

April/May/June 2014

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 daily living during the next few weeks.

As the days get longer and the sun becomes more intense, we can learn a lot from Mother Nature as she reminds us of the cycle of death and rebirth. The earth shows us what has survived the cold winter months. Not everything survives, and yet the gardener can be surprised by what does pop up. Seeds are carried by the wind and by birds and somehow find their way into our garden. These little surprises bring joy. 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 helpful for our spirit. 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.

One of our Fairview family members discovered the joy of planting a special garden in memory of her husband. 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 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 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 in our grief events 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

Website: <a href="www.fairview.org/grief">www.fairview.org/grief</a> Email: <a href="griefresources@fairview.org">griefresources@fairview.org</a> Toll Free #: 800-285-5647

#### **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.

# A Special Concert to Benefit Fairview Hospice

Singers In Accord, a 50 voice auditioned chorale, dedicated to enriching the cultural and community life of Minnesota through the power of choral music, is offering to help raise funds for Fairview Hospice at their spring concert. Come and enjoy "Radiant Dawn: A Choral Vigil" being performed at Westwood Lutheran Church in St. Louis Park on May 3rd (7:30 pm) and May 4<sup>th</sup> (3:00 pm). Tickets and additional information is available at www.singersinaccord.org. The freewill offering will be given to Fairview Hospice to support programming for patients and families. Feel free to contact Fairview Hospice Bereavement Services if you have questions.

## Monthly Grief Support Group (Bloomington)

Please join us on the second Saturday of the 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 p.m. There is no need to register, just come for support! Upcoming topics are:

- May 10: Remembering Our Parents. A special time to 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 14: When Bad Things Happen to Good People. A moving and thoughtful reflection on the book with that name by Rabbi Kushner. Led by Catherine Duncan, Fairview Hospice Spiritual Care

### 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 8<sup>th</sup> at 6:00 p.m. at Christ the Light Catholic Church Metro Blessing of the Names at 6:30 p.m. and Service of Remembrance at 8:00 p.m., Tuesday, May 20st at Centennial Lakes Park, Edina Please respond to the invitation received in the mail. Thank you.

### 4 Week Support Group (Bloomington)



This support group will meet 4 consecutive Thursdays in June (June 5, 12, 19, 26) from 10:00 a.m. – 11:30 a.m., at the Oxboro Clinic, 600 W. 98th St. in Bloomington. 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 and after the second week, the group is closed. Call Chris Dooley-Harrington at 952-885-6197 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 and learn about the normal experience of grief, how healing happens, and where to find hope in the process. The class will be held Tuesday, June 3, 2014 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.