

Pathways

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by Andrea Ruggieri



The idea of hope seems simple enough, but lately, it may be a little harder to grasp. When our world was so drastically re-shaped with the pandemic, it left us unsettled and questioning, “what will happen tomorrow?”

On the American Psychological Association website Psychnet.apa.org, hope is defined as the “perceived ability to produce pathways to achieve desired goals and to motivate oneself to use those pathways.” This implies that hope is an active function. It requires thought and motivation. Hope takes work. This suggests why many people struggle with hope, or lose it altogether.

In real life, we can't attain our future rewards without a little work. Hope is the same way. At times our lives appear to be hopeless- we lost a job, a house, our health... a loved one. The deep sense of loss may feel like you can't go on. Unless... you decide to. Making that decision may feel like you are climbing Mt. Everest. -Like it is an impossibility. Today, we are all climbing this mountain! Dig in! Throw on your rock climbing shoes, get your ropes, and get climbing!

What it really boils down to, is do you WANT it? Just like the mouse who navigates through what seems like an impossible maze to get to the piece of cheese at the very end. That mouse WANTS the cheese. Or the star athlete that practiced and practiced to be at the top of their game to earn accolades. Heck, our kids will clean their rooms within the hour, if it means going to their favorite amusement park! Motivation is a powerful concept.

So ask yourself, do you want to feel negative, anxious, and scared all the time? It's a slippery slope, but not impossible to get out of. When you find yourself in that pit of despair, make the decision to be hopeful, and see what happens. It may be nothing more than the beginning of something that feels good, a weight that slowly lifts off your shoulders. It may just be the start of feeling alive again, motivated and strong and welcoming what comes. I recommend hope, it's a welcome change.

At Walker Brothers we too have felt fearful, but moving forward with cautionary measures we are choosing hope. It is our greatest hope at some point to be able to extend our full-service offerings, helpful seminars, and our therapeutic butterfly release event again to our families. We're happy to announce that we have re-scheduled the Veterans Burial Benefits Seminar which will take place on October 21st at Bartolomeo & Perotto Funeral Home. Look on the inside of this newsletter for more details!



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making the right choices when considering cremation

by M.J. Moyes

When a family is struggling with the death of a loved one, they should feel confident that after-death care will be conducted with respect and dignity. No matter what manner of final disposition, whether burial or cremation, these decisions must be well-thought-out.

The vast majority of funeral homes and death-care providers take their work very seriously and aspire to provide the utmost care to the mortal remains entrusted to them. However, as evidenced by occasional news reports and exposés, some providers fail to do this.

One example of this involves a funeral home in the midwest that was shut down by state authorities after years of complaints revolving primarily around the “low-cost” home’s handling of the deceased. Conditions at the funeral home, along with the alleged mishandling of the deceased, were considered bad enough that authorities sought criminal charges in an ongoing investigation. Sadly, the families who entrusted their loved one to the home’s cremation service could not even be certain that the ashes given to them were from the deceased.

You never want to hear that you “get what you pay for” in funeral care, but it is clearly important for families seeking appropriate care for their deceased loved ones to be wary of discount cremation services. You want to be sure that they are following protocols with the same due diligence and careful handling of the deceased as a long-standing funeral home.

If you are considering a discount cremation company, we recommend that you ask the following questions before giving them responsibility for your loved one’s mortal remains:

- Does the crematory follow all state regulations?
- Does the company keep accurate records?
- Does the company follow a published code of conduct?
- Where will the remains of your loved one be kept before the actual cremation?
- Is the facility clean and secure, and will they allow



you to inspect it?

- Does the company provide respectful, individual transport?
- Is there an appropriate place for family and friends to say goodbye to the deceased prior to cremation? If so, ask to see it, and ask if there will be staff to coordinate a final goodbye?
- How will the departed’s ashes be delivered or handed to the next of kin?
- And, perhaps most importantly, how does the company positively identify the cremated remains received from the crematory to ensure a 100% correct identification?

Keep in mind that discount providers rarely offer any services or comforts that help the bereaved with the mourning process. Cremation is a perfectly acceptable alternative to burial and one that is now being chosen by more than 50 percent of bereaved families. Though convenient, it makes it easier to neglect having memorial services, life celebrations, or other tributes that are so important while grieving. A funeral home will not only make sure that the deceased’s mortal remains are treated with care, but also ensure that the bereaved have the means to begin the healing process by having an appropriate tribute or celebration of their loved one’s life.

Bartolomeo & Perotto and Walker Brothers Funeral Homes are proud to be exclusive providers of

"Cremation with Confidence™" service in the Rochester, NY area. This 10-step cremation process ensures that your loved one will be properly and respectfully cared for. This service guarantees that the cremated remains returned to you are unequivocally those of your loved one.

The 10 steps of Cremation with Confidence™ include:

- A code of ethics
- Safeguarding of personal identity
- Unique tracking system
- Family identification
- Checks and balances to ensure correct paperwork
- Logging in of details
- A detailed checklist and additional identification during the cremation process
- Continued monitoring and confirmation of identification after cremation
- Individual, dignified transport to the crematory
- Respectful return of the remains
- Life celebration

Life Celebration is an important pillar of how we serve our families. Our funeral homes have been helping guide people in the greater Rochester area through the grieving process for almost 100 years. We offer a wealth of memorial services and tributes tailored to each family's individual needs focusing on the celebration of your loved one's unique life. This focus on life stories has proven effective in helping mourners with the grieving process. We stand firmly by our belief that a "life remembered and celebrated, lives on."

Please call either of our locations for more information on Cremation with Confidence™

Bartolomeo & Perotto Funeral Home • 585-720-6000

Walker Brothers Funeral Home • 585-352-1500



**Walker Brothers
Funeral Home**



free

veterans benefits seminar

wednesday • october 21
11am - 1pm

at Bartolomeo & Perotto Funeral Home
1411 Vintage Lane, Rochester

At Bartolomeo & Perotto and Walker Brothers Funeral Homes, we strongly believe Veterans should be honored for their service and sacrifice to our country. We are humbled to provide care for veterans and their families at their time of need and are committed to ensuring that all the burial benefits they are entitled to, are received.

All Are Welcome

Learn more about veteran burial benefits and how they can help minimize your costs.

We also anticipate having details to share with you on the opening of the new Western New York National Cemetery for Veterans in Pembroke, NY.

Our funeral care team is pleased to offer an additional funeral benefit incentive to all qualified Veterans and their families. We hope to see you at this illuminating forum at no cost to you! And Thank you again for your service!



rsvp • oct 16

Reserve your spot now. Seating is limited.

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tackling the anxieties of covid19

by Andrea Ruggieri

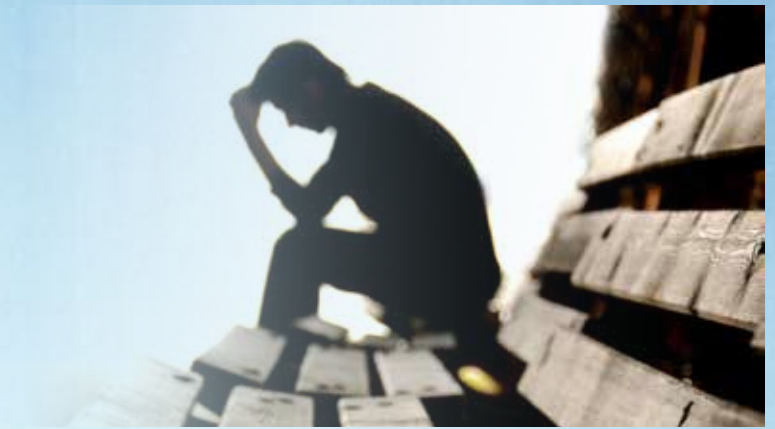
I don't know about the rest of you, but I find myself cringing just a little bit every time I hear, we are in "uncertain" times or we need to "stay strong." These well-meaning phrases used enough, become platitudes, but the reality is they are in fact, true.

This undeniable truth can bear great suffering. Never in our wildest dreams did anyone think we would be living in a worldwide pandemic. The fact that our world has been turned upside down makes people feel a spectrum of emotions.

There is **Fear** of the uncertain. **Helplessness**, in feeling out of control. **Anguish** in not being able to be with loved ones who are affected. **Sadness** when a loved one is lost. **Loneliness** and **Depression**, while being separated during a quarantine. You are validated in feeling all of these feelings and more. Yet amidst the anxiety, we need to take a step back and have HOPE that someday this will end and life as we remember it will come back.

I'm sure many of us put our self-care on the back burner to nurture those around us. The problem is when we don't take care of ourselves, things break down. We may unknowingly cause harm to our health and psyche. So what do we do to keep physically and mentally fortified? Below are some thoughts to consider. Take it to heart.

- **Eat healthy.** This goes without saying. What you put into your body, is what builds it. If you build with weak or no nutrients, the body will begin to break down.
- **Stretching.** Stretching will help with flexibility, blood flow, coordination, energy and reduces muscle tension.
- **Meditation.** It brings self-awareness, helps you live in the present, creates perspective, increases creativity, and reduces negativity. It can bring you back to feeling balanced.
- **Deep Breathing.** Think about how your breathing changes when you're feeling uneasy. It speeds up, which feeds your anxiety. Deep breathing corrects that, compelling you to slow down and re-focus.
- **Take a break from watching the news.** Don't bury your head from what is going on, but take mindful



control of your exposure. This is not only limited to the television, curb other news sources like social media as well.

- **Sleep well.** Sleepfoundation.org found that "sixty-seven percent of those with less than good sleep quality also report 'poor' or 'only fair' health." Find ways to clear your mind before bed; try reading or meditating to calm your nerves and help you fall asleep.
- **Exercise.** Feeling stronger has an overall effect on your body and in turn, your mind.
- **Set Intentions.** Whether it's following an exercise class online, learning something new, or joining a Facetime book club, you will feel more engaged.
- **Think Positive.** Constant fearing the worst can result in mental disintegration. Positive thinking and keeping things in perspective helps with managing your stress and overall health.
- **Be Grateful.** Reflect on what you HAVE. Make a list every day of what you are thankful for and find ways to show that gratification.

It's okay to acknowledge that the pandemic is taking its toll. Don't be afraid to seek professional help if you are overwhelmed or feeling unstable. Many health professionals still have in-office or telehealth visits (from computer or mobile device) to help you in your time of need. Now more than ever take time to care for yourself and actively find ways to feel better, remembering that you are not alone.

Citations

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