

# Grief Notes

September 2025

## Loneliness by Linda Hopkins, Bereavement Coordinator

There are many relationships so close that loneliness is experienced following a death. The person who died may have been the person with whom the bereaved had the closest emotional connection. That person may have been a husband, wife, parent, sibling, or a friend and the absence leaves a big hole in the survivor's life.

*“Allow yourself your feelings without judging your sadness, anger, fears, and worries.”*

Grieving the death of a husband or wife is difficult in many ways and loneliness is a common experience. A spouse's life is often the one most changed by the death. While others in the family will be grieving the same person, their daily lives are less apt to be affected as much. There is loss of physical and emotional companionship as spouses are faced with living alone after not having lived alone in a very long time. Adjusting to doing things alone after being used to doing everything together requires a very big adjustment. The survivor will now have unfamiliar tasks and may need help. Grieving people often say keeping

busy helps them, but if the bereaved are retired, they will not have the built in busyness of a job or caregiving to distract from the absence of the loved one.

During the first days, weeks, and months after a death, there are apt to be supportive people around you, checking on you, being there for you. As time goes by, it is likely fewer people will ask, “How are you.” As months pass by, the early shock of loss wears off and the grief is very hard as the reality of not seeing a loved one again deepens. Having a hard time with grief can be discouraging and worrying. While it does not change anything, it can help to know that this a common experience in grief.

### What can help?

Connecting with people lessens isolation and loneliness. Accept invitations. Leave the house most days for errands, for walks, for exercise, for nature time. Allow yourself your feelings without judging your sadness, anger, fears, and worries. There is often relief in expressing feelings and most of us have heard it helps to “have a good cry.” Processing the grief is part of how the passage of time lessens the

pain of grief. This can come with talking with others, talking with a counselor, journaling, writing letters to or “talking” to the one who has died. A support group can be helpful as can talking



with understanding friends. There is comfort in being with people who are not wondering why you are not “over it” and are part of the life you are living as you adjust to the loss.



# Calendar

## Bangor Area Grief Support

Grief can feel isolating and lonely, and griever are sometimes surprised by the intensity and duration of their grief. Here at Northern Light, we believe that no one should grieve alone. Our bereavement coordinators are available for questions and grief support. Please feel welcome to contact your bereavement coordinator, Jane Cornman, to learn more about how we can help, or to sign up for a support group: 207-944-5534 / jcornman@northernlight.org.

“Grief is such a lonely thing.”

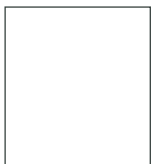
- Susan Fletcher

### Monthly Drop-in Grief Support Group (in person)

Tuesday drop-in grief support groups continue on the fourth Tuesday of the month, 2-3:30, at a local church in Bangor. The next two meetings will be on September 23 and October 28.

### Wednesday Evening Fall Grief Support Group - Starts September 17 on Zoom:

We will be offering an 8-week online grief support group on Wednesday evenings, September 17 to November 5, 6-7:30 pm. Attending all eight meetings is recommended, and because we meet online, participants can participate even while traveling. To join or find out more information, please contact one of our facilitators: Jane Cornman (207-944-5534 / jcornman@northernlight.org) or Linda Hopkins (207-400-8714 / hopkinsl@northernlight.org).



Jane Cornman, Bereavement Coordinator  
Northern Light Home Care & Hospice  
43 Whiting Hill Road  
Second Floor  
Brewer, ME 04412  
Phone: 1-800-757-3326 or (207) 944-5534  
E-mail: jcornman@northernlight.org



# Calendar

## South Portland Grief Support

**In-Person 6-Week Grief Support Group starts September 25:** We will meet on Thursdays from 1 to 2:30 at our South Portland office. Meetings are weekly. The last meeting will be on October 30. To register or for more information call Linda Hopkins at 207-400-8714.

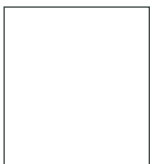
**“Grief is such a lonely thing.”**

**- Susan Fletcher**

**Fall Grief Support Group on Zoom:** We are offering an 8-week online grief support group on Wednesday evenings, September 17 to November 5 from 6-7:30 pm. Attending all eight meetings is recommended. For more information or to register, please contact one of our facilitators: Jane Cornman (207-944-5534 / [jcornman@northernlight.org](mailto:jcornman@northernlight.org)) or Linda Hopkins (207-400-8714 / [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org)).

**Monthly Zoom Grief Support Meetings:** Next meetings are on September 2 and October 7 from 1 to 2pm. If you are interested in attending, contact Bereavement Coordinator Linda Hopkins (207-400-8714 or e-mail [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org).) Meetings are held on the first Tuesday of each month.

**Support groups are only one of the supports we offer. For more information about grief support, please contact Linda Hopkins, 207-400-8714 or [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org).**



Linda Hopkins, Bereavement Coordinator  
Northern Light Home Care & Hospice  
225 Gorham Rd, Suite 200  
South Portland, ME 04106  
Phone: (207) 400-8714 1-800-757-3326  
E-mail: [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org)



# Calendar

## Waterville Grief Support

Grief can feel isolating and lonely, and griever are sometimes surprised by the intensity and duration of their grief. Here at Northern Light, we believe that no one should grieve alone. Our bereavement coordinators are available for questions and grief support. Please feel welcome to contact your bereavement coordinator, Jane Cornman, to learn more about how we can help, or to sign up for a support group: 207-944-5534 / jcornman@northernlight.org.

## Waterville Area Grief Support Groups

### In-Person Grief Support Groups

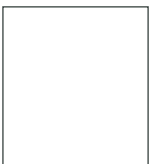
We are not currently offering in-person meetings in Waterville. If you would prefer an in-person experience, please contact Jane Cornman for assistance with finding a local grief support group.

### Wednesday Evening Fall Grief Support Group - Starts September 17 on Zoom:

We will be offering an 8-week online grief support group on Wednesday evenings, September 17 to November 5, 6-7:30 pm. Attending all eight meetings is recommended, and because we meet online, participants can participate even while traveling. To join or find out more information, please contact one of our facilitators: Jane Cornman (207-944-5534 / jcornman@northernlight.org) or Linda Hopkins (207-400-8714 / hopkinsl@northernlight.org).

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Jane Cornman, Bereavement Coordinator  
Northern Light Home Care & Hospice  
325 D Kennedy Memorial Dr.  
Waterville, ME 04901  
Phone: 1-800-757-3326 or (207) 944-5534  
E-mail: jcornman@northernlight.org



# Calendar

## Ellsworth Area Grief Support

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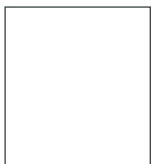
Grief and grieving is different for each of us. If you are struggling with grief, have questions, concerns, or if you would like information about bereavement support groups, please contact Tim Soucy, Bereavement Services Coordinator, at 207-356-1497 or [tesoucy@northernlight.org](mailto:tesoucy@northernlight.org) or our tollfree number at 1-800-757-3326.

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- Susan Fletcher

### Wednesday Evening Fall Grief Support Group - Starts September 17 on Zoom:

We will be offering an 8-week online grief support group on Wednesday evenings, September 17 to November 5, 6-7:30 pm. Attending all eight meetings is recommended, and because we meet online, participants can participate even while traveling. To join or find out more information, please contact one of our facilitators: Jane Cornman (207-944-5534 / [jcornman@northernlight.org](mailto:jcornman@northernlight.org)) or Linda Hopkins (207-400-8714 / [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org)).



Tim Soucy, Bereavement Coordinator  
Northern Light Home Care & Hospice  
43 Whiting Hill Road  
Second Floor  
Brewer, ME 04412  
Phone: 1-800-757-3356 or (207) 356-1497  
E-mail: [tesoucy@northernlight.org](mailto:tesoucy@northernlight.org)



# Calendar

## Presque Isle Area Grief Support

### Six Week Grief Support Groups:

Have you lost a loved one? When someone we love dies it can feel overwhelming. You may feel alone and that no one understands what you are going through. The truth is that many are walking a similar path. Consider coming to a place where you can talk, grieve, and move forward with people who are also grieving.

### There will be two Six Week Grief Support Groups offered in September:

One group will be held for 6 consecutive Tuesdays, starting September 16, and concluding on October 21. They will be held at Northern Light AR Gould Hospital in Presque Isle from 6-7:30pm.

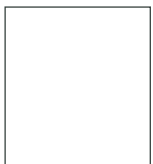
The second group will be starting September 17, meet for 6 consecutive Wednesdays, and conclude on October 22.

These groups are free of charge and open to anyone who has experienced the loss of a loved one, but registration is required, and participants are encouraged to attend all group sessions. These groups will be limited to 12 participants, so please be sure to RSVP. For more information and registration, please contact George McLaughlin 207.498.9039 gmclaughlin@northernlight.org

As your Bereavement Coordinator, I am available by phone for grief support. If you would like to arrange a time to talk or meet one on one, you may e-mail your request to **George McLaughlin** at **gmclaughlin@northernlight.org** or call me at **207-498-9039**. I will get back to you as soon as I can.

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George McLaughlin, Bereavement Coordinator  
Northern Light Home Care & Hospice  
18 Green Hill Rd., Presque Isle, ME, 04769  
Phone: (207) 498-9039 1-800-757-3326  
E-mail: gmclaughlin@northernlight.org