

July 2013

Dear Friend of Fairview Hospice,

**What nourishes your soul when you are in the process of healing from a loss?**

For each of us, the answer to this question is different. There are many factors that affect our grief when a loved one dies. The nature of the relationship with the person, the circumstances of the death and what we have learned about coping with loss all come together to form the beginning place of our grief journey.

Here are some ideas that we hope might be helpful to you as you deal with the pain of your loss and move toward healing and restoration:

- Tell your story as often as you can. Listen to others tell their stories too.
- Make a list of all the things you were able to do to help your loved one.
- Call your friends. Don't wait for them to call you—sometimes people are hesitant to call if they don't know what to say.
- Do something creative to honor your loved one.
- Let others know how you feel. "This is a sad day, a mad day, a blah day."
- Ask yourself, "What have I learned from this experience?" Use what you have learned as your life continues.
- When you feel overwhelmed with grief, take a break from it. Rent a movie, read a book, meet a friend for coffee.
- Give other people room to be themselves. Encourage them to talk, ask questions, and cry if they feel like it.

Our web site, [www.fairview.org/grief](http://www.fairview.org/grief) has additional helpful ideas sent to us by those in our program. Look for 'Helpful advice from those who have experienced a loss' in the *Resources that may be helpful* section.

**Please see the second page 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.

*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.*

Peace to you,

**Fairview Home Care and Hospice Bereavement Counselors**

Steve Sims  
612-728-2445

Chris Dooley-Harrington  
952-885-6197

Cindi McKee  
952-885-6183

Website: [www.fairview.org/grief](http://www.fairview.org/grief) Email: [griefresources@fairview.org](mailto:griefresources@fairview.org)

Toll Free #: 800-285-5647

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## Upcoming Grief Support Events



### Bloomington-Richfield Grief Coalition.....

St. Stephen Lutheran Church, 8400 France Ave. S, Bloomington, MN 55431. 4:30 pm. Church phone (952)831-4746. **July 11<sup>th</sup>** -Steve Sims, Hospice Program Services Manager will be speaking on the topic, “**An Overview of the Grief Process**” and on **July 25<sup>th</sup>**-Chris Dooley-Harrington, Grief Counselor, will speak about “**Mindfulness and Grief**”--living fully in the present. All are invited.



### 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. 98<sup>th</sup> St., Bloomington, from 10 a.m. to 12 noon in the lower level, Suite 10. There is no need to register, just come for support! Upcoming topics are:

**July 13: Labyrinths, Meditation, and Other Practices for Calming the Mind During Grief.** What is a labyrinth? How can it and other resources help heal grief?

**August 10: What's On Your Mind?** Come and be with others on their own path of grief and we'll talk about what you want to talk about. This will be a safe place to share your thoughts, questions and learnings.

**September 14: Coping With All the Firsts.** As you go through life, there are many experiences and situations that you will encounter for the first time without the presence of your loved one there with you. Join us as we identify these “firsts” in our lives and share coping ideas.



### Princeton.... Monthly Grief Support Group

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



### Walking a Labyrinth Workshop.....July 25<sup>th</sup>, 2013 (Minneapolis)

Thursday, July 25<sup>th</sup>, 10:30 am-12:00 noon.

Hennepin Ave United Methodist Church, 511 Groveland Ave, Minneapolis 55403.

Join us as we walk a labyrinth (an ancient meditative tool for calming the mind). No experience is needed. This is not a physically challenging practice. Grieving people often walk Labyrinths to help them find peace, healing, and hope. Bring a bagged lunch if you would like to stay and socialize with others or spend time alone in the prayer garden. This experience is offered free of charge, but registration is required. Call Chris Dooley-Harrington at 952-885-6197 to register or to obtain more information.



### Save the Dates for What's Coming Up.....

**4 Week Support Group:** Beginning Wednesday, September 11<sup>th</sup> and ending Wednesday, October 2<sup>th</sup>  
Time: 10:00 a.m. – 11:30 a.m.

Location: Fairview Oxboro Clinic, 600 W. 98<sup>th</sup> St. in Bloomington

**Grief 101 Class:** September 24<sup>th</sup> Time: 6:30 pm – 8:00 pm

Location: Fairview Oxboro Clinic, 600 W. 98<sup>th</sup> St., Bloomington.

**Healing Loss Retreat:** October 21, 2013 Location: Totino Grace in Fridley. More information to follow.

Visit our website...[www.fairview.org/grief](http://www.fairview.org/grief) and click on *Herman Memorial Garden* to see the beautiful picture of a memorial garden one of our families has designed to remember their loved one. Check out all the resources there and let us know how we can be of support to you.