

THE FRONT PORCH

All the happy happenings at Cotton Grove Estate



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Grief & Caregiving: Managing Difficult Emotions When A Loved One Passes Away

Caregiving is a challenging vocation, to be sure. It requires an individual who will routinely put their own needs on the back-burner in order to ensure another person's comfort, safety, and personal care is provided for.

And while caregiving can amount to an exhausting responsibility, losing that responsibility can be devastating.

Indeed, perhaps even more challenging than the tasks caregivers perform on a daily basis, is the grief they deal with when a loved one passes away.

Our amazing caregiving team at Cotton Grove Estate knows this all too well. Whether you're caring for a dear family member or a resident in a long-term care facility, you must learn to manage the emotions that arise when someone who you are close with passes on.

Greif After A Loved One Has Died

Grief for caregivers at the time of death is often intense, even when they have anticipated and prepared for the death of a family member, or someone who has been in their care for an extended period of time.

Besides working through the five stages of grief, they may battle with caregiver's guilt. Caregiver's guilt involves second guessing things you did or didn't do, or said or didn't say. You might even convince yourself that you could have saved your loved one if you did something more.

When you're caregiving, be gentle with yourself as these emotions arise. Take the time to care for yourself, not just your loved one.



When To Seek Help

Sometimes intense feelings of grief maintain their grip well beyond an average grieving period, impairing your ability to move on with life. If you're wondering if you should seek grief counseling, ask yourself a few questions:

- Are you still feeling overwhelmed or confused with your grief process years later?
- Do you isolate yourself from friends and family?
- Do you sometimes imagine your loved one will reappear?
- Do you avoid going certain places that might trigger painful memories of the loved one you've lost?

If you answered yes, you may be suffering from complicated grief. Twenty percent of bereaved caregivers develop complicated grief, so you're not alone. It may be time to seek the help of a counselor or bereavement group.



Easter At Cotton Grove Estate

At Cotton Grove Estate, we believe holidays are meant for celebrating, and we sure do love a good celebration! Easter is one of our very favorites.

This year, we did it all...



Cookie Decorating

Although long-time resident Mrs. Thelma Thomas is no longer with us, her sweet daughter, Mrs. Dale Leggett, is still very much a part of the Cotton Grove family. She stopped by with some adorable homemade cookies that the residents had so much fun decorating - and even more fun eating!

Egg Dying

Would it even be Easter without dyed eggs?! Certainly not!

The residents loved these brightly colored hard-boiled eggs - they were the perfect way to get us in the Easter spirit.

Did you know that long ago eggs were a forbidden food during the Lenten season? For this reason, people began decorating them to mark the end of the period of penance and fasting. Early Christians in Mesopotamia dyed eggs red to mimic the blood that Christ shed during his crucifixion.



Annual Egg Hunt

Our annual egg hunt was a huge success!

Each year, our caregivers' children join the residents for a good, old-fashioned Easter egg hunt and fun is had by all. This year was no exception - we had great weather and a fantastic turnout.

The residents always seem to get as much joy from spending time with the children as the kids do from filling their baskets with goodies. It surely is a treat for everyone involved!



Hugs & Kisses: A Visit From Coastal Pines Nursing Students

Our residents were in for a sweet surprise when nursing students from Coastal Pines Technical College stopped by for a visit.

The soon-to-be nurses came bearing gifts!

They presented each resident with a "hug and kiss" - a stuffed animal and a tube of chapstick.

Thank you, Coastal Pines nursing students!









A Message From Anna

Dear family and friends,

I hope you all had a lovely Easter! Ours was full of every festivity you could imagine out at Cotton Grove Estate... from egg dying to egg hunting, I do believe we did it all!

And with Mother's Day fast approaching, we're not done celebrating yet.

As a mother myself, I sure appreciate a whole day that's dedicated to recognizing all that we do for our greatest blessings - our children.

So many of our residents are mothers, too, and we will be showering them with our love and praise this holiday.

Don't forget to tell the mothers you know how much they mean to you this year - a kind word can go a long way toward making someone feel valued!

Warmly,

Anna Pittard
Owner, Cotton Grove Estate
(912) 424-6422

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ANNA PITTARD
OWNER, COTTON GROVE ESTATE