

# New Era



October 2020 Issue 10



**NIH** National Institute of Mental Health

## Coping with COVID-19

<b>Take breaks from the news</b>	<b>Take care of your body</b>
<b>Make time to unwind</b>	<b>Connect with others</b>
<b>Set goals and priorities</b>	<b>Focus on the facts</b>



We hope to welcome you all back to group in the not so distant future. All of us at Bennetts are here to support you. Please just pick up the phone if you would like a chat.

## Just for Fun!!



### Walking:

Regular walking can:

- Reduce your blood pressure and cholesterol
- Aid weight loss
- De-stress and relax
- Improve Stamina and endurance
- Strengthen bones



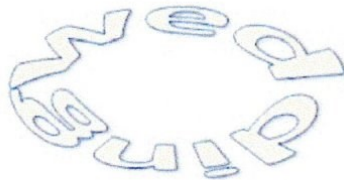
For anyone with a Birthday this month...



# Just for fun, no answers supplied

## WEDDING DINGBATS

All of these dingbats have a wedding theme.

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<p>1</p>	<p>2</p>	<p>3</p>
<p style="text-align: center;"><b>At the altar.</b></p>	<p style="text-align: center;">4+3=7    <b>LENT</b></p>	<p style="text-align: center;">better    worse worse    better better    worse better    worse</p>
<p>4</p>	<p>5</p>	<p>6</p>
<p style="text-align: center;"><b>John Jill Bob Bert</b> ----- <b>donkey</b></p>	<p style="text-align: center;">Lily, Poppy, Rose, Daisy, Iris, Pansy.</p>	<p style="text-align: center;">stir</p>
<p>7</p>	<p>8</p>	<p>9</p>
<p style="text-align: center;"><b>5 6 2 3 7 4 1</b> <b>i c e r e v s</b></p>	<p style="text-align: center;"><b>Lancwedelot</b></p>	<p style="text-align: center;"><b>Trilby</b> Homburg Boater    &amp; Balaclava Beanie    Fables    Stories    Yarns    Myths    Sagas</p>
<p>10</p>	<p>11</p>	<p>12</p>
<p style="text-align: center;">Have Have Hold Hold</p>	<p style="text-align: center;"></p>	<p style="text-align: center;"><b>CHAPEL</b> ----- <b>12.00pm</b></p>
<p>13</p>	<p>14</p>	<p>15</p>
<p style="text-align: center;"><b>bewedlls</b></p>	<p style="text-align: center;"><i>Drink, Tango, Cake, Cake, Twist, Biscuit, Jive, Flan, Samba.</i></p>	<p style="text-align: center;"><b>W</b> <b>FA e ST</b> <b>d</b></p>
<p>16</p>	<p>17</p>	<p>18</p>

## The Story of Aurora

In an ancient story from Greek mythology, Aurora, the goddess of the Dawn loses her son in a battle. When she hears the news, she rushes to the King of the gods, Zeus, and says: "Zeus, even though I am not one of your most powerful goddesses, and even though the loss of my son may seem like a minor thing to you, nevertheless my heart is broken.

Insignificant as I may be compared to the other gods and goddesses, please grant me two favours: that my son's death be honoured; and that it never be forgotten."

Zeus grants her wishes. On the day of her son's funeral, the sky becomes dark. The next day, when Dawn awakes to another day, the world was covered with dew. But the dewdrops were not dew; they were Dawn's tears for her dead son. From that day on, every morning Dawn would shed tears for her son, and, as she remembered and grieved, the whole world would be reminded of her loss.

But here is the most wonderful thing about the story. The daily teardrops did not stop Dawn from rising every morning and doing her job of ushering in a new day, or put her in a helpless or degrading position. Instead her tears were a daily expression of her sorrow. When people throughout the world saw the dewdrops, they knew that they were Aurora's tears for her dead son. In her tears they saw their OWN sorrows . but then they proceeded to go about the day that Dawn had ushered in and got on with their lives.

This story reminds us of the importance of our grief and the significance of honouring our loved ones with our tears; while also reminding us of the necessity of honouring our loved ones even more by going on with life.

# Beware of scammers

## Number spoofing

Scammers now have the technology to mimic an official telephone number so it comes up on your caller ID display (if you have one on your phone). This can trick you into thinking the caller is really from a legitimate organisation, such as a bank or utility company. If you're in any doubt, hang up and call the organisation directly. If possible, call them from different phone as scammers can keep the phone line open, so that even if you hang up and call the organisation directly, the line may still be connected to the scammer. If it's not possible to use another phone then wait for at least 10 minutes before you call.

## Pensions and investment scams

This is a call about an 'unmissable' investment opportunity, or offering you the opportunity to access your pension cash earlier. Nuisance calls about pensions are now illegal. If you receive a cold call about your pension, report it to the Information Commissioner's Office on 0303 123 1113.



### Pumpkin carving

**Did you do any pumpkin carving this month?  
Please send in your pictures and we will give out  
a prize for our favourite**



*Grief bites*

### **Try to remember; try not to forget**

Memories can be very painful. Yet your memories are trying to help you come to terms with this new situation. It is important to relive the memories we have of the person and the relationship.

Eventually you will realize that memories have a healing quality, and your memories will change from causing pain to bringing great happiness. You will never forget the person, but the pain will diminish.

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[www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk)

Simply click on the logo to put yourself in contact with 24 hour grief support.

Manned by trained counsellors for when you need to talk with someone at any time.

Our New Era Newsletter is available to view on our website. go to [www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk) and go to bereavement support and you will find the link.