



**The
Community Hospice
Grief Center**

**Bereavement Services
Administrative Offices
Macedonia Church**
26 Wilson Avenue
Albany, NY 12205
Phone: 518-915-1914

**Community Hospice of
Albany & Schenectady
Counties**
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

**Community Hospice
of Rensselaer County**
295 Valley View Blvd.
Rensselaer, NY 12144
Phone: 518-285-8100
Fax: 518-285-8145

**Community Hospice
of Saratoga &
Washington Counties**
179 Lawrence Street
Saratoga Springs, NY 12866
Phone: 518-581-0800
Fax: 518-581-9460



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