Henry Ford Hospice

2026 Bereavement support groups

July-December

2nd Tuesday of the month
1:00 p.m. – 2:30 p.m.
Location:
Virtual via Teams

Monthly: 7/14, 8/11, 9/8, 10/13, 11/10, 12/8

3rd Wednesday of the month
11:30 a.m. – 1:00 p.m.
Location:
Henry Ford Macomb Hospital
Medical Pavilion – 4th Floor Meeting Room #6
16151 19 Mile Road
Clinton Township, MI 48038

Monthly: 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

4th Tuesday of the month
10:00 a.m. – 11:30 a.m.
Location:
Henry Ford West Bloomfield Hospital
Conference Room (LDRP2)
6777 West Maple Road
West Bloomfield, MI 48322

Monthly: 7/28, 8/25, 9/22, 10/27, 11/24, 12/22

SandCastles children's grief support program

SandCastles offers services in Oakland, Macomb and Wayne counties, as well as virtually. Call **313-771-7005** or email **sandcastles@hfhs.org** for more information.

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HENRY FORD HEALTH

Henry Ford Hospice bereavement services

Offers bereavement support to hospice family members, caregivers and anyone in the community 18 years or older who has experienced the loss of a loved one.

Program offerings include:
- Periodic phone calls
- Monthly newsletters
- Support groups
- Grief education
- One-on-one support is determined on an individual basis.
- Memorial services
- Community resources/referrals

In general, services last for 13 months, but support can be extended or discontinued. These services are free, with no cost to you.

To learn more about these services please call **586.276.9570** or go to **henryford.com/services/at-home/hospice/support.**

Henry Ford provides qualified interpreters and other aids and services for the deaf and hard of hearing at no cost.

To request assistance, call Henry Ford bereavement services at 586.276.9570.

A three-day notice is required when requesting an interpreter.

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Henry Ford Hospice

Bereavement news for people living with grief

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HENRY FORD HEALTH



October 2026

Editor:
Megan Bannon

henryford.com

From "Fall is my grief season, how about you?"

Excerpt from article by Eleanor Haley

I wonder, do you have a grief season?
At first, it's hard to distinguish your grief season from the rest of the year because every calendar flip brings painful reminders and secondary losses. Birthdays, anniversaries, and holidays lie scattered throughout the year like obstacles and impediments you must manage, each for the first time.

You make it through hurdle after hurdle until you finally flip the page and find the first anniversary of your loved one's death screaming at you from a tiny calendar square. Forget about grief season; you've just experienced an entire grief year.

But it isn't this way forever. I can't say how it will be for you, but for me, over time, my grief became less intense and more manageable. Though my grief comes out of hibernation in the fall, it's generally more diffuse, and there are fewer peaks.

It's typical for grief to change as people adjust to living in a world without their loved ones (while loving them just the same). So most days, your grief may be, at worst, a quiet presence, and there will be periods where grief doesn't monopolize your attention much at all.

But there will also be days and times when you feel the past pulling you back. And when that happens, you may bathe yourself in memories, re-evaluate and ask new questions, or feel a sense of yearning stronger than you've felt in a while. None of these things mean you're backtracking or not "resolving" your grief. Your experience is normal, trust me. It's the story we've all been sold about grief that's wrong.

Self care for each season: Dopamine menu

We introduced the idea of creating a "Dopamine Menu" in the August 2026 newsletter and invite you to adapt your mood-boosting items each season. Visit **henryford.com/services/at-home/hospice/support** to view the original article (August 2026 Newsletter) and to download a guide to creating your own Fall Dopamine Menu.



How to clean out a deceased loved one's home without burning out emotionally

Excerpts by Lauren Sieben with the inspirations of Vickie Dellaquila author of "Don't Toss My Memories in the Trash"

After the loss of a loved one, the thought of sorting through that person's belongings can be heart-wrenching. However, in many situations, there's no time to delay, especially if you're in a time crunch to get a late family member's house ready to sell.

Give yourself time, but don't delay the process

At a time like this, sorting through your loved one's closets and cabinets is probably the last thing on your mind. Don't push yourself too hard to get started before you're ready, but don't put the task off indefinitely, either. The process of cleaning out a house is individual. Some people hold on to a loved one's house for years which only weighs on them.
Start with the easy stuff (e.g. the pantry or the garage) or anything that is less emotionally charged. When you come to the sentimental things, give yourself time to grieve and experience your feelings. You don't want to push yourself to make big decisions before you're ready. This will likely cause regret later. If you find yourself coming up against resistance, put items in a box and go back to them when you're ready.

Ask for help

Clearing out a loved one's home is a massive undertaking, but many people attempt to do it alone. Don't underestimate the emotional (and physical) energy involved, and don't be shy about asking for help when you need it.

When items evoke strong emotions it makes it hard to think clear and decisively. Find friends and professionals who are more objective about the situation and can help you through the process: professional organizers (manage the process start to finish), estate sale professionals (valuables to sell), movers and trash haulers (remove items you don't want) and shredding companies(for documents with sensitive information). Bring in a friend who can toss items like toothbrushes and expired food.

Keep it or toss it? How to decide when emotions are raw
When a loved one dies, the last thing we want to do is get rid of everything that reminds us of them.If you're torn about whether to part ways with something, Dellaquila suggests holding onto just a piece of it—for example, keep a single place setting rather than the full china set. That way, you can hold onto an item that "links" you to your loved one without taking on something you don't have space for.

Finally, resist the urge to keep anything out of obligation. If you won't use it, let it go. Sell it and donate the money to your loved one's favorite charity.

Get ahead of disputes

When siblings start sorting through a parent's belongings, the situation can get tense. Put the items out and like the rules of elementary school take turns choosing items. Item of interest that cannot be split, how about shared custody? Ultimately, decide if the item is worth a bitter fight or the cost of a living relationship.

Give yourself space to grieve

As you make a plan for cleaning out the space, remember that you'll also need time to step back to reflect and recharge. Biting off more than you can chew is a recipe for emotional burnout. Set boundaries with yourself: maybe you clean only one room a day or work for just a few hours at a time. Parting with your loved one's belongings is not a simple process, take the time you need and allow the range of emotions.

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every time i ever said i want to die

by Andrea Gibson

A difficult life is not less
worth living than a gentle one.
Joy is simply easier to carry
than sorrow. And your heart
could lift a city from how long
you've spent holding what's been
nearly impossible to hold.

This world needs those
who know how to do that.
Those who could find a tunnel
that has no light at the end of it,
and hold it up like a telescope
to know the darkness
also contains truths that could
bring the light to its knees.

Grief astronomer, adjust the lens,
look close, tell us what you see.



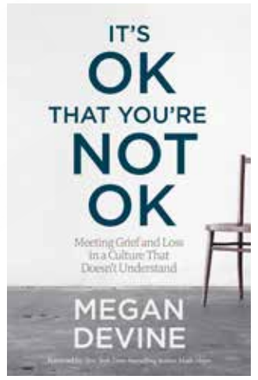
Staff picks

Each month one of our staff members shares a resource they find valuable in the grief space.

This month's pick

It's OK That You're Not Ok: Meeting Grief and Loss in a Culture That Doesn't Understand

By Megan Devine, LPC



"Megan Devine's It's OK That You're Not OK offers a compassionate yet profound approach to understanding grief and loss. Drawing from her experiences as a therapist and someone who lost her partner, Devine explains that grief should not be treated as a problem to "get over" or fix. Rather, she encourages people to accept grief as a natural part of life and offers practical guidance for coping and healing alongside grief."

Recommended by
Aireal T

Why I loved it
It is a comforting and realistic perspective on grief, coming from someone who has worked closely with grief both professionally and personally.

You might enjoy if
You are dealing with grief or supporting a loved one through their grief.

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