

# TRANSITIONS

VOL 8.4 • OCT '25

## honoring the autumn of life

As the air cools and leaves turn brilliant shades of gold, amber, and crimson, autumn reminds us that every season of life carries its own unique beauty. Just as nature gracefully lets go of summer's green, the autumn of our life invites us to embrace change, reflect on our journey, and find peace in the richness of experience.

### The Beauty of Transition

Autumn is often seen as a season of transition—a bridge between summer's vibrancy and winter's stillness. Likewise, in life, autumn can represent our later years, a time when we begin to slow down, shift priorities, and focus on what truly matters. While society sometimes places greater value on youth, autumn teaches us that maturity brings its own kind of radiance, one that glows with wisdom, resilience, and perspective.

### The Gift of Letting Go

Just as trees release their leaves, autumn encourages us to let go—of regrets, old burdens, or expectations that no longer serve us. This letting go is not a loss but a gift: space is created for gratitude, joy, and connection. By loosening our grip on what was, we make room for what is and what may yet come.

### Harvesting a Lifetime

Autumn is also harvest time, when the fruits of labor are gathered and shared. In the autumn of life, we, too, have a harvest—stories, lessons, relationships, and accomplishments that can nourish others. Sharing this harvest with family, friends, and community ensures that the seeds of our experiences take root in the next generation.

### Finding Rest and Renewal

Nature in autumn prepares for a season of rest. In the same way, our autumn years are an opportunity for renewal—not necessarily in the form of doing more, but in being more. It's a chance to savor quiet mornings, meaningful conversations, and the beauty of simple things. It's a time to deepen our spiritual life, to reconnect with nature, and to find peace in the present moment.

### Honoring the Season

To honor the autumn of our life is to celebrate its fullness. It's a time to cherish who we've become, to acknowledge the challenges we've overcome, and to embrace the wisdom we've earned. Rather than seeing it as an ending, autumn invites us to see the season as a culmination—a golden chapter that deserves recognition, respect, and reverence.

Autumn shows us that change can be beautiful. May we honor the autumn of our life with gratitude, courage, and joy, knowing that every falling leaf is part of a greater cycle of growth and renewal.



Resource: ChatGPT, September 30, 2025

  
**Bartolomeo & Perotto**  
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# why grief is getting harder

by Andrea Ruggieri

The world view seems more daunting than ever. The news we watch is questionable, often dramatic and unsettling. Some of us may remember the days of news with Walter Cronkite where we knew the news was fact. Walter was given the moniker “most trusted man in America” for a good reason. He dedicated his career to uncovering the truth. Who knew that simply trusting what is broadcast would bring comfort and stability to our lives?

Add in the growth of human-intense tragedies to unstable communication and, a world of instant information – tv, phones, laptops, tablets; it’s all at our fingertips. We handle disturbing information almost daily, with no time for useful grieving and recovery. We are becoming more desensitized and frankly traumatized by it. People are more conflicted about death than ever before and as a result there is a developing “hands-off” mentality to personal loss.

Processing grief is just that. It’s a process. It does not happen overnight; grief follows its own timeline. Even when we are bombarded with adversity, it’s important to rally against avoidance when it comes to loss. When a death occurs with someone who has had real impact on your life, understand that celebrating that person is your first very important step to getting through your grief. Skipping it may delay the course.

*“Grief is natural and necessary. Our culture tends to deny, diminish, and judge the pain of grief, but the truth is that grief is not something to be afraid of, hide from, or think of as “bad” or “weak.” It is not an illness or mental-health problem. If you are grieving, rest assured that what you are experiencing is not only normal, it is the very thing that will help you heal.”*

*- Dr. Alan Wolfelt*

When you are faced with a loss, take a moment to decompress before making life-honoring decisions. Be careful not to skip what you need to move forward in your grief journey.

## Resources:

- [www.poynter.org/ethics-trust/2025/walter-cronkite-most-trusted-man-america-poynter-50/](http://www.poynter.org/ethics-trust/2025/walter-cronkite-most-trusted-man-america-poynter-50/); August 6, 2025, Walter Cronkite signed off – and trust in the press steadily eroded, Poynter
- The Wall Street Journal; February 19, 2025, Article Why We Are Getting Worse at Grieving,

**\*If you feel you can not move beyond your grief 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](http://www.gavialifecarecenter.com)  
Ph: 585-371-6464 | Email: [info@gavialifecare.com](mailto:info@gavialifecare.com)

## Link resources:

[centerforloss.com/2023/12/funeral-ritual-important/](http://centerforloss.com/2023/12/funeral-ritual-important/)  
[abriola.com/152/10-Facts-about-Grief-and-Grieving.html](http://abriola.com/152/10-Facts-about-Grief-and-Grieving.html)

[www.mindful.org/an-introduction-to-mindful-gratitude/](http://www.mindful.org/an-introduction-to-mindful-gratitude/)

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## Planning Ahead... for Peace of Mind

November 5, 2024

10 a m - 12 p m

*Making the decision to pre-plan your funeral is not an easy one. It may not "feel right" while you are still alive. It's hard to face the fact that we are mortal.*

*It's okay, take a deep breath. You ARE in fact still in the land of the living! Planning your funeral is simply a means of making things a bit easier for the ones you love when the time comes. What a gift!*

**Check it off your list!** It will be nice to know your personal wishes will be honored and it gives you great peace of mind. **Done!**

*Enjoy life!*



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1411 Vintage Lane, Greece, NY

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**call** 585.720.6000

**email** andrea@bartolomeo.com

**website** bartolomeo.com > click seminar link

\*Request early • Seating is limited  
RSVP by: 10/31/25

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## Surviving Grief during the holidays

November 19, 2025

10 a m - 12 p 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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**email** andrea@bartolomeo.com

**website** bartolomeo.com > click seminar link

\*Request early • Seating is limited  
RSVP by: 11/13/25

*you are welcome  
to visit our garden!*



## making room for milkweed & monarchs

If you pay attention, nature teaches us incredible lessons about difficulty, change and renewal every day. Consider the caterpillar's transformation to becoming a butterfly. It parallels our own grief journeys and gives us hope for healing. This is why you see the beautiful monarch butterfly paired with our brand and messaging for Bartolomeo & Perotto Funeral Home.

The decision to pause the butterfly release this year was not done lightly, as it has been a healing memorial service for families and friends for a long time. Because the monarch butterfly is hovering at the borderline of being labeled a "threatened" species, we were compelled to stop and shift the focus to butterfly conservation for now.

Community members gathered on July 20 to help enhance our butterfly garden overlooking Round Pond Creek. This garden is now a certified Monarch Waystation, which means it has all the elements to help sustain the monarch species life cycle. Jenna Holzschuh from Van Putte Gardens gave tips on butterfly gardening including maintenance, and the importance of planting native milkweed and nectar plants.



If you would like more information on how to create  
your own Monarch Waystation, visit:  
[monarchwatch.org](http://monarchwatch.org)

