the Companion
a newsletter of hope and healing
Fall 2022

A Season of Change

There is a benefit to living in Western Pennsylvania beyond just the sports teams and the beautiful rivers. We are blessed with four distinct seasons of the year and have the privilege of seeing and feeling the world around us change. As the colors and temperatures change, each season brings a message, whether we are aware or not. Winter provides a quiet, almost restful moment. Spring is alive with new birth, growth, the sounds of birds and the movement of awakening. Summer brings warm breezes, quickly gathering thunder storms and the chance to take time away from work with family and friends. Then, there is autumn.

Perhaps more than the other seasons, autumn speaks of change. Autumn announces its coming in the change of greens to reds, oranges, and yellows. Autumn previews that trees will soon be bare and growth will become dormant. While we may be sad to see the days of summer end, these announcements of change are not negative. They are not ominous. They simply provide a lesson learned by each of us in time-- change in our world and life is inevitable. It just happens.

The lesson for this season is to appreciate and embrace the change. Change is what we make it and how we respond to it. Like so much in life, change is ours to define. What a good thought. Change will occur. We cannot prevent that; however we can embrace it in meaningful ways that move toward our future.

Finally, autumn suggests that there are moments of life that defy understanding. We cannot always understand what change means. It is filled with mystery that invites us to contemplate life. Autumn beckons us to move beyond the obvious and consider the deep and wondrous dimensions of life.

As autumn begins, perhaps all of these speak to you. Perhaps change has come in the death of a loved one. Perhaps change has meant giving up some activity or relationship. Certainly, change will present us with a mystery of life, even if the mystery is not solved as soon as we may want it to be. Let's embrace it all and realize that change, like autumn, holds promise.

Just some thoughts about fall.

Jack Aupperle

The Companion is mailed to the primary AfterCare family member. If additional family members are interested in receiving our quarterly newsletter, please call, or email our office at communityservice@johnfslater.com and provide the names and addresses of those you would like to receive the newsletter. Names stay on our list for one year. If you would like to continue receiving The Companion after a year, please let us know.

Anniversaries · September / October / November

Anna M. Alampi	11/26/21
Thomas Calvin Allridge	9/18/21
Frank Thomas Anania	9/23/21
Dorothy J. Anderson	9/23/21
John J. Azzara	10/13/21
Dorothy M. Bachner	11/22/21
John Edward Barry	10/14/21
Draga Bartos	10/24/21
Helen J. Basara	10/8/21
Margaret Beck	11/17/21
Angeline Rose Benedetti	10/4/21
Ferdinand J. Berk	10/26/21
Mary Katherine Block	11/10/21
Modesta L. Booth	11/7/21
Clara F. Bozek	9/3/21
Marie Buechel	11/21/21
Charlotte Mabel Cappel	10/30/21
Martha Chrzan	10/31/21
Roy Harold Conley	11/11/21
Rose Rita Consolmagno	10/24/21
Elizabeth Louise Davis	10/23/21
John R. Dean	9/5/21
Jarrod Ronald DeBiasi	9/17/21
Willard A. DePalma	9/14/21
Lydia “Lee” DiGiosio	11/20/21
Helen Dinkel	11/10/21
John R. Dowling	9/27/21
Kenneth Edward Duttine	9/7/21
Margaret A. Frill	9/10/21
Gordon Anthony Gency	10/28/21
Madeline A. George	11/24/21
Dan S. Gimiliano	10/8/21
Rose R. Giovannitti	11/3/21
Nancy Jane Giuntoli	9/30/21
Gregory Paul Hantz	10/23/21
David A. Headrick	9/16/21
Rita A. Heights	10/18/21
John F. Held	11/12/21
Lisa A. Hildenbrand	9/30/21
Gladys Jenkins	9/22/21
Janet C. Johnson	9/21/21
William Robert Jordan	9/8/21
Shawn Eric Kane	10/9/21
Kevin P. Kass	11/22/21
Gloria Onda Kirkwood	10/22/21
Donald Bryant Kleinhample	10/10/21
Dale A. Koett	9/3/21
Stephen Ronald Kopy	10/6/21
Nena C. Kratsas	10/7/21
Marjorie LaBrosse	10/30/21
Suzanne Jean Lacko	9/25/21
Ronald Lavra	11/10/21
Jarrod Raymond Levy	11/10/21
Glen R. Lewis	9/28/21
Dorothy Linner	9/12/21
Jane Elizabeth Lloyd	10/25/21
Francis C. Lutch	11/25/21
Nick Mainos	10/20/21
Donna M. Mandzak	9/4/21
Anthony F. Marbella	11/20/21
Thomas M. McCluskey	10/28/21
Cynthia L. McGuinness	9/8/21
Marjorie F. McHugh	11/5/21
Mary “Margie” Mesenger	11/2/21
Susan R. Milius	9/14/21
Cecilia A. Mocello	9/1/21
Matthew Stephen Momich	10/16/21
Betty Marie Morally	11/28/21
Kenneth George Morris	10/19/21
Iris D. Neiser	11/29/21
Debora Ann Nevel	9/21/21
Stephen P. Novak	9/25/21
Edward R. O’Brien	9/17/21
Carl W. Ott	9/4/21
Germano B. “Babe” Papi	11/19/21
Frank L. Pechak	11/26/21
Jason Scott Petrolo	10/28/21
Vincent Picchi	10/9/21
Louis A. Pingel	11/16/21
Cecelia Frances Regan	11/27/21
Margaret J. Reiter	10/9/21
Matilda Ruscitto	11/30/21
Doris Barnes Rutledge	9/26/21
Betty Judge Sarver	11/6/21
Margaret Scherbanic	11/25/21
Albert J. Sciarretti	9/9/21
John Patrick Scullen	11/2/21
Ronald Martin Selko	9/9/21
Robert G. Shanahan	9/9/21
Emery Kirpa Singh	10/14/21
Edward John Skirtich	11/13/21
Mark A. Sniegocki	11/20/21
Henry Joseph Stevens	11/25/21
Mary Eileen Sullivan	11/17/21
Garland J. Tartaron	10/22/21
Nancy L. Theodore	9/16/21
Joseph G. Thomas	9/22/21
Patricia Tydeman	11/19/21
Dona L. Valentich	11/11/21
Lena Volchko	10/5/21
Stephen “Steve” Waslo	10/31/21
Robert E. Webber	11/25/21
James P. Welch	11/28/21
Brandon J. Wible	11/11/21
Dorothy Marie Williams	10/19/21
Edward M. Willig	11/21/21
Linda Marie Wills	11/27/21
Frederick C. Wunderlich	11/22/21
Edward L. Yanke	10/12/21
Eugene T. Young	10/19/21
Lorraine C. Yunn	9/12/21
Lillian Patricia Yurksaitis	10/3/21
Stephen M. Zeybel	11/7/21
Rachel Lynn Zotter	11/8/21

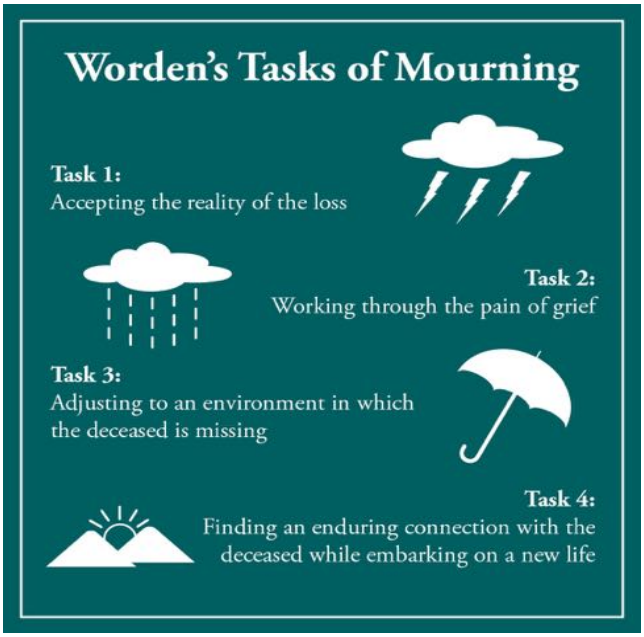
“There are some who bring a light so great to the world that even after they are gone, the light remains.” — Unknown

Hope for Healing

Did you know that there are many theories about grief? These concepts can help us understand our emotions better. Although grief is unique and can vary among individuals, there are universal reactions to grief.

At the time of our most painful losses, it's normal to experience many different feelings and emotions. Often what we experience goes beyond words. To help us understand these feeling, grief models were developed. They may help us understand our unique grief journey.

Models can't tell us what we feel or when. It is not a timeline to our grief, nor a checklist to complete. It can, however, anchor your feelings knowing your grief is natural.



Worden's Task of Mourning

A commonly used model that many find helpful was developed by researcher and psychologist Dr. J. William Worden, "Worden's Tasks of Mourning."

In a nutshell, these are Worden's Tasks of Mourning:

1. To accept the reality of the loss.
2. To work through the pain of grief.
3. To adjust to an environment in which the deceased is missing.
4. To find an enduring connection with the deceased while embarking on a new life.

Tasks of Mourning are Adapted from Grief Counseling and Grief Therapy by J. William Worden (2008)

Everyone is different in their grief journey. This is only one grief theory but many people find that it is a helpful lens through which they can view their grief.

If you are interested in learning more, visit www.WhatsYourGrief/Wordens-Four-Tasks-of-Mourning.com

John F. Slater Funeral Home AfterCare Services

Children's Grief Awareness Day

Virtual programs
November 17, 2022

Please see insert for more information.

Caregiving Luncheon & Seminar

Tuesday, October 4th, 11:00 am
The Whitehall House

If you are caring for a loved one living with dementia, you won't want to miss your chance to hear from our community's experts on topics which most caregivers and family members encounter. Presented by ProMedica, Julian Grey Associates, John F. Slater Funeral Home

For more information, please call 412-384-0300 or email: JeffersonHillsArdenCourts@promedica.org

Downsize Your Home, Not Your Lifestyle

The Whitehall House
Thursday, November 1st, 6:30 pm
Ever wish you had less stuff? Join Jill Yesko, President of Discover Organizing for this informative talk about organizing and downsizing.

The event is free, but kindly let us know if you are coming by calling Chris at 412-881-9022 or email: communityservice@johnfslater.com

Looking for a fall activity?

Old Fashioned Christmas in the Woods

Columbia, Ohio
Sunday, October 9th, 8:30 am – 5:30 pm

$75 per person (includes transportation and admission to the festival.

Join Passport to Pittsburgh for one of the top rated craft shows in the country. For information and reservations contact Passport to Pittsburgh: 412-298-0409 or email passport2pgh@gmail.com

Journaling

Journaling is a useful tool when grieving. You can use your journal to work through your thoughts and feelings. You may find that taking the time to journal your feelings in a judgment free zone is therapeutic. We've provided a journal page and a list of prompts. Perhaps there are one or two prompts that you feel like addressing. If none of the prompts speak to you that is okay. If you wrote on the journal page from a previous newsletter, it may surprise you to see how your answers have changed.

Our Book Picks

Modern Loss: Candid conversation about grief.
Beginners welcome
By: Rebecca Soffer and Gabrielle Birkner

Brutally honest and inspiring, Modern Loss invites us to talk intimately and humorously about grief, helping us confront the humanity (and mortality) we all share. Beginners welcome.

Children's Book

Chester Raccoon and the Acorn Full of Memories
By: Audrey Penn

After his friend Skiddel Squirrel dies in an accident, the title character copes with this loss and learns to share and appreciate memories of their times together.

Grief Journal

JOHN F. SLATER
FUNERAL HOME, INC.
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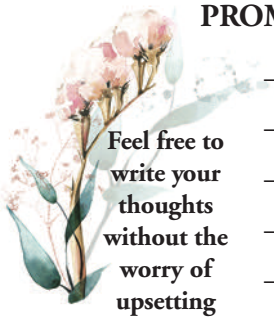
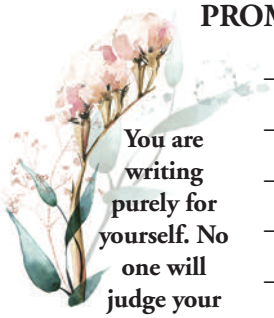
PROMPT — If I could say something to you, I would say:



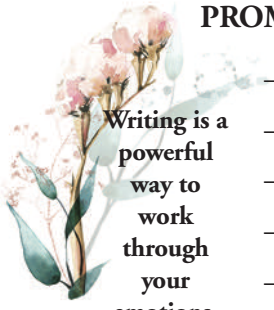
Feel free to write your thoughts without the worry of upsetting others.

PROMPT — Today, what I miss most about you is:



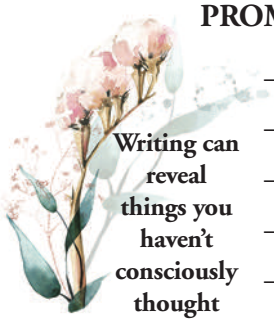
You are writing purely for yourself. No one will judge your feelings.

PROMPT — This is a happy memory:



Writing is a powerful way to work through your emotions.

PROMPT — I know that when I do these things, I feel better:



Writing can reveal things you haven't consciously thought about yet.

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PROMPT — I know I can honor your memory by:

Say whatever you feel needs to be said – without judgement.

PROMPT — Tomorrow, I will be kind to myself by:

A grief journal is your space – write, draw, glue pictures, whatever you feel.

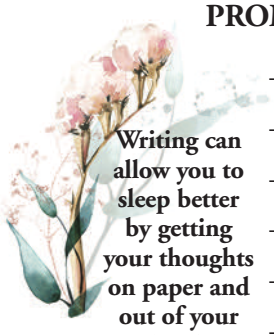
PROMPT — This quote makes me feel better:

Putting your feelings in writing allows them to be more tangible.

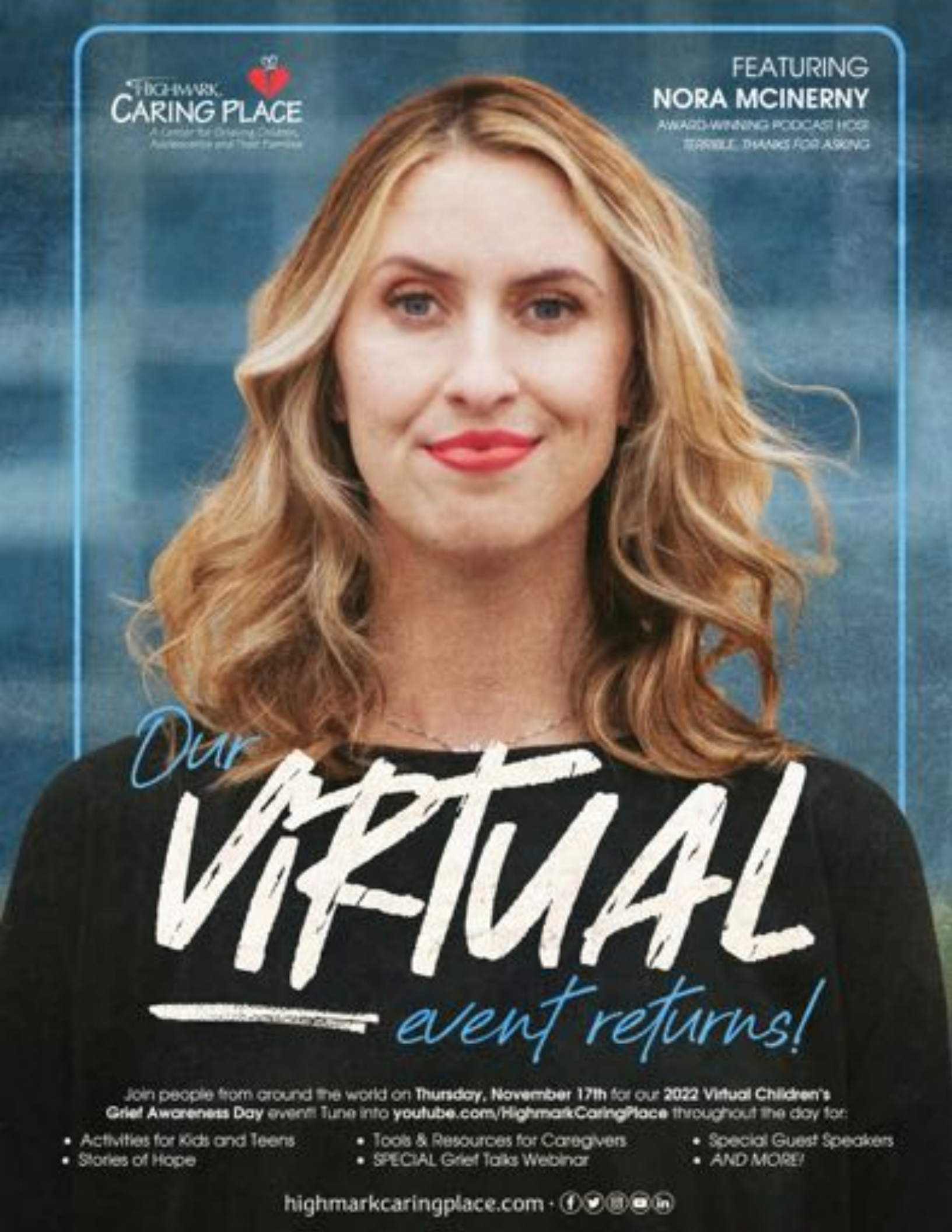
PROMPT — I took for granted the times that you:

Your journal allows you to look back and see progress – and to process your grief.

PROMPT — I know that if I need help, I can call:



Writing can allow you to sleep better by getting your thoughts on paper and out of your head.


HIGHMARK.
CARING PLACE
A Center for Grieving Children, Adolescents and Their Families
FEATURING
NORA MCINERNY
AWARD-WINNING PODCAST HOST
TERRIBLE, THANKS FOR ASKING
Our
VIRTUAL
event returns!
Join people from around the world on Thursday, November 17th for our 2022 Virtual Children's Grief Awareness Day event! Tune into youtube.com/HighmarkCaringPlace throughout the day for:
• Activities for Kids and Teens
• Stories of Hope
• Tools & Resources for Caregivers
• SPECIAL Grief Talks Webinar
• Special Guest Speakers
• AND MORE!
highmarkcaringplace.com

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the Companion

The Companion is published quarterly through the efforts of **John F. Slater Funeral Home, AfterCare Services**. Our hope is that this newsletter will be meaningful and comforting to you.

Family and friends of those we have served also contribute to the newsletter. If you wish to contribute an article, poem, or saying that has touched you, please mail it to:

AfterCare Services
John F. Slater Funeral Home, Inc.
4201 Brownsville Road
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412-881-4100
email: aftercare@johnfslater.com

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- Professional Referrals
- Newsletter
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- Lending Library
- Annual Holiday Memorial Service

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- Community Service and Outreach