

May 2013

Dear Friend of Fairview Hospice,

*"And we are put on earth a little space, that we may learn to bear the beams of love".
--William Blake (1757-1827), British poet*



The calendar tells us that days of remembering and celebrating our loved ones' lives are coming: Mother's Day, Hospice Service of Remembrance, Memorial Day, Father's Day, as well as your own special family days will be a part of our daily living during the next few weeks.

We can learn a lot from Mother Nature as she reminds us of the cycle of rebirth and death. As the days get longer and the sun becomes more intense, the earth responds by showing us what has survived the cold winter months. Not everything survives, we are always surprised. Another surprise that comes to the gardener is what just pops up. Seeds are carried by the wind and by birds and somehow find their way into our garden. These little surprises bring joy as well. So it is with the grief journey too: letting go of what we need to and embracing the new seeds of life as they come.

Working with our hands and creating a thing of beauty can be therapeutic. Planning our summer garden, shopping for plants, planting them and nurturing them to maturity can be both rewarding and therapeutic. Gardening can be a means to heal after loss.

Last spring, after the death of her husband, one of our Fairview family members discovered the joy of planting a special garden in his memory. She thought about what perennials would be most appropriate taking his favorite colors into consideration. To provide a splash of color in the garden, annuals were intentionally planted to remind her and those who viewed her garden of his personality. After everything was planted, the thought came to her to place objects in between plants that reflected her husband's favorite things.

Family and friends who came to visit during the growing season were moved by the beauty of the garden. Showing the garden to others gave an opportunity to talk about her husband and the symbolism the garden held. At this time of the year when we are anxious to get outside and long to be more connected with the earth it might be a good idea to think about planting something big or small in honor of those you wish to remember in this special way.

Please see the reverse side of this letter for our upcoming bereavement events. Know you are warmly invited to participate as you feel is helpful to you. Feel free to call on us if you would like a one-to-one visit or to talk on the phone. We are here for you in this season of change.

Every wish for healing and hope in this new season of Mother Nature.....

Peace to you,

Fairview Home Care and Hospice Bereavement Counselors

Steve Sims Chris Dooley-Harrington Cindi McKee
612-728-2445 952-885-6197 952-885-6183

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Upcoming Events

If you live outside our service area, please contact us so we can discuss options for bereavement services that are convenient to you. There is no charge for our bereavement services.

Monthly Grief Support Group (Bloomington)

Please join us on the second Saturday of every month to explore resources and grief education related to the death of your loved one. We meet at the Fairview Oxboro Clinic, 600 W. 98th St., Bloomington, from 10 a.m. to 12 p.m. There is no need to register, just come for support! Upcoming topics are:

- May 11: Remembering Our Parents.** Honor and remember your parents who have died. All are invited, even if your parents were not in the Fairview system. Bring pictures to share!
- June 8: When Bad Things Happen to Good People.** Catherine Duncan, Fairview Hospice Spiritual Care
- July 13: Using Labyrinths for Healing.** What is a labyrinth? How can it help heal grief?

Princeton.... Monthly Grief Support Group

This group meets the second Thursday of each month from Noon to 1:00 p.m. at the Fairview Northland Hospital. Registration is not required. For more information, call 763-389-6405.

Metro and Princeton Service of Remembrance

Princeton Service of Remembrance- Thursday, May 9th at 6:30 p.m. at Christ the Light Catholic Church
Metro Service of Remembrance- Tuesday, May 21st at 8:00 p.m. at Centennial Lakes Park, Edina

Invitations will be in the mail soon.

4 Week Support Group (Edina)

This support group will meet 4 consecutive Fridays in June (**June 7, 14, 21 and 28**) from 10:00 a.m. – 11:30 a.m., at Southdale Place, 3400 W. 66th St. – third floor conference room - Edina, MN, 55435. The experience will provide opportunities to learn about the grieving process, offer emotional support, and share one's story as you choose. There is no charge for this group, but registration is required. Call Cindi Mckee at 952-885-6183 for more information and to register.

Grief 101 Class (Bloomington)

Grief is a natural human experience that every person encounters at some time in their lives. New research on bereavement tells us that we are “wired” for healing and that grief need not overwhelm us. If this is true, why does grief hurt so much? Come to this class and learn about the normal experience of grief, how healing happens, and where to find hope in the process. The class will be held June 12, 2013 from 6:30 p.m.-8:00 p.m. at the Fairview Oxboro Clinic, 600 W. 98th St., Bloomington. Registration is required. Please call Chris Dooley-Harrington at 952-885-6197.