



Pathways Hospice®

Community Care for Northern Colorado

Pathways Perspectives on Grief and Loss

N E W S L E T T E R



OUR MISSION

Honoring every moment of life, Pathways Hospice 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

GREEN EFFORTS

To reduce our impact on the environment and support your preferences, we now offer email in addition to paper-based communication. If you wish to switch to email communications, or be removed from the mailing list, please visit www.pathways-care.org and click "Green Efforts". Thank you!

EXPLORATIONS: EXPRESSING GRIEF IN WORDS, FORM AND MUSIC

Letting our stories out is a way we begin to understand our struggles and reconcile them.

—Charles Garfield

When we are grieving the death of a loved one there is a desire to share our stories of loss. We may look for new ways to "tell" these stories when literal speech is not enough. It is then that we may turn to the arts as a means of expression. The *Explorations Retreat* offers a unique opportunity for bereaved persons to explore writing, visual art, music and movement as ways of expressing grief.

This year's *Explorations Retreat* will be held on Friday August 13th and Saturday August 14th at Pathways Hospice, 305 Carpenter Road. Those attending the two day retreat will have an opportunity to use writing, visual art, music and movement in new ways as expressive outlets for their emotions and thoughts.

Also, participants may discover their personal resources and learn what their loss can teach them. The retreat schedule will include a variety of experiences as opportunities for reflection, insight and expression. No prior experience with any of the art forms is necessary, just an interest, willing spirit and openness to discovery.

The facilitators and counselors for *Explorations* include: art therapists, Margaret Hartsook and Amanda Hillman; creative writing teacher and poet, Veronica Patterson; Laura Beer, music therapist; Judy Bejarano, dance choreographer; Maria McLain-Cox, hospice chaplain and Nancy Jakobsson, grief counselor.

If you would like more information about *Explorations*, please call Pathways Hospice at (663-3500) and ask to speak to any grief counselor. (See registration form next page)

A PLACE TO COME THIS SUMMER

The Pathways Healing Labyrinth, The Memory Bridge and Memory Garden

As summer approaches and the days grow longer and warmer, we want to welcome you to a new feature at Pathways Hospice and remind you of existing ones. On the east side of the building is a large field where you will find *The Pathways Healing Labyrinth*. This is a walking labyrinth for the entire community, and was designed after the famous French Chartres Cathedral labyrinth. The labyrinth is meditation in motion, and has a single, winding, unobstructed path from the outside circumference

continued on next page

A PLACE TO COME (CONTINUED)

to the center for individuals to follow. Closer to the building you will find the Memory Gardens which is a beautifully landscaped area of native plants, brick walkways, benches and sculpture.

New this year is *The Memory Bridge* garden area that was created by Eagle Scout, Ian Lancaster. Ian is a local high school student who opted for this ambitious building and landscaping project to fulfill some of the

requirements to attain the prestigious Eagle Scout designation. He constructed *The Memory Bridge*, at Pathways Hospice, finishing it last October. The vision for *The Memory Bridge* was to create a place where grieving community members can sit and remember loved ones who do not have a final resting place to visit. This space has been especially designed for those who have experienced unsupported losses such as the loss of an unborn child, mourning a person who

is buried elsewhere and any loss that is unacknowledged and unrecognized. The garden includes a Zen rock garden, a dry river bed, flagstone path, two benches with awning structures, and a bridge. These gardens offer a place for quiet reflection and are an extension of Pathways Hospice services to those who are grieving. Pathways Hospice offers access to these gardens to all members of the community free of charge.

PATHWAYS TEEN VIDEO PROJECT 2010

This summer the Pathways for Grief and Loss Expressive Arts Program will be starting a Teen Video Project. In this six week program, grieving teens will learn the skills to create an iMovie film using a digital video camera. With the use of video clips, photographs, and music, creating this iMovie will be an opportunity to express their unique grief journey while creating a visual memorial to their loved one. Digital video cameras will be purchased from the

generous donation an individual donor made to the teen art studio program. The idea for the project originated from The Children's Hospital Expressive Arts Program in Denver.

Through the process of making this film, our art therapists and grief counselors hope to create an atmosphere of safety, understanding and self expression. In a group of teen art makers, a supportive bond can form and the group becomes a

small community of grieverers. Here teens will find they can be active in working through their grief with filmmaking as the medium to do so and with the support of their peers. In the fall, participants will share the completed film with family and friends. These special guests will provide the important act of witnessing, acknowledging, and supporting the unique journeys these teens have made through the intense grief following the death of a loved one.

Explorations Registration

Space is limited to 24 participants. The fee for the retreat, including lunch on both days, morning and afternoon snacks, small and large group sessions, and materials is \$85.

Registration Deadline: August 6, 2010

Name: _____ Address: _____

Phone: _____ City and State: _____

Name of deceased _____ Date of death: _____

Your relationship to deceased _____

Method of Payment: Check (payable to Pathways Hospice) Visa Master Card

Credit Card # _____ Exp. Date. _____ Signature: _____

Return to: Pathways for Grief and Loss, 305 Carpenter Rd., Fort Collins, CO 80525

PATHWAYS FOR GRIEF AND LOSS SUPPORT GROUPS AND EVENTS, SPRING 2010

Space is limited. Advance registration and fee required, unless otherwise noted. Please call 663-3500.

All groups meet at 305 Carpenter Road in Fort Collins unless otherwise noted.

Kids, Horses and Healing

A Therapeutic Riding Retreat for Bereaved Children and Teens at Hearts & Horses Therapeutic Riding Center, Loveland

■ Sunday, June 13

Please call for fee/registration information: Pathways Hospice 663-3500

Summer Grief Education Series

Pathways Hospice presents a series of topics on grief and loss. All sessions are open to the community including those grieving the death of a loved one, anyone providing support to the bereaved and those who want to learn more about the impact of grief in our lives. Persons interested may attend any or all of the sessions.

■ Thursday afternoons 1-2:30 PM

June 17 thru August 12

No fee, No registration required.

June 17 *What is Grief?*

June 24 *Ripple Effects of Grief*

July 1 *Families Experiencing Grief*

July 8 *Importance of Self Care when Grieving*

July 15 *Exploring Loss Through Art Therapy*

July 22 *Loss and Writing: How Words Can Help*

July 29 *Spiritual Journey of Grief*

August 5 *Soothing Sounds: The Therapeutic Uses of Music*

August 12 *Moments of Hope: Meditation During Grief*

On Our Own

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

■ Meets monthly, every 2nd Wed. 6:30 PM

June 9 *Taking Time to Smell the Roses*

July 14 *Pot Luck Barbeque - Call for Details*

970-663-3500 *Facilitated by Lani Hickman This Group, NO FEE, NO REGISTRATION REQUIRED*

Summer Memorial Service

The Community is invited to Pathways Hospice for an evening of remembering.

■ Monday evening 5:30 PM July 12

No fee, no registration required.

Newly Bereaved Group

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

■ Wednesday evenings 6:30-8 PM

July 14, 21, 28, August 18, 25, Sept. 1

****\$25.00**

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

Explorations: Expressing Grief in Words, Form and Music

This two-day retreat is designed for adults who are grieving the death of a loved one. Participants will have the opportunity to express their grief and explore their losses through writing, art, music and movement. No prior experience is necessary, just a curiosity and an interest in engaging their creative selves in exploring grief.

■ Friday and Saturday, August 13-14

\$85

Space is limited. Registration & fee required.



BOOK REVIEW

The Nature of Change

By Julie Schlegel

This collection of writings comes from the author's grief journal that she kept following the death of her life partner, Bill, in 2005. Julie, like many of us, turned to her journal in this time of loss and confusion. In her case she was able to use her connection to the natural world and it's ever changing nature as a companion to her journaling and her grief. The collection of journal entries follows the seasons of the year and the seasons of her grief experience. Julie's writing reflects the uniqueness of her own experience and at the same time is able to find what is common to all grievers. *The Nature of Change* could also act as a companion book to someone who is exploring the idea of journal writing as resource in their own experience.

Submitted by Nancy Jakobsson, Director of Pathways for Grief and Loss

JULIE SCHLEGEL

COMMENTS ON WRITING

The Nature of Change April 5, 2010

Certainly the focus of our grief is the deceased, the loved one now gone. Yet we can't dismiss the needs of those of us left behind, our needs to survive and recover. Just as we grieve differently, we recover differently. That's why journaling is so powerful—it lets each of us recover at our own pace, in our own words, with the prompts that work for us. For me, the prompt was nature.

Turning outward to nature helped me be more in the present: shift my focus from what was in the past or what might have been in the future, think with less self-pity and more mindfulness of what was around me now.

It might have started out as a 'deflect' strategy, you could say, but evolved to a 'reflect' mode. By noting how nature's changes seemed to represent my own

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BOOK REVIEW *(continued)*

physical and emotional states, I realized I was legitimate, my feelings were valid. I was part of a very significant and accepted process, not just a victim or 'leftover.'

So was born *The Nature of Change*—some of the writes that resulted from my focusing on the present, natural world around me and journaling the thoughts I allowed myself. While journaling helps us be in the present, still more healing comes from going back to review past writes and realizing how your thoughts have changed. I hope this little book helps others embrace their overwhelming sadness as a base for courage and change.

Pathways for Grief and Loss offers a *Journey by Journaling* group. The group focuses on the use of journal writing for bereaved persons. Call for more information: (970) 663-3500

NEW BOOKS AT PATHWAYS HOSPICE LIBRARY

The Pathways Hospice library has over 1,000 books mostly concerning the death and dying experience. The books are for all members of the community including clients, family, staff and volunteers. We have been busy purchasing new books for the library and have designated a "New Books Shelf" so that you can easily find some of the new books. Not all of the books are brand new but they are new to the library and have been selected or suggested by staff and volunteers. Examples of books on the New Books Shelf include:

POETRY—

The Art of Longing: Selected Poems
by Robert A Neimeyer. 811.54 Ne, 2009

GENERAL—

The Last Lecture
by Randy Pausch. 004.092 Pa, 2008

The Mindfulness Solution: Everyday Practices for Everyday Problems
by Ronald Siegel. 158.125 Si, 2010

The Nature of Change—How the natural world coached me through loss and grief
by Julie Schlegel. 811.54 Sc, 2010

When You Lose Someone You Love: Comfort for those Who Grieve
by Richard Exley. 155.937 Ex, 2009