

August 2013

Dear Friend of Fairview Hospice,

“Deep grief sometimes is almost like a specific location, a coordinate on a map of time. When you are standing in that forest of sorrow, you cannot imagine that you could ever find your way to a better place. But if someone can assure you that they themselves have stood in that same place, and now have moved on, sometimes this will bring hope.” -Elizabeth Gilbert, Eat, Pray, Love

We all discover that grief and loss is a part of living this human life. Losing those we love to death is a life-changing experience that we each face in our own way. While we all share the experience of grieving, we do not live through it in the same way as another person does. In working with grieving people, we have learned that making room in our lives to feel the feelings, cope with the changes and embrace new aspects of life is very important.

Sometimes we find ourselves adding the heavy work of grieving onto the top of an already full life and this can feel overwhelming. Here are some ideas for adjustments to think about as you are on your grief journey:

- letting some commitments go for a while
- stepping back from some activities
- adjusting work schedules and giving yourself time to breathe (this can be life giving)
- taking intentional time to listen to your heart and reflect and be gentle with yourself
- giving yourself permission for changes and choosing to be open to the healing process.

Our bereavement staff is here to support you, to listen to you and to offer helpful resources. Our services are at no charge. **Please consider joining us for the events listed on the back of this letter.** Please let us know how we can be helpful to you.

With regards,

Fairview Home Care and Hospice Bereavement Counselors

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952-885-6183

Toll Free: 800-285-5647 **Email:** griefresources@fairview.org **Website:** www.fairview.org/grief

***If you live outside our service area, please contact us so we can discuss options for bereavement services that are convenient to you.*

Upcoming Fairview Hospice Bereavement Program Events

4-Week "Living with Grief" Support Group

September 11, 18, 25 and October 2, 2013 (Wednesdays) Time: 10:00 – 11:30 A.M.
Location: Fairview Oxboro Clinic, 600 W. 98th St., 2nd Floor Conference Room--Bloomington
Call 952-885-6197 with questions or to register. Space is limited so registration is needed.

The purpose of support groups is to open the door for sharing our stories as desired and learning from others who are on their own grief journey. These group sessions will bring information about the grieving process, offer emotional support, and provide opportunities for talking and listening.

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 Noon in the lower level. There is no need to register, just come! All are welcome. Upcoming topics are:

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.

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.... Come for a time of thinking ahead to the holidays and how you will prepare and move through this time of change for you and your family.

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.

Grief 101 Class

Tuesday, September 24, 2013 Time: 6:30 p.m. to 8:00 p.m.
Location: Fairview Oxboro Clinic, 600 W. 98th St., Bloomington

What is this grief journey all about? What are some things I might expect as I cope with the death of my loved one? What does healing after a death look like? Come and learn about grief and loss and how to move through this experience in your life. Please register by calling 952-885-6183. All are invited.

Healing Loss Retreat

Monday, October 21, 2013 Time: 9:00 a.m. to 3:30 p.m.
Location: Totino-Grace Retreat Center, Fridley, MN
See enclosed brochure for more information. All are welcome.

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.

All our offerings are at no charge.

Offerings include: One to one counseling, family counseling, home visits and phone counseling for those who are unable to come to our office, referrals to community support groups in your area, workshops, retreats, follow up calls, reading list, and healing resources.

Please refer to our website for additional information. www.fairview.org/grief