



## January Bereavement Workshop

### Vision Boards “Creating a Vision for the Future”

Friday, January 25, 2019 at 1:00 pm

Vision boards are valuable and simple tools that assist in creating a platform for experiences we want to draw into our lives. Pictures, images and words, or positive affirmations, can help to formulate new patterns of thinking by strengthening our focus on how we wish our future to unfold as we move along the bereavement journey. Visualization often helps to stimulate emotion...and emotion is a major factor for activating creativity.

We will find pictures in magazines, or you might want to bring your own, that represent or symbolize the experiences you wish to attract into your life. We will arrange them on our boards and watch as the magic unfolds. You will also want to post affirmations, inspirational words, quotations, and thoughts that support you in this time of healing. We cannot change the loss that we have experienced... but we can choose words and images that inspire us to find joy as we focus on our good and the future that lies ahead.

## February Bereavement Workshop

### Layers of the Heart “Our Love Story”

Friday, February 22, 2019 at 1:00 pm

In this heart-centered workshop we will be creating a representation of our personal love story by decoupage layer after layer of our most precious memories into the form of the universal shape of love, the heart.



## March Bereavement Workshop

### The Art of Kinsuki

“Mending the Broken with Grace and Beauty”

Friday, March 22, 2019 at 1:00 pm

Symbolically, the broken pieces of pottery that we fit back together when creating Kinsuki represent our brokenness after the loss of a loved one. Our lives will never be the same or fit together as they once did. However, when we begin to put our lives back together many times we find an unexpected strength as we re-join and re-form our brokenness. And...many times we realize that our life experiences and history are what truly make us beautiful!

Please RSVP so that we will be sure to have plenty of materials. (775) 329-0900



## Bereavement Newsletter

WINTER: January-February-March 2019



As we move into the heart of winter, when the weather is cold and sometimes dreary, it is important to remember the significance of self-care for the heart and soul. The loss of a loved one often brings about major life changes and many times our own well-being, and ultimately our health, are compromised as those changes unfold. Good self-care is essential for healing our bodies, minds and spirits during this critical time.

Making a list of “your favorite things to do” even if you don’t feel like doing them at this time, is one way to affirm hope for the future as you begin the grieving process. It is essential to remind yourself that you are in a tender state and engaging in even seemingly simple activities like taking a warm bath, reconnecting with daily rituals, lite exercise, sitting in the sunshine, talking with a friend, reading an inspiring book, journaling or taking a short walk will benefit you on all levels. Be good to yourself! Gift yourself with something positive that will nurture you inside and out.

In this Newsletter you will find information about our Bereavement Support Groups, monthly workshops, quarterly self-care bereavement intensives and informative articles to support you on your path of healing.

May you find peace and comfort at this difficult time. Dr. Karen

Hope is the thing with feathers that perches in the soul and sings the tunes without the words and never stops at all.

Emily Dickenson





## The Healing Properties of Food

With Dr. Karen Turek, D.D., Ph.D.

Food has long been known for its physical healing properties but it is also a sure fire way to improve your emotional state as well. In the ancient practice of Ayurveda medicine, it is believed that the digestive system is the root of many emotional imbalances. If it's off kilter, your physical, mental and emotional health will be out of balance, too.

In today's world there are many stressors that can leave you feeling despondent particularly if you are grieving the loss of a loved one. A healthy digestive system is not going to magically take away your grief but it will boost your physical and emotional strength and put you in a better position to cope with tough times.

There is a direct correlation between having a balanced digestive system and healing the heart which, many scientists now agree, works in conjunction with the brain. The microbes in your digestive system have a direct effect on the brain as they produce certain neurotransmitters. Special cells in the digestive system also produce hormones and neurochemicals that directly affect mood, including serotonin and endorphins. This relatively new area of research is opening up a new perspective on how our digestive health affects how we think, feel and behave and also the role it plays in conditions such as anxiety and depression.

The following are some suggestions that you may consider to assist you in improving your physical and emotional health during times of stress.

1. Sip hot warm water throughout the day. This will keep your body hydrated and mind refreshed while also stimulating and supporting the digestive system. Hydration is essential for proper body function. Remember this rule of thumb for the amount of water you should consume each day: take your body weight, divide it by two (2) and that is the optimal amount of water for good hydration, in ounces. In other words, if you weigh 150 pounds you should consume approximately 75 ounces of water per day.
2. Eat whole foods, such as fruits, vegetables and whole grains, instead of premade or fast foods which contain refined carbohydrates. Dark, leafy greens like spinach and kale are packed with flavonoids which may reduce inflammation in the brain. Good sources include tree fruits like apples and pears, spinach, kale, nuts and berries.
3. Avoid fried foods and fatty condiments, which add calories without adding nutritional value. Focus on lean protein sources, such as fish, poultry, lean cuts of red meat, eggs and nonfat dairy products.
4. Eat small nutritious snacks in between meals like an apple or a hand full of nuts to boost your metabolism and balance energy levels.



Additionally, take time to prepare and enjoy your food.

Remember...food is good medicine for your body and your mind!



## Bereavement Support Groups

227 Vine Street Reno, Nevada 89503 (775) 329-0900

A Plus Hospice Care is here to support you through the loss of your loved one. Our Bereavement Program offers a variety of options tailored to give you the opportunity to choose the level and amount of bereavement care that is best for you.

We provide individual counseling sessions for family members whose loved ones have been on our service as well as bimonthly groups, monthly workshops and quarterly bereavement self-care intensives for anyone in the community that has experienced the death of a loved one. Our bereavement services are all at no cost. All activities will be facilitated at our Reno office, 227 Vine Street.

The following are our upcoming scheduled events for January, February and March 2019:

### Bi-Monthly Group Meetings:

On the **First and Third Tuesdays** of every month, we provide an open forum support group to share our feelings as we move through the grieving process. **2:30-4:00 pm**

### Monthly Workshops (see details on back page):

January-Friday, January 25, 2019 at 1:00 pm

February-Friday, February 22, 2019 at 1:00 pm

March-Friday, March 22, 2019 at 1:00 pm

**First Quarter Self-Care Intensive:** March 15, 2019 at 10:00 am

### **“Grist for the Mill”** Dr. Karen Turek, D.D., PhD.

There is an old idiom which has wonderful symbolic meaning that I love and use often, “grist for the mill.” Originally, the term came from milling corn into flour. When you say that something is grist for the mill it can also mean to refine something other than grains. It can refer to an idea, or a different perspective, which can be developed or refined into a platform for healing from grief by using a greater lens of self-awareness.

Many times as individuals move through the grieving process there are shifts in awareness that help to support emotional healing. Engaging in activities like workshops, groups, joining a Spiritual Community, taking classes, or maybe even joining a gym can all be considered a little “grist for the mill.” They help to support the idea of putting one foot in front of the other, so to speak, and finding new ways to express yourself as you navigate and establish a new life after the loss of a loved one.

As we move into a new year, I invite you to add a little “grist to your mill” by joining us for our bereavement support groups, workshops and self-care intensives. We hope to see you soon.

