

THE GRIEF BRIEF



Emma's Place
Staten Island Grief Center for
Children and Families

Support ~ Community ~ Hope

"Home Is Where Our Heart Is" Emma's Place Third Annual Fundraiser

Emma's Place had its third annual fundraiser dinner on Thursday, May 3, 2018 at Li Greci's Staaten on Forest Avenue. Approximately 125 people from the Staten Island community gathered to support the meaningful work of Emma's Place, connect with their neighbors, and take a chance at winning one of the spectacular raffle baskets or bidding on the amazing items in our first-time ever silent auction. Emma's Place lost their space to flooding and disrepair, so this event was dedicated to raising funds to find a new home to serve our beloved Staten Island community.

After Karen Goldman, the Founder/Executive Director of Emma's Place, warmly greeted the crowd, Dr. Carolyn Taverner, Director, Early Childhood Center, Wagner College, Co-Founder of Emma's Place, (and a counselor) explained how significant it is for children to have a safe place where they can process through their grief and gain the tools to grow and move forward into a healthy life. Dr. Taverner explained, how important it is for our children to have a safe, inviting, consistent "home" to go to in their time of need.

More highlights of the evening were the award presentations. Dr. Amarjit Kaur, Emma's Place Board Member, presented the *Community Leadership Award* to **Michele Yacovello, a significant participant in the Staten Island Giving Circle, and Emma's Place**, for her commitment to the Staten Island community and her dedication to the youth of Staten Island by fostering their creative spirit, and helping them in times of loss. Karen Goldman, proudly presented the *Support-Community-Hope Award* to **Jill Neary, a teacher at IS 51**, for the significant difference she makes for children with her "No Negativity" movement and increasing compassion and tolerance among students.



Joseph Patella, Emma's Place Board President, kept the crowd entertained as the event's engaging Master of Ceremonies. The volunteer assistance of students from Our Lady of Good Counsel School, and Miss Staten Island Outstanding Teen, Julianna Meyer, added more vitality and energy to the evening and helped the evening run smoothly. In addition, the evening wouldn't have been as successful as it was without the help of the Emma's Place Board, Programming Committee, and volunteers. We'd also like to extend a heartfelt thank you to those of you who came to the event and generously donated to Emma's Place, and to our very charitable sponsors, Mr. Tommy

Dwyer, Dr. Debra L. May, and Granville Tax Services.

You could feel the caring and sense of community in the room as the participants mingled with each other, danced to the amazing music of DJ Cicerosity, and were nourished by the delicious food at The Staaten. Those who attended the event really exemplified the spirit of the event by putting their hearts into their participation. The funds raised at the event will help Emma's Place to continue its hard work by finding a loving new home for the bereaved members of our community. We look forward to seeing you next year!

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Inside this issue:

Home is Where the Heart is Emma's Place Schedule	1
Donation Information	2
Mother's Day and Father's Day	2



At Emma's Place you will

- Be supported by those who have journeyed through their own path of grief.
- Find a community of welcoming, caring and committed individuals who will listen.
- Learn healthy grief processing in a private, safe-setting which facilitates healing while offering the hope and tools to move forward to a meaningful life.

*"What is to give light must endure burning."
-Victor Frankl*

Emma's Place Schedule

Emma's Place
Staten Island Grief & Loss
Center for Children and
Families meet at:

Snug Harbor

1000 Richmond Terrace

Contact us at:

Telephone: 347.850.2322

E-mail:

info@emmasplacesi.org

Support ~ Community ~ Hope



We rely on you.

Our Center is supported through donations, grants, memorials and bequests; which will allow us to provide these services at no cost to the children and families it serves. There are a variety of ways to support Emma's Place and to help reach grieving children and families. We are currently looking for a permanent, cozy home for Emma's Place. Anyone with knowledge of a safe, house or building for rent or as a donation would be greatly appreciated.

Donations can be made out directly to Staten Island Grief Center and mailed to Emma's 1076 Forest Ave Staten Island, NY 10310 . Emma's Place staff members are available to make presentations or talk further on the phone – please contact us at 347-850-2322 or info@emmasplacesi.org

We greatly appreciate your generosity!

CHILDREN'S GROUPS

1st & 3rd Tuesdays

Ages 6-9 5:30 pm

Ages 10-14 5:30 pm

Ages 15-19 6:30 pm

ADULT GROUPS

As requested

Read more about Emma's Place at: [Staten Island Live Column](#) or see our [Facebook Page!](#)

Mother's Day and Father's Day

For some, springtime often brings along feelings of freshness and renewal; flowers start growing, the rays of the sun feel stronger, days are longer, and birds return with their heartfelt songs. But for those of us who have lost a parent, grandparent, child, or other loved ones, springtime, with its upcoming holidays of Mother's Day and Father's Day, often brings renewed feelings of grief and loss. Our pain grows and feels stronger, and our hearts break all over again. The grief we had thought was diminishing a bit, is sharply renewed.

Often the days leading up to these holidays are as hard as the holidays themselves. We walk into the card store to buy a birthday card for our close friend, and we feel like we've been punched in the gut as we have to walk through aisles of Mother's Day cards or Father's Day cards to get to the card we are seeking. We open our email to try to reach out to some people and are caught off-guard by email after email announcing specials and sales for Mother's or Father's Day gifts. Instead of finding comfort connecting with an understanding friend or family member, we are reminded of the gifts we are no longer buying or receiving. We turn on the TV to try to get our minds off our loss, and we are assaulted by advertisements on how to commemorate Mother's Day or Father's Day, and we go deeper into our pain.

While logically we know these things are not personal, we may feel like the world is conspiring against us to remind us how devastated we are by our loss. In addition to missing and longing for our loved one, when these holidays are approaching, we sometimes feel guilty thinking about the arguments we had with the loved one we lost, or how we may have gone to a concert or away with a friend rather than spending Mother's Day or Father's Day with our parent, not realizing that was the last chance we had to commemorate that day with them. We feel as if we are never going to be able to make it through another Mother's Day or Father's Day without being wracked with pain and grief. While we at Emma's Place know these days may never be easy for you, we'd like to offer some support and help in how to get through the days leading up to Mother's Day and Father's Day and the actual holidays themselves.

The first thing we would like to acknowledge though is that just as love is different, unique and individual for each person, so is grief. There are no right or wrong ways to feel when you are grieving. There is no timetable to grief. What may be helpful to one person may not be helpful to another. While we have some suggestions of what has helped those of us at Emma's Place, please feel free to email us at info@emmasplacesi.org and let us know how you've gotten through these holidays, and we can include your ideas on our website as well.

- Allow yourself to feel whatever you are feeling. If you stay present and grounded in how you are feeling, you will find that your emotions will ebb and flow like a wave. Giving yourself the time and space to consciously feel your emotions is healthier than trying to stuff them inside. When you stuff your emotions they wind up affecting you in unconscious, unhealthy ways.
- Do not let concerned loved ones talk you into doing anything that doesn't feel helpful for you. It's OK to turn down invitations if you would rather spend the day on your own.
- Be extra kind and gentle to yourself. Eat nourishing foods, get enough sleep, give to yourself in big and little ways: use your favorite body lotion, get a massage, treat yourself to your favorite food, reach out to someone who you know will listen with compassion.
- Know you have a right to ask for what you need without feeling guilty about it.
- Maintain a connection with your lost loved one. Even though your loved one is no longer physically here, you can still maintain a heart connection with them by:
 - Writing a letter or card to them
 - Creating a collage of special photos
 - Making a memory box with cherished tokens of times spent with them
 - Planting a tree or naming a star in their memory
 - Looking for signs that are reminders that they are still with you
 - Create a new tradition to honor your lost loved one
- Reach out to Emma's Place for extra caring and support.

While we know the days ahead will not be easy, Emma's Place wishes you peace, comfort, and strength. And perhaps when you least expect it, you may feel your loved one's warmth in the spring sunshine or hear their spirit in the bird's song waking you up on the morning or see their beauty in a newly sprouted flower.