

Pathways Perspective

Our Mission

Honoring every moment of life, Hospice of Larimer County provides compassionate, excellent, comprehensive care for those who have an advanced medical condition and those who are grieving.

Our Values

We honor life through:

Compassion

Respect

Integrity

Excellence

Stewardship



A group piece from a past "Following Image" group.

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FOLLOWING IMAGE: EXPRESSING AND EXPLORING GRIEF THROUGH MAKING ART

By Margaret Hartsook

This fall marks the 4th year of the popular and very powerful art based group; *Following Image*. Offered twice a year, in the spring and fall, a small group of participants embark on an eight week journey using art materials as the primary mode of communication to express their grief.

Using art gives us the ability to be active in our grieving process. Participants need not have a background in art making, just a curiosity and interest in engaging their creative selves in exploring their grief. The focus of the group is primarily on the creative process and finding new ways to communicate thoughts and feelings. Professional Art Therapists/Grief Counselors facilitate the process helping members of the group unfold meaning and insights held in the process and product of art making.

Art Therapists are trained to present art materials in a therapeutic and non-threatening manner. Their training provides them with a unique understanding that allows them to guide and bridge the world of art and the grief process.

The title, *Following Image*, gives us insight into the group and how it unfolds using art. Art expressions often become not only a visible, tangible record of our inner experiences but also bring new awareness and insight leading toward growth and healing. We therefore find ourselves *following our images*, learning from our images and allowing ourselves to learn and create a new visual language that supports us and is uniquely our own.



This fall the group will start on Monday evenings from 6:30–8:30 September 22 through November 10. The group is limited to 6 participants so be sure to send in your registration as soon as possible to reserve your space.

WRITING THROUGH LOSS: EXPLORING GRIEF THROUGH WRITING

By Veronica Patterson

"Where will you plant your grief seeds?"
Rumi

Writing Through Loss is an eight-week writing experience offered each fall for those who are grieving a loss. When we experience a loss, it interrupts our life story, the story each of us has even if we've never written it down. Writing can help us pick up the broken threads of that story. In the **Writing Through Loss** group, those who have experienced a loss have an opportunity to honor that loss, to gain insight into their grieving, and to take care of themselves by writing. Writing is just one way to express grief, but it is one that's simple and powerful.

The group is facilitated by a grief counselor and a creative writing teacher. Those who are grieving can record and witness their loss, "save faces" by capturing memories and portraits of those they've lost, and often sense again the core of themselves and feel their way in new directions. The opportunity to tell your story can be both naturally healing and enlightening. Barry Lopez wrote, "The stories we tell have a way of taking care of us." We hope you'll join this small group and write with us.

Participants need not have any special writing experience, just a willingness to explore grief in words. When we're deeply moved to write, each of us is naturally eloquent in our individual way. The small community of writers offers a receptive and understanding place to bring any and all your responses.

This fall, the class will be held on Tuesday evenings, from 7:00 to 9:00 P.M., beginning August 26th and ending October 14th.

PATHWAYS PUBLICATIONS AVAILABLE FOR PURCHASE:

- **My Griefs to Sing: Plans and Prompts for an Eight-Week Writing Through Loss Workshop** by Veronica Patterson..... \$19.95
- **Canceling theMilk: Stories and Poems of Loss**..... \$10.00
- **Grief Is** \$4.00

PATHWAYS HEALING LABYRINTH

By Nancy Jakobsson

Why a labyrinth at hospice? First, because we had the space. Hospice of Larimer



New landscaping at Hospice of Larimer County's Pathways Healing Labyrinth. The Healing Labyrinth is available for community use any time for those who are seeking comfort and support.

County owns the lot just east of Pathways Counseling Center, an ideal location for a walking labyrinth. Secondly, we had a wonderful group of volunteers ready to help with a special project; building a labyrinth. The project was guided and supervised by a volunteer who engineered and laid out the Chartes Labyrinth design. Next we had local businesses willing to supply the materials for construction at cost. All we needed was the inspiration which actually preceded all of the other factors. When we were in the dreaming and planning stages for the Pathways Center, we let ourselves imagine all of the things that would contribute to a special place for the bereaved, care givers, and people who are seeking comfort and support. That vision included a walking labyrinth and the rest is history.

What is a labyrinth? Labyrinths have been used by many cultures and religions throughout history. Their purpose is to further those looking to bring more spiritual, emotional, psychological and physical well being into their lives. A labyrinth has a single, winding unobstructed path from the outside to the center, unlike a maze which has many dead ends and wrong choices designed to trick the mind. Therefore, the labyrinth is often seen as a metaphor for our "life" journey; many twists and turns, but no dead ends. We always have a choice in life or "turn" in the labyrinth. Frequent labyrinth users call the experience a meditation in motion, fusing movement and inner calm. Ours is a Chartes Labyrinth, modeled after the labyrinth in the great cathedral in Chartes,

France. It has eleven circuits and is the most popular design pattern in the U.S.

Labyrinths have seen a recent resurgence and are being created at churches, hospitals, schools, nursing facilities and even in private residences. The Pathways Healing Labyrinth is one of just a few in the northern Colorado area. It is available to the community to use individually or in groups. We invite you to stop by anytime and walk the labyrinth. You may come alone or with a friend or family member. Treat yourself to a break in the midst of a hectic day.

PATHWAYS: PROGRAMS FOR GRIEF AND LOSS GROUP MEETINGS AND EVENTS, SUMMER 2008

All groups meet at 305 Carpenter Road
unless otherwise noted

Newly Bereaved Group

Three-week group: Surviving the early days after loss; for grieving persons in the first months of grief.

- **Wednesday evenings, August 27; September 2, 10; and October 15, 22, 29 • 6:30–8:30 P.M.**
- Space is limited & registration required, **\$25.00

The Mourning After

Eight-week Adult Greif Suport Group.

- **Monday evenings, October 6–November 24 • 6:30–8:00 P.M.**
- Space is limited & registration required, **\$75.00

** Hospice of Larimer County families are exempt from registration fee for ** **these groups only**, but may donate the fee.

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Writing Through Loss

No need to have any writing experience, just a willingness to explore grief in words.

■ **Tuesday evenings, August 26–October 14 • 7:00-9:00 P.M.**

Space is limited & registration required, \$75.00

Following Image

Express and explore grief through art.

■ **Monday evenings, September 22–November 10 • 6:30-8:30 P.M.**

Space is limited & registration required, \$75.00 plus \$15.00 material fee.

Family Grief Connection

Support groups for bereaved families

- **Parents Grief Connection**
- **Teens Grief Connection**
- **Kids Grief Connection**

Groups meet concurrently

■ **Thursday evenings, October 2–November 6 • 5:00-6:30 P.M.**

Call for registration and fee information.

HOPING Drop-In Group Helping Other Parents In Grief

Pregnancy and Infant Loss Support Group

■ **Every 1st Wednesday • 6:00–7:30 P.M.**

(This group, no fee, nor registration required)

On Our Own

Ongoing discussion group for people who are adjusting to life after the death of a spouse.

■ **Meets monthly, Every 2nd Wednesday • 6:30 P.M.**

(This group, no fee, nor registration required)

FOCUS BOOKS FROM YOUR HLC LIBRARY

Most of the resources for this issue are directed towards healing through the arts. We include some books specifically for children.

These resources are all available from the HLC library. They are listed for easy location alphabetically by title, then the author, and the Dewey number.

DEAR CHEYENNE, Mary Oliver—811.54 OL

Poems that involve readers in the author's process of discovery and recognition.

DYING—Finding Comfort and Guidance in a Story of Peaceful Passing, Judy K. Underwood, Ph.D.—155.937 UN 2008

This personal recollection offers inspiration and practical steps through the dying process.

GRIEF LIKE NO OTHER, A: Surviving the Violent Death of Someone You Love,

Kathleen O'Hara—155.937 O'H

Written by a grief therapist whose son was murdered, this guide offers tools to begin writing and offer comfort.

GRIEVING MINDFULLY: A Compassionate and Spiritual Guide to Coping with Loss,

Sameet Kumar, Ph.D.—155.937 KU

Practical and realistic yet compassionate tools, lessons, and goals for coping with grief.

HOUSE OF LIGHT, Mary Oliver—811.54 OL

Poems that involve readers in the author's process of discovery and recognition.

LETTERS TO KATE: Life after Life,

Carl H. Klaus—155.937 KL

The author is the founding director of the University of Iowa's Nonfiction Writing Program. In letters to his wife after her sudden death, Klaus offers a powerful portrait of the grief process.

WRITING AS A WAY OF HEALING,

Louise DeSalvo—808.02 DeS

WRITING TO HEAL THE SOUL:

Transforming Grief and Loss Through Writing, Susan Zimmermann—616.891 ZI

FOR CHILDREN

A FOREVER ANGEL, Elaine Stillwell—

JUV 155.937: 6–12 age group or younger with direction

This is a hands-on craft book for grieving children, filled with instructions to make angels for all occasions. Children can be helped to remember and share memories of their special person who died.

Continued on page 4

BOOK REVIEW

PATHWAYS COMMUNITY LIBRARY: CHILDREN'S SECTION

WHAT IS DEATH?

By Ethan Boritzer
and illustrated by Nancy Forrest.

This children's story is quite appropriate for a broad age group; ages six to twelve. It introduces concepts of death including universality, causality, finality and non-functionality. In exploring what death means, the author describes death as a "great mystery" even though death is a daily occurrence. Perhaps the most unique aspect of this book involves the discussion of what may happen to people after they die based on different cultural and religious beliefs. Major religions, including Christian; Jewish; Hindu; and Islamic faiths, are featured. The subject of caring for a person's body after death is discussed as well as the concept of a soul or spirit, referring to what may happen to the "inside" qualities of a person. Common feelings of grief are also identified and included in the story. The illustrations in the book are child friendly, creative and very colorful.

What is Death? Is a unique book that embraces differences and uniquenesses of people, their cultures and religions. Attention is given to the special qualities and the love that is shared with a deceased loved one.

*Submitted by JANET SEVERANCE, Pathways
Children's Grief Counselor*



THE MEMORY BOX, Kirsten McLaughlin—
JUV FIC: 3–6 age group

A young boy prepares a memory box from his grandpa's fishing tackle box.

HELP ME SAY GOODBYE: Activities for Helping Kids Cope When a Special Person Dies, Janis Silverman—JUV 155.037:
6-12 age group

An art therapy and activity book for children coping with death.

A MURAL FOR MAMITA/UN MURAL PARA MAMITA, Alesia Alexander Greene—JUV FIC:
3-6 age group (or any of us)

English and Spanish versions of a story about a young girl who remembers her Mamita by creating a fantastic mural.

LIBRARY INFORMATION

The Hospice of Larimer County library, located in the Pathways Building on Carpenter Road, is now organized for easier use by clients, families, volunteers and staff. There are more than 1000 books on bereavement and related topics. The library volunteers organized the books using the Dewey Number System, which categorizes and divides books into topics such as death of a spouse, death of a child, funeral services, etc. Library computer files are being developed to locate books by specific topics. Also, there is a notebook that can be used to find specific books.

Books are checked out through the front desk receptionist and may be kept for a month and longer if needed. The selection of books include books on grief and loss for adults and children, including books focused on certain kinds of losses, death of a spouse, child, parent, etc. The library also includes books on death and dying, care giving, dealing with serious and chronic illness, spirituality, writing and more.

The library is open 8 a.m. to 5 p.m. on weekdays. Books can be checked out by signing a book card and giving the card to the receptionist. The email address is library@hlchospice.org. Please feel free to suggest new books that you think should be added to the library.



UPCOMING EVENTS

Abby's Signature Concert Series:

- **Fall Classical Concert**
■ **October 17 and 19, 2008**
- **Christmas Concert**
■ **December 22, 2008**

A Vintage Affair—A Classic Wine Tasting
■ **September 26, 2008**

Hospice of Larimer County 30th Anniversary
■ **November 2008**

National Hospice Month
■ **November 2008**

a community-based non-profit agency

www.hlchospice.org
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PATHWAYS: PROGRAMS FOR GRIEF AND LOSS
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Compassionate care for the whole family
OF LARIMER COUNTY
Hospice

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