



Safe Haven For Widowed
 Giving Comfort and Support
 To All Those
 With Grieving Hearts
 that have lost loved ones.

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Unresolved Grief



There is no definite point in time or a list of symptoms that define unresolved grief.

Unresolved grief lasts longer than usual for a person's social circle or cultural background.

It may also be used to describe grief that does not go away or interferes with the person's ability to take care of daily responsibilities.

Unresolved grief tends to be more common in people who:

- Are unsure how they feel about the person they lost.
- Acquisition of symptoms belonging to the last illness of the deceased.
- Have a negative opinion of themselves. (Low self-esteem)
- Over activity without a sense of purpose.
- Alteration in relationships with friends and relatives.
- Lasting loss of patterns of social interaction.
- Agitated depression with tension, insomnia, feelings of worthlessness, self accusation, obvious need for punishment and even suicidal tendencies.
- Furious hostility towards someone connected to the death.
- Unwillingness to move the possessions of the deceased even after a reasonable amount of time has passed .

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Unresolved Grief

- A depressive syndrome to varying degrees of severity.
- Somatic symptoms representing identification with the deceased, often symptoms of the terminal illness.
- A feeling that the death has occurred yesterday even though the loss took place a long while back.
- Inability to discuss the deceased without crying.
- Changes in current relationships following death.
- A history of delayed or prolonged grief.
- Inability to speak of the deceased without experiencing intense grief emotions.
- Unaccountable sadness during various times of the year.
- Self destructive themes.
- Radical changes in lifestyle.
- Phobias about illness or death.
- Over identification with the deceased leading to compulsion to imitate the dead person.
- A relatively minor event triggering a major grief reaction.
- Exclusion of friends, family members or activities associated with the deceased.
- Feel guilty about the loss, such as people who think they could have prevented a serious accident or death.
- Think the loss was a result of unfairness, such as losing a loved one as a result of a violent act.

- Experienced the unexpected or violent death of a loved one.
- People who experience a traumatic loss are at risk for developing post-traumatic stress disorder (PTSD).
- Experience a loss that others might not recognize as significant, such as miscarriage.

How people express unresolved grief varies. People may:

- Act as though nothing has changed.
- They may refuse to talk about the loss.
- Become preoccupied with the memory of the lost person.
- They may not be able to talk or think about anything else.
- Become overly involved with work or a hobby.
- Drink more alcohol, smoke more cigarettes, or take more medicines.
- Become overly concerned about their health in general or about an existing health condition and see a doctor more often than usual.
- Become progressively depressed or isolate themselves from other people.

In addition to this list, teens may show unresolved grief by using illegal drugs, taking part in illegal activities (such as stealing), or having unprotected sex.

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Unresolved Grief

They may also become more accident-prone, avoid their friends, and have difficulty completing school work.

Young children may show unresolved grief by developing behavior problems or expressing fears about being alone, especially at night.

People with unresolved grief who do not seek treatment are more likely to develop complications such as depression as a result of grieving.

Symptoms and Behavior of Unresolved Grief/Complicated

Anyone exhibiting these symptoms and behaviors should be evaluated by their Primary Care Physician or a Mental Health Practitioner.

- A depressive syndrome of varying degrees of severity
- A history of delayed or prolonged grief
- Symptoms of guilt, self-reproach, panic attacks, and somatic expressions of fear such as choking sensations and hyperventilation
- Somatic symptoms representing identification with the deceased, those of the terminal illness
- Physical distress under the upper half of the sternum accompanied by expressions such as
- "There is something stuck" or "I feel there is a demon inside me."
- Searching behavior - trying to locate the deceased symbolically or actually
- Recurrence of depressive symptoms and searching behavior on holidays or anniversaries

A feeling that the death occurred yesterday, even though the loss took place months or years ago

- Unwillingness to move the material possessions of the deceased
- Change in relationships e.g. replacement of deceased with someone else
- Diminished participation in religious and ritualistic activities
- The inability to discuss the deceased without crying or the voice cracking, particularly when the death occurred over a year ago
- Recounting themes of loss

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Loss of a Child



The loss of a child is the most devastating experience a parent can face-and missing the child never goes away. Maybe the most intense grief a person will face...

The loss of a child is generally considered the worst possible grief, making it one of the leading causes of prolonged grief. In the natural order of life, children are supposed to outlive their parents.

“The death of a child is like no other
“When Your Child Dies.”

“Your life has been irrevocably changed. Life is different. You are different.”

Parents universally say that when their child dies, a part of them dies. A child is a symbol of the future and losing that child represents a loss of hopes and dreams. While the experience of pain and loss is universal, transcending culture and class, the grieving process is still a very individual and personal experience. Factors affecting grieving

The duration of grief symptoms is affected by several factors. Grief is affected by how quickly a parent breaks his or her bond with the deceased, how quickly he or she returns to the diminished living environment, and how quickly he or she forms a new way of connecting with the child who died.

The circumstances surrounding the death of a child also greatly affect how parents and survivors grieve. Research has shown that when the death is traumatic or when the parents witness the death or find the body of their child, they are likely to be more traumatized by the experience, become obsessed with the death, and replay the events over and over in their heads. Conversely, if the parents do not see the body of the deceased or if the child disappears, as in child abduction; they are likely to stay in a state of denial and disbelief for a longer period of time.

If a child is sick for a period of time, the family has time to come to terms with the idea of losing the child. They experience anticipatory grief.

Anticipatory grief is also seen in terminally ill patients. It is a time of mourning and preparing for a loss before it happens. When the loss is sudden or unexpected, parents are left in a state of shock and disbelief even greater than that which is normally expected.

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Loss of a Child

People regret they had no time for goodbyes. They are unprepared, although nothing could actually prepare them for the feelings they will experience. The naturalness of the death therefore also affects people's grief. Suicides, murders, and accidents are especially difficult for parents to process.

The age of the child at the time of death also affects grieving. It is a mistake to assume that someone is less attached to an infant than they are to an older child. Miscarriages, stillbirths, and abortions all carry their own extremely painful emotions. They are emotions loaded by societal expectations, expectations of the carrying mother, and the pain of losing a child before it begins its life. Oftentimes, in cases of abortion, extreme feelings of anger (as in the case of rape) and guilt are present. Women who experience miscarriages and stillbirths are overwhelmed with disappointment and guilt, even when they know it is not their fault, or they may feel their partner is blaming them for the child's death.

Other important factors affecting the grieving process are individual to the griever. How has the person handled traumatic experiences in the past? Have there been other grief experiences in the person's life?

Other factors affect grief levels and the parents' coping abilities, which include: age, gender, cultural background, spirituality, support system, and family history. Additionally, each parent commonly has a different grieving style and timing for dealing with grief, known as incongruent grieving.

The grieving father

Similar to when a sibling loses a brother or sister, the father of a deceased child is sometimes referred to as a forgotten griever. A father's grieving often takes place at different times than the mother's, and both will experience recurring grief at varying times.

The nature of the parental bond affects the level and duration of the grief experienced. The maternal bond is established before childbirth, is more immediate, more physical, and more intimate. Therefore, mothers are more susceptible to depression after the loss of an infant. Fathers often feel a sense of disappointment, failure, and resentment.

The paternal bond is traditionally one of future dreams and expectations. The loss is a blow to these hopes and dreams, or even to his ego. The loss of a toddler, teenager, or older child will sometimes affect a father more than an infant death, but not always. Today, fathers are more involved in the pregnancy and birthing process as well as in child rearing, and caring for the infant.

Fathers must give themselves permission to grieve. In many cultures, society says that men are not supposed to cry.

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Loss of a Child

They must support the grieving mother and be strong for the surviving siblings and other family left behind. They attend to the practical matters of the death and the household. Men oftentimes have a determination not to grieve, which leads to emotional distress, anger, depression and eruptions years later. A grieving father could feel ignored, abandoned, isolated or overwhelmed. He must seek out comfort in friends, family, and co-workers - wherever he can find support.

Ideally father and mother will be able to grieve together and help each other work through their feelings, support each other, and find ways to memorialize the child in their lives.

Other factors affecting parental grief

When we think of the death of a child, we often picture mother and father, sitting in their home, holding and comforting each other. But what happens when there is only one parent? What if there is no home? Complicated family situations affect how a parent grieves.

According to the National Sudden Infant Death Syndrome Resource Center, all of the following situations put people at risk for prolonged grief, depression, and guilt:

Parents in stressful financial situations will now be faced with additional emotional and financial stresses, and another perceived loss in their life.

Teenage parents may already be ostracized from family and school support systems.

A single, divorced or unmarried parent lacks the emotional and physical support of a spouse and constant companion.

Adoptive parents, foster parents and stepparents are sometimes not expected to have the same feelings as birth parents.

A parent with a history of substance abuse may feel extreme guilt over neglect, lost time, or physical effects of drug use on the child.

When parents are from a different culture and those around them don't understand their language or belief system, they will feel especially isolated and misunderstood.

Parents living in incarceration, institutions, or homeless shelters will often be neglected and not receive the support they need.

When the child is one of a multiple birth and parents must grieve the lost child, and still care for the surviving child without resentment or guilt.

When a parent loses the only child he or she will ever have because of the age or a medical condition of the mother.

Symptoms of Grief

Commonalities documented among grieving parents include: a feeling of disorientation, a sense of magnitude of the loss, the idea that the pain will last forever, grief that permeates all aspects of life, and a conviction to not let go of the child. It takes time to work through these feelings.

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Loss of a Child

According to psychologists, parents often experience more physical symptoms and more extreme emotions over losing a child than people grieving other types of losses.

Common physical symptoms of grieving parents include:

- Change in sleeping patterns
- Mood swings
- Exhaustion
- Anxiety
- Headaches
- Inability to concentrate

Other more serious physical symptoms of grief include:

- Nightmares
- Dry mouth
- Shortness of breath/tightness of chest
- Hallucinations
- Repetitive motions

Sometimes individuals begin to associate too strongly with their own grief. They become “identified” with mourning and are reluctant to move on. If sadness, depression or anxiety last more than a year or two or appear to be worsening after this time, individuals should consider seeking outside help, especially if the sadness is accompanied by unusual behaviors.

How to help a grieving parent

Expect contradicting and surprising reactions to the death of a child. It takes time to work through these feelings and supporters cannot be expected to know how to react or be helpful. Victims of loss must express feelings openly so that they do not surface in unhealthy ways later on.

A number of steps should be taken both by the parent who has experienced the loss and by his or her circle of friends and family.

The grieving parent should:

- Allow the grief to take place
- Verbalize feelings
- Talk about what happened
- Ask questions and seek out factual information
- Recognize there is no timetable for grieving a child
- Forgive
- Be patient with themselves and others
- Tell people what they need
- Find ways to memorialize the child

Supporters should:

- Don't wait to be told what the griever needs
- Be sensitive to the circumstances of the death
- Remember special things about the child or person who died and talk to the parents about what you remember

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Loss of a Child

- Show sympathy at anniversary dates and holidays
- Be a source of reassurance
- Help preserve memories of the deceased
- Forget preconceived notions about what grief should look like or how long it should last

The death of a child not only affects each individual parent, but it has been shown to cause marital problems. Marital issues from the past often resurface, and sometimes with greater intensity. Being aware of grief and allowing the process to take place will ease these tensions. When a child dies, the composition of the family changes as well. A sibling may become an only child; or another child in birth-order becomes the oldest child, taking on new responsibilities within the family. Or parents may be left childless. Risk of divorce and even suicide is increased.

Grief may be a powerful and trying event, but human resilience is also powerful. Even adults with normal mental health and a strong support system may need grief counseling to work through the loss of a child. In order to deal with their loss, parents must adapt to a new life without their child. Parents must accept the loss and reaffirm their own lives, finding ways to honor the child that died. It is a lifelong process that involves assimilating the death and memories of the deceased into a new life.

A Parents Prayer

When a child is apart,
even for a little while,
a parent says a prayer.
We ask the Lord to protect...
to be where we cannot be,
to go where we cannot go.
In Him we place our trust,
for He sees, He knows.

Though how your heart must break,
parted for now from your child,
know that the Lord keeps your child safe,
with Him, where we all belong.
He will keep your child in a loving embrace,
just as He keeps you, a child, too.
That is His answer to a parent's prayer,
that is His love – forever, everywhere.

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Loss Of A Loved One From War



Your worst fears become reality when you are notified of a loved one's death as a result of war in a faraway place. You undoubtedly hoped and prayed for the safety of this special person since his/her departure for military service. Dreaded thoughts of dangers he/she would face in the line of duty probably increased as peace efforts failed and the world moved closer to war. Now you must face the fact that your life is forever changed because of their death.

One of the many things you need after the funeral is information about grief – life's most painful emotional adjustment to loss. Grieving is a normal, healthy activity. Although grief is a universal experience, no two people grieve the same, even in the same family. Like a fingerprint, each person's grief has characteristics all its own. You must grieve in order to survive.

Grief is a process that takes place over a span of time. Expressing your feelings honestly and openly to supportive family and friends will help you to feel better. Be sure to include children and young adults in discussions. Be gentle and truthful about what happened and encourage children to share their feelings. Hug each other and together reach out to those who want to help you.

It is difficult to begin grieving when there is uncertainty about the circumstances of death. In war situations, there can be a scarcity of information for varying periods of time. Seek answers to all your questions. If and when you want to hear from those who were around at the time of your loved one's death, you could write his/her friends in the unit. Ask them to share with you their story of what happened. It is better to know what the truth than to imagine what might have happened.

Undoubtedly you will ask "Why war?" "Why was my loved one killed while others were spared?" Searching for answers is a normal part of the grief process. At some point you may need to accept that fact that some questions cannot be answered.

You may feel incredible anger directed towards, the military, elected officials, God or even those who seem unaffected by your loss. Hating the enemy is also understandable, yet their loved ones are being killed too. Families on both sides suffer terrible losses in war.

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Loss Of A Loved One From War

- **Let yourself feel your emotions.**

If you are busy comforting or helping other family members or friends, set aside some time when you can think about your own loss. Be careful not to use supporting others as a way of avoiding your own feelings. Avoiding your own pain now can cause serious mental and emotional issues down the road.

- **Know that loss affects everyone differently.** We are all individuals, and we all experience loss in individual ways. Some might want to share stories and talk about your loved one right away, but for others, doing those things immediately following a loss may only intensify their pain.

- **Moderate your media consumption.** If your service member died during active duty, his or her death might attract media attention. Although it might be difficult to avoid TV reports, newspaper articles or news websites with coverage of your loved one's death, be aware that repeated exposure to accounts of the death of your loved one can interfere with your coping process. It might be helpful to have a close friend or family member help you define media exposure limits that work best for you.

- **Manage your stress.** Many people take comfort in maintaining routines, exercising, meditating or reading. Social ties help to reduce stress so while you may not want to be around groups of people, be careful not to isolate yourself.

Journaling may also help. You might be surprised at the comfort or relief you feel as a result of simply pouring out all your thoughts down on paper.

Consider joining a support group. Talking with others who have lost a service member may help you feel less alone. Look into support groups in your local community for individuals who have experienced a similar loss. These groups often list their meetings in the events calendar of a community newspaper or local hospital.

Ask for help if you're having difficulty managing your feelings. Many people underestimate the grief that follows the loss of a loved one. If you feel alone or are having trouble navigating your emotions, a therapist or counselor can help you find resources and support.

Healing

It's natural for anyone in intense emotional pain to want to know when it will end, or when they'll feel "normal" again. But as much as we may wish that there were a timeline for grief, the truth is that emotional healing happens more quickly for some, more slowly for others. And the process isn't usually linear. You may feel better on one day only to be down the next, and then back up again the following week.

There may be little anyone can do or say to ease your pain following the loss of a beloved service member. But in the midst of your grief, you can know you're not alone in your loss, that help is available, and that the day will come when you feel better.

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7 Steps for Coping With Grief at Thanksgiving



Because it is a special time when families and friends gather together, Thanksgiving can be a particularly difficult holiday if you are grieving the loss of a loved one. Here are some suggestions that can help you cope with the despair and heartache that may feel overwhelming

1. Make time for a few activities you particularly enjoy. Perhaps you love to play a musical instrument, or maybe you enjoy baking cookies. Do you like games? Maybe you can enlist some people in a friendly game of Scrabble, Monopoly or Trivial Pursuit.

2. Is it feeling overwhelming to be social? Explain to someone in whom you feel comfortable confiding that you simply need time to yourself. Don't feel obligated to be the life of the party. If you need some quiet time, take it.
3. Engage in a volunteer activity. Find a soup kitchen in your area and help serve a Thanksgiving meal to the needy. Helping others is a wonderful way to allay grief.
4. Honor your loved one with a special tribute. Make sure their favorite meal is on the Thanksgiving table.
5. Start an annual ritual. Rituals help release emotional pain. Even a simple gesture such as lighting a candle to honor your loved one will help you through the bereavement process.
6. Create a memory box. Each year, add a memento that has important significance to you and your relationship with your loved one. This is a particularly good activity for children coping with loss.
7. Tell stories. Not only will sharing tales of your loved one help with emotional release, but hearing others' words will give you comfort.

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The Empty Chair



There's an empty chair in our house and I am not sure what to do with it. It's been empty a long time and although we've moved more than a few times since it became empty, we still haul it around with us. It's not a particularly classic chair or even a very pretty one, and it is empty...all the time.

I never really know which room to put it in whenever we do move, but once it has found its place, I've noticed that it simply stays there. No one moves it; no one suggests putting it away. No one sits in it. It's just an empty chair.

As a military family, for many generations, we are used to having members of the family off in faraway places for what often turns out to be, long periods of time. My father would be gone for sometimes up to a year or even two.

His chair was often empty at the table. My husband's military career took him away for many months at a time and his chair was often empty. And then, when our son Travis was commissioned in the military, we knew his chair would also be empty sometimes. So empty chairs at our house are not an uncommon thing, but this chair... this chair should never have been empty. As the holidays approach, I am always faced with the task of deciding what to do with our empty chair. Should we put it away for the season?

Should we decorate it or should we just ignore it.

One year we did decide to put it away. Even though it was an empty chair, it left an even bigger empty space when we did move it to another, less occupied place. How can that be? How can something that is empty leave a bigger empty space when it's gone?!

We've tried to ignore it, but its emptiness is very loud and it is hard to miss an empty chair in a room filled with people sitting in all the other chairs. And even when we could manage to ignore it, others could not and they always commented on it. An empty chair is not invisible.

Then, one year, we decided to simply include it in our holiday decorating scheme and that was the cause of some interesting discussions.

Should we put a special holiday pillow in it? What about tossing a colorful quilt or afghan over the back? Should we put something in the chair so it wasn't empty...Now THAT was a novel idea! But nothing we tried could fill the emptiness of that chair. It just sat silent like a sentinel, waiting for something...or someone.

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The Empty Chair

It took us many years of living with that empty chair, day in and day out, to finally figure out what to do with it. When we serve our meals, those chairs that are usually occupied by the assigned person (yes, we do assigned seating at our house) can be filled by other family members or guests. You get to use the wooden napkin ring with that person's name on it and if you are lucky, that person has not lost a knife or fork or spoon over the years, so you will have a complete place setting of silverware. You must endure listening to tales about the person whose chair you are occupying. It makes for some lively conversations and that way, even though you may not be with us for this occasion, your presence is still in our life.

That works for our empty chair as well. It is a military custom to always set a place at the table for those who are not with us at this time, but whose lives are still within our hearts. So, we have a place setting, complete with silverware (all 6 pieces), dishes, and crystal goblet and napkin ring. Our empty chair is pulled up to the table and a single rose is placed on the plate, a symbol of everlasting love.

We join hands in thanksgiving, completing the circle with the empty chair within our family circle, for even though death may have come, love never goes away. That empty chair now represents all of us who are not with us for this occasion, but who live within our hearts forever.

It is not a sad sight because we know that empty chair represents a love we have known and shared and with that gift, our family is forever blessed.

So, if your holiday table will have an empty chair this year, remember that it is not truly an empty space. That place is still occupied by the love and joy of the one who sat in it. Don't hide that chair away. You may not wish to bring it to the table as we do, but take time this holiday season to remember the laughter, the joy, the love, the light of those who are no longer within hug's reach, but whose love still fills us with gratitude.

Join hands around your table, however small, and say a prayer of thanksgiving...for the love you have known and still hold deep within your heart. You are rich beyond measure for having had a chair fulfilled. Don't let death rob you of the heart space that love keeps.

We are a family circle, some chairs filled and others not, broken by death, but mended by love.

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How Did Grief Get an Expiration Date?



Certain things need an expiration date. Milk, eggs, mayonnaise, meat, and fish there is a time we need to be done with them, and throw them away I get all that. But does grief have an expiration date? For some reason, there seems to be an acceptable shelf life 6-12 months and then grief should be off the shelf, out of the home and permanently removed with the weekly trash service. If it was only that simple Right well guess what:

The “grief expiration date” myth must come from people who have never experienced a close death otherwise they would know the truth. Everyone fears facing such a loss. They are hopeful that should death touch their world, it will only take 6-12 months to recover. No one wants someone they love to die. So, until faced with the reality, it’s easier to think ‘this won’t happen to me, AND if it does it will only be bad for a finite, short amount of time and then there’s an expiration date and it is magically all gone.

’ What a wonderful world that would be.

I’ve heard time and time again there is a societal expectation to “get over” grief in 6 months, and at the longest, a year. Those who aren’t grieving believe it, and often those who are also believe it this sets grieving people up for false, and ultimately disappointing, expectations.

The one year mark looms like some golden carrot over the heads of those who are grieving. It is a symbol of hope that if they make it to the one year mark they will be in a much happier and pain free place. The reality is they won’t be over it, nor should they be. If someone spent years loving another person, the pain of that person’s death simply will not be removed due to a date on the calendar.

The opposite actually might happen – people who are grieving may feel even more pain in year two because the initial numbness, which often serves as a protective barrier at the onset of loss, has worn off and they begin experiencing the full intensity of their feelings and grief. This is accompanied by the realization that life with loss is their “new normal.”

If you allow yourself to believe there is an expiration date for grief, you will start to think you aren’t doing well if you still miss your loved one 5, 10, 20, 40 years after the loss. In reality it’s normal. And it’s okay.

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How Did Grief Get an Expiration Date?

Grief IS a life-long journey. An emotional handicap you get up, and live with everyday. It doesn't mean you can't lead a happy life, but it is a choice, and takes work.

The frequency and intensity of the grief rollercoaster and monster should lessen over time, but the reality is every now and then for the rest of your life, they will appear still when not expected. Everyone grieves at their own pace, and in their own way. There is no one way to grieve, and no certain order, and no timeline.

There is definitely not an expiration date. Grief will take on different forms in different people. Not everyone cries; others cry all the time. Some exercise a lot. Others talk about it a lot. Many seek counseling or join a support group, and enjoy the company of a good and understanding listener.

If a year after your loss, thinking of your loved one missing a special day or milestone in your life, makes you sad, puts you in a funk, or makes you cry, don't beat yourself up. Allow yourself the ability to grieve the loss of memories not created.

As long as the frequency and intensity of grief eases even if it is slowly over time you are coping in positive ways.

Grieving in a healthy manner, taking steps to move forward, and rebuild your life with a new normal, doesn't mean you won't have those tough days or tough moments.

There is no expiration date. Grief never fully goes away. That doesn't have to mean you can't and won't live a happy and productive life.

What it does mean is the love you shared with loved ones lost doesn't have an expiration date either.

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“Words From Our Administrator”

This month November 19th marks our 6th year anniversary online bringing together those who have lost a loved one in order to provide support, comfort and understanding to each other.

Since November 19, 2009 when Safehaven for Widowed was founded and on the web it has reached out to:

- Forty-two thousand, Six hundred and fourty-nine Unique users from other countries,
- One hundred and fifty-eight thousand, Five hundred and Thirty-one Total Visitors,
- Nine million five hundred thirty thousand six hundred eighty-six Total times Pages viewed and opened.
- Eleven million eight hundred fifteen thousand two hundred one Total time site has been opened on the web.

This is the actual count from 2009 up to 8 pm November 10, 2014

	Unique Web-site Visitors	Number of Website Visitors	Website Total Pages viewed	Total Website Hits
Total's	42,649	158,531	9,530,686	11,815,201

Over the last 5 years Safehavenforwidowed.org has not only reached out over the internet worldwide \ global to all and has continued to reach out to everyone that has experienced a loss or losses.

It had expanded into other areas on the internet to further reach out and now has 5 different locations on the web besides its main home website \ home base <http://safehaveforwidowed.org/> other locations are:

1. Facebook <http://www.facebook.com/SafehavenForWidowed>.
2. Google Plus: <https://plus.google.com/+SafehavenforwidowedOrg/about?hl=en-US>
3. LinkedIn: <http://www.linkedin.com/groups/Safe-Haven-Widowed-4730856>
4. Manta: <https://www.manta.com>
5. Twitter: <https://twitter.com/Safehavenforwid>

During the past years we have also seen many needs, faced many challenges ourselves and accomplished needed goals for all the members new and old there is HOPE. Have seen our site go from hosting outside to in house, have faced the owner\founder of the site get ill, some became Angels and were called home. All will never be forgotten and always part of the family here.

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“Words From Our Administrator”

Witnessed great bereavement \ grief support sites shut down on the internet, leaving members lost and confused on where to go now and how to contact their friends they made on those site's. Still today there are many out there lost, abandon, lonely that had a place to go before and lost contact with the others. Here we welcome them all to come here doesn't matter on the type of loss or how long it been or if have remarried or not.

On December 15th, 2015 Safehavenforwidowed will be adding more grief chat rooms, providing many options for members to connect with others who have also lost a loved one.

From grief and loss chat rooms that welcome all members, to those that are more specific such as a grieving parent's chat room, you can easily connect and share your stories and feelings through Safehavenforwidowed grief chat rooms. Our grief chat room topics will include:

1. General Chat Room All Losses All types 18 an over
2. Adults who have experienced the death of a partner or spouse divided into 3 rooms.
 - Young Adults ages 40 and under,
For those aged 40 or under who have lost a spouse or partner
 - Middle Age Adults,
Adults who have experienced the death of a spouse or partner
 - Later Life Widows and Widowers.
Late Life Adults who have experienced the death of a spouse or partner
3. Loss of a Child Parents who have experienced the death of a son or daughter
4. Loss of A Parent Adults who have experienced the death of a mother or father
5. Adults Grieving the Death of a Sibling
Siblings who have experienced the death of a brother or sister
6. Loss of Grandparents who have experienced the death of Grand Parents
7. Loss of a Boyfriend or Girlfriend who have experienced the death of a Boyfriend or Girlfriend
8. Loss of a Fiancée or Fiancé who have experienced the death of a Fiancée or Fiancé
9. Infant loss (Still Births, Miscarriages, SID'S)
10. General Grief – Adults who have experienced the death of a close friend or relative
11. Survivors of Suicide Those who lost a loved one to suicide
12. Parent or Guardians with Children Raising Children after the death of a parent or parents
13. Youth Room specially geared Youth Chat Room who have experienced loss.
This room is open to anyone 12 years of age and younger.
14. Teen Grief Chat Room 13 thru 17 who have experienced loss.
This room is open to anyone 13 years of age to 17 years of age.

The Monthly Haven

Safehavenforwidowed.org

“Words From Our Administrator”

15. Grief and War who have experienced loss Resulting from War or Terrorism
16. LGBT Grief Chatroom for LGBT who have lost a partner to death.
LGBT are also welcome in our other chat rooms
17. Care giving and Grieving for caregivers coping with grief & loss
18. Christian grief chat room
Christian or non Christian who have experienced the death of a loved one. All religions

You will be able to select the room you would like to go into once you login there will be a list of the rooms. You will be able also to go from one room to the other with out logging in each time your user profile and password will follow you. As time gets closer there will be instructions and visually screen images sent out to all members that have valid email addresses here.

Rooms will be monitored periodically by our administrative staff and moderators. All of them have also experienced loss and are going through the journey. We are all here for you 24 hours a day, seven days week, 365 days a year. If you interested in volunteering to be a moderator please let us know also by filling the form which can be found from the main page under the form upper menu and select Volunteer Moderator Recruitment.

The Monthly Haven

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“Words From Our Administrator”

Don't be left alone this holiday season we will be holding again alive meet and greet on line in our chat room on Thanksgiving for all November 27, 2014 all day the room will be open to all, invite friends or family that have suffered a loss and also invite from other groups also and meet other members and guest not need to be alone for the holiday share it with other who understand here. So stop in throughout the day or evening and invite others also so you're not alone.

- During the day at times room maybe without a moderator do to their meal time or break doesn't mean room is closed these rooms are open 24/7 365 days a year.

Sincerely

Tracy Crain
Assistant Director
Safehaveforwidowed.org

If there is a topic / poem or story that you would like covered or would like to share in an upcoming newsletter, please let us know. You can email it to:

Thehaven@safehavenforwidowed.org to suggest the subject or you can write a piece yourself and submit it to be reviewed for possible publication. We appreciate all suggestions and inputs.

The newsletter is sent out on the sixth of every month, once a month.

Sincerely,

Tracy Crain
Assistant Director,
SHFW

The Monthly Haven

Safehavenforwidowed.org

“Words From Our Administrator”

We would like to have more activities here for everyone to help get each and every one of us through the months ahead of us.

As we all know loneliness is one of the hardest things to handle on this journey.

We are would like some input from the members new and old on ideas on what you would like.

We will have a section in forum for this for your ideas under Special Interest or under forms in the suggestion form.

We have no problem with team leaders for this either. If a member would like to start something on here we would be more than willing to help set it up for them too.

Sincerely,

Robert Greenfield
Public Relations Administor
Safehavenforwidowed.org



Our family and staff here would like to wish everyone a meaningful Thanksgiving full of love and healing be safe. And don't forget about the meet and greet here on Thanksgiving Day all day long.

Happy Thanksgiving

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