

## Dealing with Loss

Relatively few of us know what to say or do that can be truly helpful to a relative, friend or acquaintance who is grieving. One helpful book, "It's OK That You're Not OK," by Megan Devine, grew out of the tragic loss of her partner, who drowned at age 39. Another book, illuminating in its coverage of how people cope with different kinds of losses, is "Grief Works: Stories of Life, Death and Surviving," by Julia Samuel.

The recent tragic loss of my son forced me to face a grief I couldn't imagine. As Ms. Samuel states "I've learned that there is no right or wrong in grief; we need to accept whatever form it takes, both in ourselves and in others." Both authors emphasize that grief is not a problem to be solved or resolved. Rather, it's a process to be tended and lived through in whatever form and however long it may take. As my friend said, "It hurts that I can't fix this for you". The process cannot be hurried by friends and family. We need to accept that this is our journey to take.

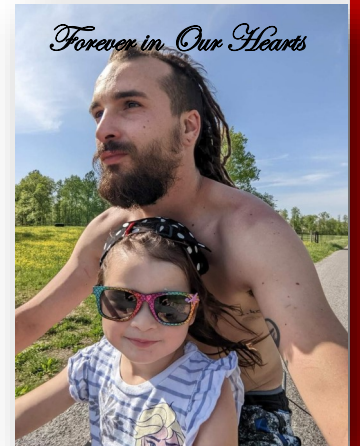
As I walk through my own journey of grief, I worry that if I let go of my sorrow I might forget or dishonor my son. I worry that the loss of my son will begin to define me as a parent with a deceased child. Conversely I desperately wish to cherish and live this life to it's fullest as a way of honoring my son and those I love who left this earth way too soon.

Just as we all love others in our own unique ways, so do we mourn their loss in ways that cannot be fit into a single mold or even a dozen different molds. Part of my healing craves the opportunity to look at photos, share stories and ride my motorcycle. Unacknowledged and unheard pain doesn't go away. Whether it is journaling, writing letters, jogging or singing their favorite songs, the way to survive grief is by allowing pain to exist, not in trying to cover it up or rush through it. As another bereaved mother said, "You never 'get over it,' you 'get on with it,' and you never 'move on,' but you 'move forward.'"

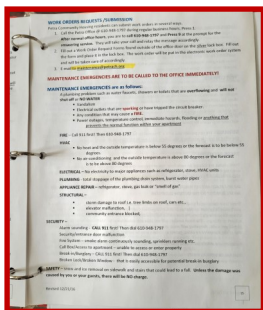
The outpouring of love and support from family, friends and many of you has been a great comfort to me as I move forward on this journey of grief.

-Beverly S Dalton 2022

Quotes attributed to excerpts from an article in the NY Times by Jane E. Brody, Jan. 15, 2018



## Maintenance Updates!



### Building Emergencies

To report a maintenance emergency please call the main office number 610-948-1797 and follow the prompts to the answering service on call. **What constitutes a maintenance emergency?**

Please **read your tenant handbook as pictured**, for full details.

### Large Trash Costs Increase

Unfortunately like so many other things prices have increased on large trash pickup to **\$25 per item**. 2 piece items are priced separately. Remember to schedule and pay for this service through maintenance prior to putting your items out.

**Reminder!** Please **do not put any liquids whatsoever down the trash chute!** This creates a horrible mess that our dedicated maintenance men have to clean up.

## Petra On The Go Expands!

As we develop our new normal - post pandemic, we are happy to announce additional bus runs have been added each month. Our volunteer driver, Bill, has agreed to provide **(3) three bus runs a month** and throw in a Fun Run whenever there is a fifth Tuesday in the month!



In order to compensate for rising gas costs Petra felt it necessary to require a **minimum of 6 riders** signed up for each bus run. This will temporarily prevent the need to raise rider costs.

## New Petra "Open Door" Hours

In order to most efficiently serve our residents and conduct business, Petra's main office hours have changed.

Instead of 11am to 2pm, office staff will now be available from **1pm to 3p.m. Monday through Thursday.**

If you need copies made, ask a question, or drop off some paperwork, 1 to 3 in the afternoon is the time to do it. Otherwise we respectfully request that you call for an appointment. This will assure that office staff can efficiently perform their duties without interruption while still being available for residents.

## Phoenixville Senior Center Reopens!

**Lunch is served daily at noon.** If you plan to come for lunch they need your reservation by Monday the week prior. Breakfast is Tuesday, Wednesday, Thursday!

**Chester County Food Bank's Fresh 2 You Mobile Market** – Open to the public, Wednesdays at 10am in the Center parking lot.

**Senior Food Vouchers** are available again this year for seasonal produce at **Farmers Markets and Farm Stands.** More info call **610-935-1515.**

**Learn to play pickleball** June 29 at 1 pm in our United Healthcare/Payton Agency gym. Its lots of fun! Games

## More New Editions

Petra has upgraded the outdated television system in the Bard Community room.



**A smart new TV** has been installed and operating instructions will be provided.

Should you have any questions regarding the operation of ANY of Petra's TVs or technology, PLEASE contact your RSC for a tutorial!

## Community Meetings Are Coming!

You may have noticed a community survey on your door. These will be circulated prior to every community meeting to help determine meeting agenda topics.

If you have a comment or concern please complete these forms. Return the forms on or before July 6th to the RSC office. Community meetings will be as follows:

**Bard — Tuesday July 12 at 1:30 p.m.**

**Flag - Wednesday July 13 at 1:30 p.m.**

**Freedom - Thursday July 14th at 1:30 p.m.**

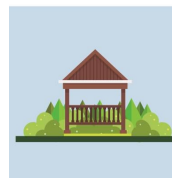
All Community Meetings will take place in the respective Community Rooms. We look forward to seeing you then!

## Bicycles!

Petra asks residents who have a bicycle stored in common areas of any Petra buildings, please let the main office know. This avoids any confusion regarding ownership. Thank you for your cooperation.

## Things Are Progressing at Bard!

Petra is happy to announce progress has begun for a **non-smoking** outdoor pavilion at the Bard complex. For many years non-smoking residents at Bard have gone without a comfortable outdoor area to enjoy.



We look forward to enjoying this wonderful new space.

## Security REMINDER:



Once more, remember that our buildings are secure buildings.

Please **DO NOT** let people in the building who are **NOT YOUR visitor!** This jeopardizes the security and safety of **ALL your neighbors!**