



Summer: July-August-September 2021

## The Long Journey Home... Hummingbirds



HOPE is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all...

—Emily Dickinson

The hummingbirds have returned which, always sparks a sense of delight, wonder and gratitude in my heart! They are such remarkable, tireless little birds. Did you know that they often migrate an astounding 2,000 miles, flying at an average of 30 miles per hour and usually reach their destinations from Mexico or Central America in less than two weeks? And... did you also know that they not only return to the same feeders every year but that they actually recognize humans! In fact, with a great deal of patience and earned trust, they will perch on your finger.

It is no wonder that they have captured our hearts, spurred our imaginations and become an important symbolic figure in many cultures around the world. The hummingbird is known as a messenger, a symbol of love, joy and beauty. They also represent fearlessness, courage, determination, flexibility and adaptability. In the Andes of South America, the hummingbird is revered as a deeply spiritual creature and associated with resurrection due to the fact that on cold nights it appears to die and then as the sun appears and the temperatures rise, they become "resurrected" and life is restored!

Additionally, hummingbirds are able to fly backwards, symbolically teaching us that we can look at our past without dwelling, or living in it. These are special qualities and lessons, that if contemplated, can be very effective in the process of healing from the loss of a loved one. One other, not commonly known, fact about the hummingbird is that their wings flutter in an infinity symbol pattern representing eternity, continuity of life and the infinite power of hope. Who would have thought that something that weighs less than a penny could have such deep lessons to teach! Hail to the amazing hummingbird!!

In this Newsletter you will find information about our Bereavement Support Groups, monthly Workshops, Book Studies and informative articles to support you on your path of healing.

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

A Plus Hospice Care (775) 329-0900



## Make a World of Difference

Have you ever considered becoming a volunteer in your community? The act of giving of your time, talent and treasure can be an integral part of your own healing after the loss of a loved one and in many ways can serve as a powerful "next step" in your bereavement process.

At A Plus Hospice Care our Volunteers provide support for our patients and their families in many different ways. When you become a Volunteer, you become part of the interdisciplinary team of doctors, nurses, social workers, spiritual care coordinators, certified nursing assistants and volunteers. A hospice volunteer is no ordinary volunteer; they are exceptional individuals willing to share in an amazing part of living. Our Volunteers bring a unique style and set of skills and life experience, which enhance the hospice experience for our patients.

At the end of life, people continue to grow in a variety of ways. Many hospice patients find that their end-of-life process brings a new depth of understanding to their life experience and ultimately find new meaning to life both spiritually and emotionally. It is a privilege and incredible opportunity to be invited to share in this precious time.

If you would like more information about our Volunteer program, please contact:  
Vicki Lebsack, Volunteer Coordinator  
(775) 329-0900



## Letter to a Friend...

Do you feel like your friends and family may need a little guidance and direction on how to go about supporting you during your grieving process. This letter templet may offer what you need to share. Blessings on your path of healing. Dr. Karen

Dear \_\_\_\_\_,

I am writing you this letter because I value your friendship and love you beyond measure. What I want to share is that since \_\_\_\_\_'s death I have been in a deep well of grief.

I am asking for your patience in supporting me as I move along this difficult path. I know that it is hard to see me in this place of great sadness, but no one can fix this pain that I am feeling. I need to grieve in my own way and the best gift you can give me is your shoulder to cry on, a hug and a listening ear.

Sometimes the clichés that are intended to be words of support are hurtful so when they pop up please don't share them with me. Please know that the phrase "I am here for you" is the best thing to say when I am experiencing a grief meltdown. I appreciate calls so please don't withdraw from our friendship. It makes me feel like I'm being abandoned and that adds to my sadness.

My life is forever changed and I need your support more than ever to find my way through this journey. Thank you for your love and support.

Love, \_\_\_\_\_



## About Tears...



"Tears have a wisdom all their own.

They come when a person has relaxed enough to let go and to work through his sorrow.

They are the natural bleeding of an emotional wound, carrying the poison out of the system.



Here lies the road to recovery." F. Alexander Migoun





# Bereavement Support Groups

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 you wish to

receive. We provide individual counseling sessions for family members whose loved ones have been on our service via in person visits, telephone or FaceTime as well as in person Bereavement Groups as well as monthly Zoom Bereavement Groups. Additionally, we offer a bi-monthly Book Study Group via Zoom and monthly in-person Workshops.

**Bereavement Support Group via “Zoom”:** On the **First Tuesday** of the month we will provide an open forum support group to share our feelings as we move through the grieving process from **1-2 pm.**

July 6th

August 3rd

September 7th

**In Person Bereavement Support Group:** On **Third Tuesday** of the month we will provide an in-person open forum support group at our Reno Office located at 227 Vine St., Reno from **1-2 pm.**

July 20th

August 17th

September 21st

## **Zoom Book Study Group**

**Our July and August book is:** “The Four Agreements” by Don Miguel Ruiz

July 14th at 1:00-2:00 pm and August 11th at 1:00-2:00 pm



**Our September book is:** “Saint Teresa of Avila: Passionate Mystic (Contemplations & Living Wisdom)” by Mirabai Starr and Caroline Myss

September 15th at 1:00-2:00 pm and September 29th at 1:00-2:00 pm



## **Bereavement Support Workshops**

at our Reno Office located at 227 Vine St., Reno from **1-2 pm.**

**July 21<sup>st</sup> at 1 pm** “Nested Meditation: a meditative writing exercise to open the heart”

**August 25<sup>th</sup> at 1 pm** “Tear-Drop Art: an exercise in color and feelings”

**September 22<sup>nd</sup> at 1 pm** “Magical Mandalas: finding the true center”

Contact Dr. Karen to get on the Zoom email invite list for Groups and Book Studies  
at [karen@aplushospicecare.com](mailto:karen@aplushospicecare.com).

## **Epitaph by Merritt Malloy**

When I die give what’s left of me away to children and old men that wait to die.

And if you need to cry, cry for your brother walking the street beside you.

And when you need me, put your arms around anyone and give them what you need to give to me.

I need to leave you something, something better than words or sounds.

Look for me in the people I’ve known or loved, and if you cannot give me away,  
at least let me live on in your eyes and not your mind.

You can love me most by letting hands touch hands, by letting bodies touch bodies,  
and by letting go of children that need to be free.

Love doesn’t die, people do. So, when all that’s left of me is love, give me away.

# Treating Yourself with Kindness...

## a Personal Journey Through Grief

Dr. Karen

Practicing self-kindness through the grieving process may seem like an obvious and compassionate thing to do. However, sometimes it is easier said than done. Mostly because of the expectations that we put on ourselves during this tender time. Remember grief is a process, not a race, and every journey is unique because of the relationship with the person that we lost. No two grief experiences will be the same. Here are some points to consider for treating yourself with kindness:



**Recognize that this is YOUR journey:** I encourage you to discard any pre-conceived ideas about stages or timelines. They are unpredictable sources and notorious for draining vital energy, causing frustration and pain. Additionally, if someone, no matter how well-meaning they may be, offers a statement that suggests that you should be over your grief or, “moving on,” let them know that grief is complex and that you don’t appreciate their view point since obviously, they are not in your shoes.

**Toss out the woulda, coulda, shoulda notions:** many times, we torture ourselves with thoughts about circumstances that we cannot change. Remember you did the best that you knew how at the time that decisions were made and of course hind sight is impeccable. Reality isn’t. If you acted from a place of love that is the very best you could have done.

**Be gentle on yourself:** Accept that there is a wide range of emotional, spiritual, physical and cognitive experiences that go along with the grieving process. Most of what you will experience will be within the “normal grief” range. Ask for help and be willing to receive help if you feel your grief is beyond this range. Please contact me, Dr. Karen (329-0900) if you have questions or concerns and I will be happy to meet with you.

**Focus on the basics:** eating well, sleep, body movement, breathing and connecting with those who will support you.

**Consider joining others who are on the path of healing from grief:** gathering with folks who understand your loss through their own experiences of loss provides a venue for sharing your feelings with others who are not within your family or social circles.

Peace to you as you find your way through this tender and difficult time and remember, you are not alone, we are here to support you. Dr. Karen



Plant a seed of **Hope**  
Water with **Courage**  
Fertilize with **Strength**  
And bloom as you **Heal**  
In the garden of **Life**

