

October 2013

Dear Friend of Fairview Hospice,



Picture this. A mountain looms in front of you. It looks overwhelming. Some parts of the terrain look smooth and slippery while others have rocks or ledges making it hard to navigate through. When loss comes into our lives through the death of a loved one, grief can feel like a mountain looming over us - pressing in on all sides.

As you adjust to the loss and move through grief it is much like climbing that mountain. And on the mountain, you will need to find your own path. In the clearings you will stop to regroup and look around. As you move upward you will discover insights and new thoughts which lead to new perspectives.

What do you need to have with you as you continue on your journey of grief? Most would say a trusted companion or two. We need people to be with us, to listen and support us, and to help us when we are feeling hopeless and feeling like this journey is just too difficult to manage.

Some who are going through the process of healing turn to grief groups, workshops and retreats. There we can share the journey with others who are on a similar path. Expressing our feelings through journal writing, reading books on grief, prayer and meditation, even through quiet time spent making a memory quilt or special photo album can be helpful as well. Don't forget to explore the creative arts as a means of expressing your grief. Some of the best poetry, paintings and musical compositions came into being by those in the depths of their grief.

It is our goal as a bereavement program to assist you with the tools you need to climb that mountain of grief. Contact us for additional ways of addressing your grief. The path you take is unique; it is unlike the path anyone else has taken. Our hope for you is that you will eventually come to a point when gratitude and happy memories of the past replace some of the heartache of the present.

Consider participating in one or all of the upcoming grief programs listed on the back page. If the events we have planned are not able to fit into your schedule please know that we are happy to connect with you for a visit or phone conversation.

*If you live outside our immediate area we can connect you to a hospice program near you for support.*  
*(over)*

## **Fairview Hospice Bereavement Program Events for the Holiday Season**

### **Monthly Grief Support Groups**

Please join us on the **second Saturday of every month** as we gather to learn and share our grief journeys with resources and education as you cope with 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. No need to register, just come! All are welcome. Upcoming topics are:

**October 12: Dealing with New and Changing Emotions....** Often we hear that during the grief journey life can feel very chaotic and unsettling. Come for discussion and education on our emotions during the grief seasons of life.

**November 9: Navigating the Holidays Workshop.....** See details below

**December 14: A Sharing of Readings...** Many words have been written by people experiencing grief and loss. These words are in the forms of stories, poems, articles and books. We have a collection of writings that we'll share and review together. We'll find words of hope and encouragement that relate to each individual journey in their own way.

**\*\*If there is inclement weather on these dates, please call 952-885-6183 for a program update.**



### **Navigating the Holidays Workshop**

Saturday, November 9<sup>th</sup> 10:00 am – 12:00 pm  
Fairview Oxboro Clinic, 600 W. 98<sup>th</sup> St., Bloomington

This workshop will offer practical advice on how to navigate the holidays after a loss. There will be ideas and conversation about how to move through this time of change for you and your family. Please reserve a spot for this workshop by calling 952-885-6197.

### **Remembering During the Holidays**

Monday, December 9<sup>th</sup>, 7:30 pm  
Normandale Lutheran Church—Edina

Join other families who have experienced the loss of a loved one during the past year. Our time together will include a candle lighting ritual, message of hope, music and fellowship. Please watch for an invitation to come for this event.



Wishing you peace and healing as you continue to adjust to your loss. Feel free to contact us if you would like more information about how our program can serve you and your family. Please let us know if you no longer wish to receive these mailings.

#### **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