

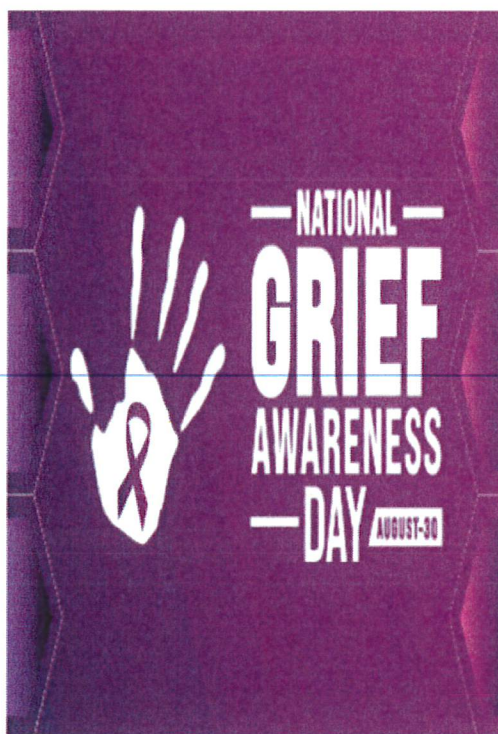


AUGUST



LUVING HANDS NEWSLETTER

Hey Everyone!! Welcome to the August 2026 edition of the Loving Hands Newsletter. August symbolizes a lot of things, but we thought that one of the more important observances is on August 30th. August 30th is National Grief Awareness Day. Many of us have had people close to us pass away. When this happens, it causes devastation on different levels. How do you continue on?



How are you supposed to do what you would normally, while being mentally distraught? How much time does it take to heal? Do you ever heal? These are some common questions that one might ask while trying to navigate through the loss of a loved one. The answers might vary from person to person, so when we go through these times, we really need to seek help and guidance that is specifically for us. Don't try to handle it all alone.

ANNUAL TRAINING!!!



It's that time of year again when we all have to do annual training. Annual Training is located under the "continuing education" tab on the Loving Hands website. (www.lovinghandsphilly.com) All of the modules must be completed once every year. Once you have completed a module, there is a short quiz, and then a certificate of completion will be issued. Take a screenshot of the certificates and send them to lovinghandsphilly@gmail.com. The trainings are mandatory and will be checked by the insurance companies when they do their audits. It is a requirement that ALL caregivers show that they know the important information and rules that are associated with providing great home care.

10 Healthy Ways to Cope With Grief and Loss

Grief can feel overwhelming — like waves that keep pulling you under. While you can't control when grief arrives, you can learn ways to navigate it.

These **10 coping strategies** can help you honor your loss while moving gently toward healing.

1. Give Yourself Permission to Grieve

There is no “right” way or timeline. Allow tears, anger, numbness, or even laughter. Grief is as individual as love.

2. Build a Daily Routine

Simple habits — waking up at the same time, cooking, walking — create anchors that reduce chaos.

3. Lean on Support Networks

Share feelings with friends, family, or grief groups. Connection helps ease isolation.

4. Try Journaling

Writing thoughts and memories can release emotions and preserve your loved one's story.

5. Move Your Body

Exercise helps process stress hormones. Even a gentle walk can ease tension and fatigue.

6. Create Rituals of Remembrance

Light a candle, cook their favorite meal, or visit a meaningful place. Rituals bring comfort and connection.

7. Seek Therapy or Counseling

A grief counselor or therapist can provide tools, validation, and safe space.

👉 See: [American Psychological Association on grief therapy](#).

8. Practice Mindfulness

Breathing exercises, meditation, or prayer help calm the nervous system during intense grief waves.

9. Allow Joy Without Guilt

Smiling or enjoying small pleasures does not mean forgetting. Joy and grief can coexist.

10. Give It Time

Healing does not mean “moving on.” It means carrying love forward in a way that allows you to live fully again.

FAQs About Coping With Grief

1. What is the healthiest way to cope with grief?

Acknowledging your feelings, seeking support, and building small daily routines are among the healthiest strategies.

2. How long does grief last?

There’s no fixed timeline. Most people adapt gradually over months or years.

3. Can therapy speed up grief recovery?

Therapy doesn’t erase grief but can help you cope more effectively and prevent complications.

4. Is it normal to feel guilty while coping?

Yes. Many feel guilt when they laugh or feel relief, but this is part of healing.

5. What if nothing seems to help?

If grief feels unbearable or unending, seek professional support. Persistent, disabling grief may require treatment.

Name: _____ Date: _____

Grief

M D F C H W R L O S S D J W E X U
E I R A D Q V V Q F M R S L D U L
X S I N C F M A U J A A I Q E R D
I B E G H J I L Q Y B W O Q N N V
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Q F A M I L Y S A D N E S S Y A P
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P V S L W J L C O U L T A U J E T
G M O U L O V E D O N E T J F S B
N I U H W R K Y D E P R E S S E D
K B P U J W H E A L I N G D T S B

DEPRESSED
EXERCISE
FRIENDS
DENIAL
GRIEF

DISBELIEF
MEMORIES
SADNESS
FAMILY
DRAW

LOVED ONE
SUPPORT
HEALING
WRITE
LOSS

TEAR SOUP
CHANGES
STAGES
ANGRY



SPOTLIGHT CAREGIVER OF THE MONTH

DEIONE THOMPSON

Loving Hands would like to recognize Deione Thompson as our August 2026 Caregiver of the Month!! There is a saying that goes “the squeaky wheel gets the grease”, which means the most problematic situations get all of the attention. At Loving Hands, we like to recognize the wheels that don’t make noise and one of them is Deione Thompson! Deione is always responsive to the agency, and she makes our job easier by submitting necessary documentation BEFORE we ask for it. She asks questions instead of assuming and she always makes sure she stays in compliance with all the changes within the industry, and any new policies that we have! Deione is truly a pleasure to work with.

Congratulations Deione!! Another LUVING HANDS ROCKSTAR!!





Stay in touch with us!!

LIVING HANDS
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We provide the service you deserve!”**