



*“Your absence has gone through me
Like thread through a needle.
Everything I do is stitched with its color.”*

A POEM BY W. S. MERWIN

Newsletter of A Plus Hospice Care

June of 2017

Dear Friends,

Spring has come to Northern Nevada and Summer is on our heels. With record rain and snow, things are bursting out in new life everywhere you look! This is our hope for you as well, that the pain and loss you have suffered will be the compost for new growth this spring.

Our little community hospice is growing also. In the two and a half years we've been in existence, we have quadrupled our staff and been able to serve a hundred and fifty patients and families. We are now able to serve Carson City as well.

Our tight-knit staff is celebrating the arrival of three babies and two new marriages. There must be something in the water and we'd like to share it with you. On page two, please see our newly developed "Step out to Grow" series of monthly adventures. These are free, short, fun and doable classes to help you move out into new growth for the coming year. Everyone is welcome and you will be able to find updates on our website at:

<http://www.aplushospicecare.com/>

Hope to see you there, Jaci Turner and Joie Boyd

The Mission of A Plus Hospice Care is to provide physical, emotional, social, and spiritual support to terminally ill patients, and their families and loved ones, while assisting patients and families to live with dignity and comfort as they cope with end-of-life issues.

A Plus Hospice Care: Phone: **(775) 329 0900**
227 VINE ST. RENO NV 89503



STEP OUT TO GROW CLASSES



For those who have *lost*, A Plus Hospice Care is hosting

Project Reboot:

All of these classes are free. **All** materials are provided.

All meet at the APHC Office at 227 Vine Street, Reno, NV 89503

All will last no more than 1 1/2 hours and are on the 2nd **Thursday** of the month at **4pm**.

All will help you take another step toward growth and joy.

Because when all else seems to fail, **learn something new!**

Schedule of Classes:

1. July 13th Open House and Legacy Tree:

Join us to see the office and meet our staff as well as professionals from our care-giving community. Enjoy coffee and refreshments, and create your own leaf for your loved one to hang on our Legacy Tree. **Come any time between 4 and 6pm.**

2. August 10th Herb Boxes

Take advantage of our robust northern Nevada sunshine! Come plant seedlings and herb starts in your own unique design, and learn how to nurture your plants all the way to their tasty addition to your salads and meals.

3. September 14th Words Schmerds

Interested in writing a memoir, or just writing out poignant memories, but not sure how to start? This class will help you move from a blank page to a finished product, stress-free.

A Plus Hospice Care • 227 Vine St • Reno NV • 89503 • 775-329-0900

4. October 12th Painting on Glass

Yes, you CAN do this, and yes it's fun. Decorate a glass bottle(s) in an hour, with good company. Take home the reward of your newfound creativity; use as a decanter, vase, or give someone special a beautiful homemade gift.

5. November 9th Reflective Vision Boards

Fall is upon us, and in this time of personal and family reflection, come learn to intentionally and purposefully navigate your story going forward. This does not require a skill, only an open mind and heart, and anyone can do it.

6. December 14th Aromatherapy

In a season of giving, come learn to create gifts for others or for your own personal healing and warmth. Let's awaken our senses using essential oils and textural materials to make soaps, sachets, ornaments, and/or whatever you can dream up with the tools at hand.

Keep an eye out for our UPCOMING CLASSES:

Warm Soups for the Cold Weather

Writing Short Stories 101

Yoga for the Mind and Soul

Martinis and Manicures

Nature Collage with a Twist



~I have learned to be hopeful, even if I have every reason to doubt~