of joy!*



Presented by Art Therapist,
Andrea Piccone, BFA, MS



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**Request early • Seating is limited
RSVP by: 11/25/24*



come rain or shine

Mother Nature miraculously has been pretty cooperative over the 27 years that we have hosted the annual butterfly release! Every now and then... we are made to face the rain!

The noon release went without a hitch, with sunny and dry skies made for the gentle flights of butterflies. As we approached the 3pm release the clouds and rain made their way for an incredible showing. Under the safety of pavilions the community of families and friends held tight. With a little patience and a keen eye, weather-watcher, David Perotto, spotted a break in the clouds and the opportune moment for our 2nd release came. Even with the weather "hiccup," this event never disappoints. When the monarchs are released from the hands of family, friends and children who have loved and lost it always warms the heart.

In search of connection and healing in their grief, over 500 people attended one of the two butterfly releases with a picnic to follow on Sunday, August 18. This beautiful event continues to draw people together to pay homage and remember.

Many whispered a wish to their loved one on the wings of their butterfly as they set it free. Some butterflies stayed close and interacted with their families before flying away into the open sky. It is so inspiring that we will plan to keep sharing this event for years to come.

