



The holidays are behind us and winter is in full swing which, sometimes brings about a sense of relief as well as potential feelings of loneliness. Many times the question, “what do I do now?” also enters into our thoughts. Although the days are still short, cold and sometimes dreary, it is important to recognize that Mother Nature is providing an opportunity to “cozy in” and indulge in quiet activities to heal the mind, body and spirit. It is a good time to focus inward and shift loneliness into solitude.

Making a list of “your favorite things to do,” even if you don’t feel like doing them at this time, is a positive way to affirm hope for the future as you begin, or continue, 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, joining a bereavement group 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 and informative articles to support you on your path of healing.

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

*“When your mind says “give up” ... ignite the light of love
in your heart and allow it to nudge you forward to find
encouragement in the simple things that bring you joy.”*

K. Turek



Solitude vs. Loneliness

Karen Turek, D.D., Ph.D.

Inevitably, you will be spending more time alone since the death of your loved one. For many this can equate to a loss of purpose, especially, if you have been the main caregiver. Many describe this experience as being painfully lonely. Being alone can also be a very positive experience although most early grievers would argue that point.



There is a state of wholeness that reveals itself in the quiet heart. Ram Das said that, “The quieter you become, the more you can hear.” This state of inner quiet is known as solitude. It is a state of being alone without being lonely. It encourages the heart to reflect on the positive, or good in our lives. Solitude provides an escape from the stressors of daily chaos while shifting the focus to a perspective of well-being, wholeness, creativity and growth. Solitude is finding good company in yourself. It’s finding inner richness and enjoyment as we renew and replenish ourselves by being comfortably alone with ourselves. Remember, there is a distinct difference between solitude and loneliness. The difference is your outlook or perception. Solitude is a positive state of mind whereas loneliness is a negative state of mind.

That being said, loneliness is very common and a normal part of the grieving process. After all your life has been forever changed since your loved one’s death, everything has changed. Feelings that often go along with loneliness are abandonment, anger, isolation and disconnect-
edness.

Loneliness has a tendency to create a seemingly endless negative loop in your mind of the events surrounding and leading up to your loved one’s death. We question if we did enough, or how we could have done things differently. The woulda, coulda, shoulda thought loop of frustration and regrets can be overwhelming, energy zapping and debilitating.

Negative thoughts can spiral and steal away all the good that your relationship brought to you and, is indeed the foundation of your love which, is the source of your pain and grief. It goes without saying that you deeply miss your loved one. They were a major, if not total, motivating factor in your life’s purpose. “What now?” is a common question asked among folks that are grieving. After the acceptance of permanence is realized, how do you move forward in a healthy manner? How do you plant new seeds and change your perspective?

Well...it begins by putting one foot in front of the other. Simply said, you need to move your feet and find a path of healing that works for you. At A Plus Hospice Care we have a variety of bereavement support options for you to consider. These options are designed to provide tools you will need to heal your heart after loss. Please consider attending any, or all, of the groups or events. They are open to our community and there is no charge.

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 of bereavement support that is best for you.

We provide Zoom, FaceTime, phone and in-person counseling sessions for family members whose loved ones have been on our service as well as bi-monthly groups (Zoom and in-person), and monthly workshops for anyone in the community that has experienced the death of a loved one.

The following are our upcoming scheduled events for January, February and March 2022:

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

January 4th

February 1st

March 1st

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

January 18th

February 15th

March 15th

All Workshops will be held at the Reno Office located at 227 Vine Street

See back page for Workshop details

January Bereavement Workshop - Tuesday, January 11, 2022 at 1pm
Vision Boards “Creating a Vision for the Future”

February Bereavement Workshop - Tuesday, February 8, 2022 at 1 pm
Layers of the Heart “Our Love Story”

March Bereavement Workshop - Tuesday, March 8, 2022 at 1 pm
The Art of Kinsuki “Mending the Broken with Grace and Beauty”

Suggested Reading Material

A Grief Observed, C.S. Lewis

Life After Life, Raymond Moody

Elegant Choices, Healing Choices, Marsha Sinetar

Lessons of Loss: A Guide to Coping, Kenneth Ring

Healing After Loss, Martha Whitmor Hickman

The Four Things That Matter Most, Ira Byock, M.D.

Hello from Heaven, Bill and Judy Guggenheim

The Grace in Dying, Kathleen Dowling Singh

I Can't Stop Crying, John Martin

Understanding Your Grief, Alan Wolfelt, PhD

The Grief Recovery Handbook, John W. James & Russell Friedman



January Bereavement Workshop 1/11/22 at 1pm

Vision Boards “Creating a Vision for the Future”



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 2/8/22 at 1pm

Layers of the Heart “Our Love Story”

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



March Bereavement Workshop 3/8/22 at 1pm

The Art of Kintsuki “Mending the Broken with Grace and Beauty”



Symbolically, the broken pieces of pottery that we fit back together when creating Kintsuki 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!

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

