

Hello, Friends,

Another great turnout at the meeting and we welcomed a few new faces. Thanks to all of you who continue to support Suddenly One, and to Bunny, Bert, and Kathy for joining us for the first time.

We discussed the attached handout, which lists some reasons why the second year of mourning is often the hardest. Members shared some of their experiences. Ideas on how to get through the tough times included seeking out friends or activities to keep you occupied, organizing the house and purging unnecessary items, finding meaningful hobbies or interests.

Several members have shown an interest in finding out information about assisted living facilities for future planning. We'll be looking into options for gathering information and/or taking tours of local facilities. One option is a bus tour that is being offered on March 16. This is short notice, but I'm sure there will be another one coming along soon. If you see another ad like this, please let me know so we can let our group know. We will also be looking into taking a tour with just our group.

The roster is attached. Please let me know if you find any errors.

Announcements:

- The February lunch had about 13 people at Yummy House. The next lunch is scheduled for **March 24 at 11:30 at The Club at Candler Hills in On Top of the World, 8139 SW 90th Terrace Road, Ocala, FL 34481**. If you haven't already signed up, please let me know as soon as you can so I can give the restaurant an accurate count. Likewise, if your plans change, let me know so I can take your name off the list.
- I'm making every effort to have the vendor list completed by the April meeting. If you have a vendor to add, please do so by the end of March so I can finalize the list.
- The Troubadours will have a concert at the Palm Grove on **April 1 at 6 pm and April 2 at 2 pm**. Please come out and listen to your neighbors show off their singing talents.
- Linda Glick should be coming home from her rehabilitation at the end of March. Linda Donaldson and a group of hard-working volunteers have spent a considerable amount of time getting her house ready for her so she can navigate with her walker. Thanks, Linda D. for taking such good care of this.
- Cindy Kocher reminded everyone that the October transatlantic cruise being offered by the Oak Run Travelers will begin selling tickets in the Orchid Club on April 24. Prices are good (well under \$3,000, double occupancy) and include air fare. The total trip is 17 days with excursions in Spain and Portugal. Contact Cindy for more information.
- If you need to talk with me about something that you 'd rather not discuss in the group, please see me either 15 minutes before the meeting or after it adjourns. If you'd like to talk with someone outside the group, either Kathylee or I can help you find someone.
- If you know of someone who is struggling with their grief and you are concerned about their overuse of drugs or alcohol, please let me know. We have members who can help with this and anything you share will remain confidential.

The next meeting will be **April 14th** in the Card Room at 10:30. Hope to see all of you there.

Shelley

www.suddenlyone.com

210-410-0090

PATHWAYS CENTER *for* GRIEF & LOSS

10 REASONS WHY THE SECOND YEAR OF GRIEF CAN BE THE WORST

By Elizabeth Postle RN, HV, FWT

We often hear that the second year of grief is the worst, but is that just another grief myth, or is there some truth in it? Grieving is different for everyone, and it can take a longer or a shorter time depending on the type of loss, and your own personality. For some, after a major loss, like the loss of a spouse, the second year can certainly be tougher for a variety of reasons. This does not mean that the second year will be harder for you. This could depend on your own resilience and the amount of support that you have.

Here we have explored 10 reasons why the second year might be worse, but please realize that it could be quite different for you.

1. Shock and disbelief have worn off, and reality kicks in. You start to realize that your loss is real and that this change in your life is forever.
2. Friends and family may presume that you are over your grief, so you get less support and understanding.
3. You realize in the second year that your expectation that things will suddenly get better one day are not true. There is no linear recovery timeline, or stages that you should have worked through by now. Grief is an up and down messy roller coaster of emotions. You come to the realization that there is no endpoint. Grief is with you for life. How you deal with it is the difference in how you will live your life from now on.
4. The second year of grief may be the time when you begin to question who you are now. No longer the wife or the husband. Self-identity can be a huge challenge as we come to terms with the new parameters of our lives.
5. Now might be the time when you are having to adapt to being the only breadwinner and facing sorting our finances. Loss of financial security might be a difficult secondary loss for you.
6. You may start to think about whether you need to move to downsize or because a change might be good for you at this stage. Sometimes the loss of a home can compound feelings of grief.
7. The realization is sinking in that your dreams for your future life have changed and it can be hard to re-calibrate and work out what you now want to do with the rest of your life. Making decisions can be one of the hardest things when you are grieving, but in the second year you feel more pressure to make these decisions and move on.
8. You may have isolated yourself and kept away from your usual social life during the first year, and trying to re-connect with friends can be hard. You have changed a lot and may feel the need to make new friends with people who understand the person you have now become.
9. There is a disappointment when you realize that it still isn't over. People often ask "shouldn't I be over this by now?" Well, it isn't ever really over. Bursts of grief can hit at any time even years later, but we do gradually learn to cope with them.
10. Often the second year is the hardest as that's when the real grief work might begin. This is the time when you may be ready to face your grief head on and deal with any issues that are holding you back. If you're not ready yet though, don't feel guilty. There is no deadline, and everyone grieves in their own time. You will know when the time is right for you to take the next step.

Excerpted from www.griefandsympathy.com

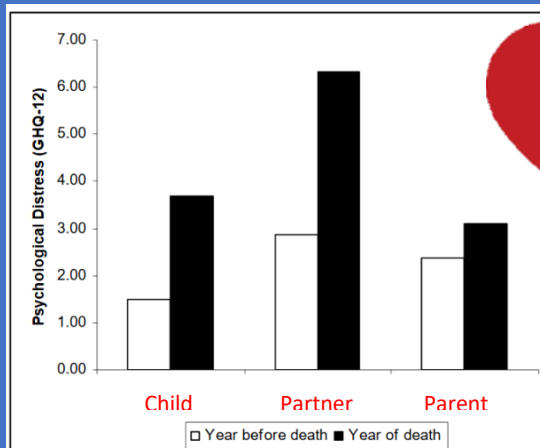
What's so hard about grief?

People who haven't been through it often don't understand what we go through when we grieve. They mean well, but something gets lost in translation. Here are a few hard facts about grief:



"The hardest part is not mourning the loss of what you did have, but mourning the loss of what you were supposed to have."

The Hardest Thing About Re-socializing



People's Levels of Psychological Distress Before and After the Death of a Loved One

The Hardest Person to Lose

The hardest part of grieving is allowing yourself to do it.