

SAINT TERESA OF AVILA  
CEMETERY & MAUSOLEUM

136 Passaic Avenue  
Summit, NJ 07901

# NEWSLETTER

SPRING 2021  
Vol 3 Issue 2

## CONTACT

### CEMETERY

Our cemetery gates are open for your visit.  
Should you require contact with Cemetery staff,  
please visit during the opening schedule.

#### OFFICE HOURS

Monday – Friday 9 am to 4 pm

#### CEMETERY SUPERVISOR

Bob McCaddin, [bobm@stteresaavila.org](mailto:bobm@stteresaavila.org)

PHONE: 908-598-9426

### MAUSOLEUM

Our mausoleum doors are open 7 days a week,  
including holidays from 9 am to 4 pm.  
Please contact the office for an appointment.

#### OFFICE HOURS

Monday – Thursday 10 am to 3 pm

#### SALES REPRESENTATIVE

Mark Maher, [markm@stteresaavila.org](mailto:markm@stteresaavila.org)

PHONE: 908-277-3741

FAX: 908-277-2914



## WHAT'S INSIDE

### OPEN HOUSE

Join Us Sunday, May 16

### GRIEF: COPING WITH REMINDERS AFTER A LOSS

Via Mayo Clinic

### MAINTENANCE UPDATES

### MEMORIAL BENCHES

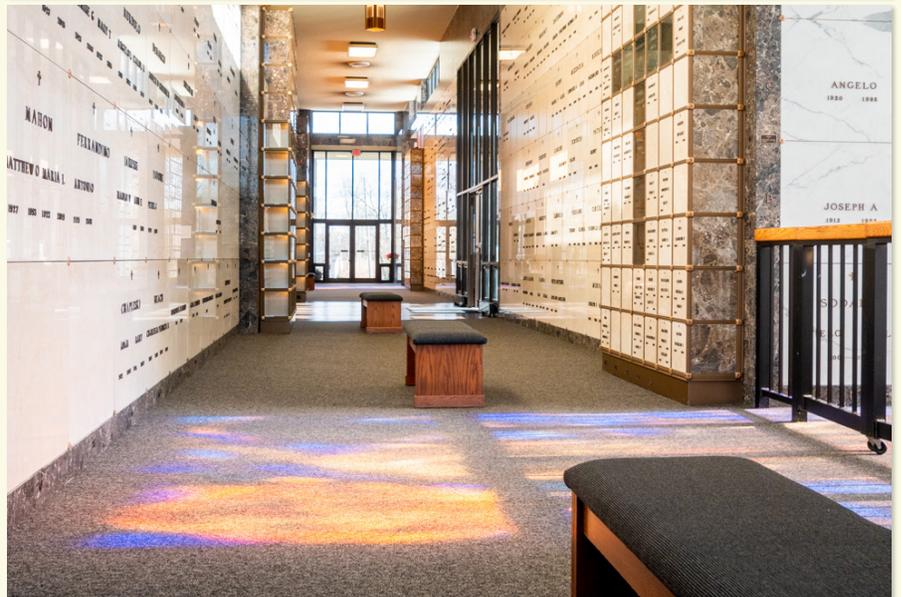
### SURVEY - TELL US!

### INVENTORY UPDATE

OUR NEWSLETTER WILL  
SOON BE GOING DIGITAL!



Please update your current  
email address with us,  
[office@stteresaavila.org](mailto:office@stteresaavila.org)



## Open House — Join Us on May 16

Join us for an Open House from 10 am to 3 pm on Sunday, May 16 in the Mausoleum. We look forward to meeting you, answering questions and assisting with pre-planning your final resting place.

### Special Open House Incentives:

Premium Glass and Marble Niches — *save \$100* | Premium Crypt Space — *save \$500*

Savings only through May 21, 2021. Memorialization opportunities available.

For more information, call 908-277-3741 or visit [st-teresa.org/cemetery](http://st-teresa.org/cemetery)

# GRIEF: Coping with reminders after a loss

Grief doesn't magically end at a certain point after a loved one's death. Reminders often bring back the pain of loss. Here's help coping — and healing.

By Mayo Clinic Staff

[www.mayoclinic.org/healthy-lifestyle/end-of-life/in-depth/grief/art-20045340](http://www.mayoclinic.org/healthy-lifestyle/end-of-life/in-depth/grief/art-20045340)

**W**HEN A LOVED ONE DIES, you might be faced with grief over your loss again and again — sometimes even years later. Feelings of grief might return on the anniversary of your loved one's death or other special days throughout the year.

These feelings, sometimes called an anniversary reaction, aren't necessarily a setback in the grieving process. They're a reflection that your loved one's life was important to you.

To continue on the path toward healing, know what to expect — and how to cope with reminders of your loss.

## Reminders can be anywhere

Certain reminders of your loved one might be inevitable, such as a visit to the loved one's grave, the anniversary of the person's death, holidays, birthdays or new events you know he or she would have enjoyed. Even memorial celebrations for others can trigger the pain of your own loss.

Reminders can also be tied to sights, sounds and smells — and they can be unexpected. You might suddenly be flooded with emotions when you drive by the restaurant your partner loved or when you hear your child's favorite song.

## What to expect when grief returns

The course of grief is unpredictable. Anniversary reactions can last for days at a time or — in more extreme cases — much longer. During an anniversary reaction you might experience the intense emotions and reactions that you first experienced when you lost your loved one, including:

Anger	Fatigue, or lack of energy	Pain
Anxiety	Guilt	Sadness
Crying spells	Loneliness	Trouble sleeping
Depression		

Anniversary reactions can also evoke powerful memories of the feelings and events surrounding your loved one's death. For example, you might remember in great detail where you were and what you were doing when your loved one died.



## Tips to cope with reawakened grief

Even years after a loss, you might continue to feel sadness when you're confronted with reminders of your loved one's death. As you continue healing, take steps to cope with reminders of your loss. For example:

*Be prepared.* Anniversary reactions are normal. Knowing that you're likely to experience anniversary reactions can help you understand them and even turn them into opportunities for healing.

*Plan a distraction.* Schedule a gathering or a visit with friends or loved ones during times when you're likely to feel alone or be reminded of your loved one's death.

*Reminisce about your relationship.* Focus on the good things about your relationship with your loved one and the time you had together, rather than the loss. Write a letter to your loved one or a note about some of your good memories. You can add to this note anytime.

*Start a new tradition.* Make a donation to a charitable organization in your loved one's name on birthdays or holidays, or plant a tree in honor of your loved one.

*Connect with others.* Draw friends and loved ones close to you, including people who were special to your loved one. Find someone who'll encourage you to talk about your loss. Stay connected to your usual support systems, such as spiritual leaders and social groups. Consider joining a bereavement support group.

*Allow yourself to feel a range of emotions.* It's OK to be sad and feel a sense of loss, but also allow yourself to experience joy and happiness. As you celebrate special times, you might find yourself both laughing and crying.

## When grief becomes overly intense

There's no time limit for grief, and anniversary reactions can leave you reeling. Still, the intensity of grief tends to lessen with time.

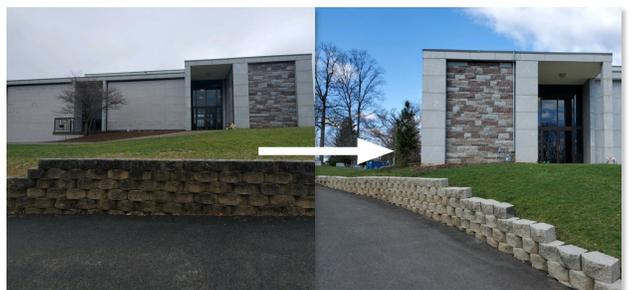
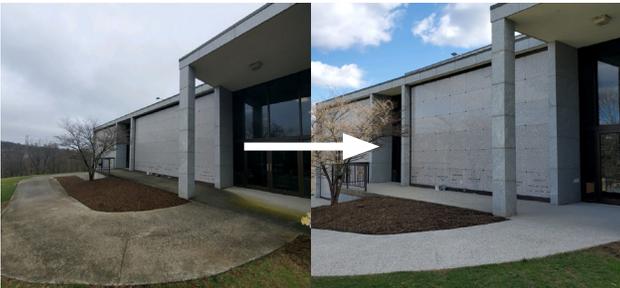
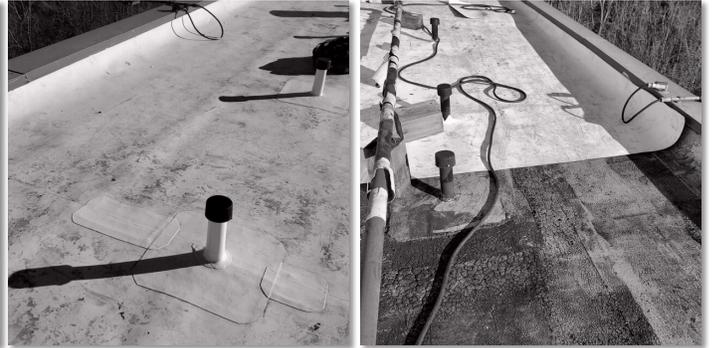
If your grief gets worse over time instead of better or interferes with your ability to function in daily life, consult a grief counselor or other mental health provider. Unresolved or complicated grief can lead to depression, other mental health problems and other medical conditions. With professional help, however, you can re-establish a sense of control and direction in your life — and return to the path toward healing.

# BUILDING & GROUNDS



## Maintenance Update!

It was determined that the mausoleum flat roof needed to be replaced. Our team engaged in the process of vendor proposals and a review process to award the contract. The project involved removing wet insulation and installing a new roof. While a roof is not always a noticeable improvement to the eye, it is a significant improvement to the mausoleum building and the future of the structure.



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# Questions?

Give us a call...

**CEMETERY**  
908-598-9426  
**MAUSOLEUM**  
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ST TERESA  
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AND  
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*Inventory  
Update*

## INDOOR

**58 Marble Front Niches** - all on higher levels (\$1,900 - \$3,900)

**60 Glass Niches** - vary in size/level (\$3,600 - \$8,600)

**32 Crypts True Companion and Abbey**, no single crypts inside (\$11,000 - \$13,000)

## OUTDOOR (crypts only)

**143 Single** (\$4,800 - \$7,000)

**89 True Companions** (\$8,500 - \$12,000)

**63 Side by Side** (\$9,600 - \$16,000)

**Graves** - Approximately 360 single graves, each for two burials



**Tell  
us!**

We have received some requests for **grave blankets** or **arrangements** to place on family graves at **Christmas**. Would you be interested in more information on this offering? Please email [office@stteresaavila.org](mailto:office@stteresaavila.org).



*Coming Soon!*

*Donate a  
Memorialization  
Bench!*

We have been developing ideas for both exterior sides of the mausoleum. These ideas include memorial benches, new landscaping which will offer a more appealing environment for those interested in exterior crypts, and columbariums which will offer alternative locations for burial.

*Stay tuned for more to come!*