



## The Community Hospice Grief Center

### Community Hospice of Albany County

445 New Karner Road  
Albany, NY 12205  
Phone: 518-724-0200  
Fax: 518-724-0299

### Community Hospice of Amsterdam

246 Manny Corners Rd.  
Amsterdam, NY 12010  
Phone: 518-843-5412  
Fax: 518-843-9057

### Community Hospice of Columbia/Greene

47 Liberty Street  
Catskill, NY 12414  
Phone: 518-943-5402  
Fax: 518-943-0776

26 Park Row  
Chatham, NY 12037  
Phone: 518-392-0687  
Fax: 518-392-0689

### Community Hospice of Rensselaer County

295 Valley View Blvd.  
Rensselaer, NY 12144  
Phone: 518-285-8100  
Fax: 518-285-8145

### Community Hospice of Saratoga County

179 Lawrence Street  
Saratoga Springs, NY 12866  
Phone: 518-581-0800  
Fax: 518-581-9460

### Community Hospice of Schenectady County

1411 Union Street  
Schenectady, NY 12308  
Phone: 518-377-8846  
Fax: 518-377-8868



# Symptoms of “Normal” Grief

## Cognitive

- Confusion, disorientation
- Difficulty concentrating
- Memory impairment
- Thoughts of wanting to join the deceased

## Physical

- Achy, stiff muscles
- Changes in appetite, weight loss or gain
- Changes in sleep patterns
- Dizziness, vertigo
- Fatigue, exhaustion
- Headaches
- Nausea, stomach aches, intestinal problems
- Pounding heartbeat, tightness in the chest
- Restlessness
- Weakened immune system

## Emotional

- Anger – at the deceased, survivors, doctors, self, God
- Anxiety, fear, panic
- Deep sadness
- Denial
- Depression
- Frustration
- Guilt
- Helplessness
- Irritability
- Loneliness, isolation
- Numbness
- Relief that deceased’s suffering has ended or that a bad relationship is over
- Shame
- Shock and disbelief that the death has occurred
- Worry

## Behavioral

- Accident-proneness
- Frequent crying
- Loss of interest in usual activities
- Nightmares
- Over-activity
- “Paranormal” experiences – visions of the deceased, etc.
- Withdrawal from friends and family

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*Grief Support • Information & Referral • Support Groups • Education • Professional Consultation*