Letters to the Editor

COPING WITH GRIEF AFTER THE DEATH OF A LOVED ONE

To the Editor:

Thank you for the poignant article by Hila Spear about the loss of her mother (“Bereavement and Grief Related to the Loss of a Parent,” Vol. 43, No. 6, pp. 52-54). I recently passed the fifth anniversary of the death of my sister. She was the one person in my life who truly accepted me for who I am. She was my anchor in life.

At age 64, she had a massive cerebral hemorrhage and died 2 years later, in my opinion, to escape from an abusive marriage. She had no faith in her ability to survive on her own.

I am easily moved to tears hearing a Johnny Mathis song that she would sing along to and make up her own words. I cry at Carvel® ice cream stores, where we made many trips during her pregnancies.

I try to give myself a day of nurturing each year on the anniversary of her death and on her birthday. This year I forgot, and was so clumsy and fretful at work that day that I accidentally pulled out my patient’s feeding tube.

It was also a wonderful photo of Hila and her beautiful mother.

Kathleen S. Rolfingsmeier, MSN, RN, C
Spring Hill, Florida