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FOR IMMEDIATE RELEASE  
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**NMMC HOSPICE TO HOLD  
MEMORIAL SERVICE, NOV. 21**

TUPELO, Miss.—Grief is a natural process, but it can be very overwhelming, especially when grieving over the loss of a loved one. Many people worry if they are grieving in the “right” way and wonder if the feelings they are experiencing are normal.

North Mississippi Medical Center Hospice offers bereavement care to help area hospice families confront the physical, emotional, behavioral and spiritual reactions that accompany the loss of a loved one.

NMMC Hospice will host a memorial service from 2-3 p.m. Sunday, Nov. 21, at St. Luke United Methodist Church, 1400 Clayton Ave., Tupelo. This is a time for families who have lost a loved one on NMMC Hospice over the past six months to honor their loved one and be reunited with Hospice staff and volunteers. The service is held biannually to provide families the opportunity to share memories and feelings with others who understand the grief process.

“Grief affects each person differently, and there is no particular way that one should grieve or a certain time to do so,” says Jamie Grissom, bereavement coordinator, NMMC Hospice. “Our services are designed to help patients and their family members realize that grief is a normal part of everyday life, and coping skills are available that can help them deal with their loss in a healthy way.”

Bereavement services include counseling before and after death, practical help with daily living, and referrals to other resources and support groups.

“We spend a lot of our time educating families on the normal experiences and reactions that occur with grief,” Grissom said. “People often feel sorrow, guilt and anger in the early stages of grief. They may even feel a need to withdraw from social contact. It is important to recognize these feelings to ensure they do not overtake daily activities. Our staff stresses to family members that our door is open, and we are here if they need our assistance.”

The NMMC Hospice staff stays in contact with family members for 13 months following the death of a patient through phone calls, cards and visits.

“Dealing with grief stirs many emotions and sometimes reassurance is needed to know that what one may be experiencing is normal,” Grissom said. “We are available to help

individuals understand the process of grief as well as provide insight on the changes that may occur in their life as a result of the loss of a loved one.”

For more information on the bereavement care offered by the NMMC Hospice program or the memorial service, call Grissom at (662) 377-3612 or 1-800-THE DESK (1-800-843-3375).