



The first signs of Spring are right around the corner. The garden crocus have bloomed and tulips and daffodils are coming on strong. Soon the seeds of Spring will burst into a new tapestry of color that will blanket the earth. There is a sweet smell in the air, a freshness that invigorates the mind, body and spirit. Birds are singing their wake-up call and all creatures large and small are emerging from their wintery nests. As this miraculous and wondrous time of the year explodes into life it inspires hope and rejuvenation for all. Spring is the time for renewed hope, rebirth and the promise of life continuing after the darkness lifts.

However...Finding excitement and zest for life after the loss of a loved one, even amidst all the excitement of Spring, may seem nearly impossible and truthfully the dark days can actually hold sacred space for healing as well. But, if we allow Mother Nature to be our inspiration and honor the urge to not only survive but to flourish, we too can find renewal and purpose as we move forward in the midst of life's changing seasons. As the healing balm of nature's grace pours over the land it can assist in the healing process, both physically and emotionally. Moving forward is a natural and healthy state of being. Remember, there is a significant difference between moving forward and moving on. Sometimes these terms are used interchangeably by well meaning folks while attempting to encourage the bereaved to look for light at the end of the grieving tunnel. Well...after the loss of a great love there is very little chance of moving on and those words can be very hurtful. Moving on is simply not an option and how could it be? Who would want to forget all the love and precious memories that have been shared.

So, what is being offered is support as you discover tools that will encourage you as you "move forward" through the bereavement journey. Moving forward means carrying all the love that you have shared forward with you as you create a new space for living. There will be pain and your world will never be the same...but there is hope for the future.

In this newsletter you will find tools for your journey. It is my hope that you will find comfort and allow us to accompany you on your path of healing.

Peace for Your Journey. Dr. Karen

Be at Peace R. Queen

Tempest tossed seas of soul,
give me rest from doubt and fear.

Sun find my face, light find my heart,
song find my story, smile find my face.

Be at peace, be at peace...

For my life is finite,
and these storms have raged too long.
Even Winter must surrender to the Spring.

About Grieving

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

"He who conceals his grief finds no remedy for it." - Turkish Proverb

How do I manage my grief in a "healthy way?"



There are no universal guides to navigate through life cycles, it is a very personal journey. With that being said, there are some basic truths that may resonate with you and support your journey as you navigate your path of healing.

*What you resist persists...
Suffering is resisting what is...*

Lean into the Pain. Feel what you need to feel! Allow time to heal from the inside out. Grieving takes work, it is unpredictable, and it is unlike anything else that you have experienced. Your heart has suffered a great loss. Recognize that this loss has created not only an empty space but a shock to your physical and emotional being as well. Just as our body will naturally go into a state of shock after experiencing trauma so will your emotional state. Shock is a natural, and essential buffer that protects us during the first stages of the grieving process. After the initial shock of your loss begins to lessen so will the numbness or disconnected feeling that you may be experiencing. Be warned though, this is a double-edged sword and generally as the numbness begins to fade feelings become amplified and intensify as the reality of your loss begins to set in. This is also a time when society may begin to impose expectations about how you should be feeling-putting your grieving process on a timeline. This is a good time to seek out support through bereavement groups, a spiritual or bereavement counselor, reading material or a spiritual community who will understand that you cannot put timelines on grief. Refrain from judging yourself for not meeting expectations that you, or someone else, may impose on you about where you are in your grieving process. Be gentle with yourself and remember this is your journey!

Self-Care is Essential After the loss of a loved one even the simple act of getting out of bed in the morning may be overwhelming. It is important to remember that basic needs like water, sleep, food and personal hygiene will help to bring about some semblance of balance.

Water/fluid basics

- Roughly 80 percent of the body is made of water. Drinking an adequate volume of water each day maintains the body's fluid balance, which helps transport nutrients in the body, regulate body temperature, digest food, and more.
- A good rule of thumb for calculating the amount of water your body needs to receive optimum benefit is to take your weight and divide it by two. In other words if weigh 150 pounds, your optimal water intake would be 75 ounces per day.
- Don't forget to take factors such as exertion levels, and crying (yes...tears drain your body's fluid supply) into account and adjust your intake appropriately.

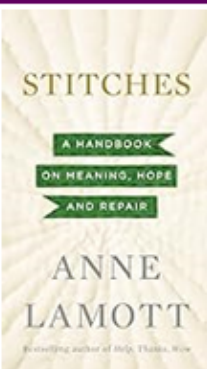
Facts about dehydration

- Dehydration causes fatigue, foggy memory, irritability, and puts additional stress on organ function.
- Coffee, tea, soda, alcohol, etc. are not practical substitutes for water. Water is the best substance for reversing the effects of dehydration.
- Your skin/epidermis is the largest body organ. Take a soak in the tub while sipping on a deep glass of room temperature or warm water. It is good for the soul!

Book Study

227 Vine Street

Reno, NV



This season we will be reading "Stitches" by Anne Lamott. We will meet on the **second and fourth Tuesdays of the month at 1 pm** to share our insights as we move through the grieving process. This is a six week study in which we will discuss one Chapter per meeting.

April 9th and 23rd

May 14th and 28th

June 11th and 25th

Please contact Dr. Karen with any questions. karen@aplushospicecare.com



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 that is best for you. We provide individual counseling sessions for family members whose loved ones have been on our service as well as monthly workshops and book studies which are open to the public.

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.

April 2nd and 16th

May 1st and 15th

June 5th and 19th

All groups are held the A Plus Hospice Care Reno Office 227 Vine Street at 1 pm

Spring Bereavement Workshops



April Bereavement Workshop

Prayer Flags "Written on the Wind"

Wednesday, April 24th @ 1pm

Prayer flags have graced the Tibetan Himalayan mountain sides for many centuries supporting the prayers of the local people. As the wind moves across the flags, the prayers and blessings release their message into all-pervading space and bring a sense of peace to all sentient beings. We will be learning more about these little squares of hope, and creating our own to support our path of healing after loss of a loved one.

May Bereavement Workshop

The Legend of 1000 Cranes "Healing Your Heart"

Wednesday, May 22nd @ 1pm



In Japan the crane is revered as a mystical, or holy, creature that is said to live for a thousand years. There is a legend that says that anyone who folds a thousand origami cranes, one for each year that the crane lives, will be granted a wish. We will begin the process of creating what most people wish for after the loss of a loved one, peace. We hope that you will join us.

June Bereavement Workshop

Meditation "Finding the Peaceful Center"

Wednesday, June 26th @ 1pm



Practicing meditation, especially in times of stress, can provide a foundation for regaining balance in our lives. It can offer us a time to transform our fear and pain into faith by leaning into the present moment and using it to support us through the grieving process. Meditation brings our mind and body into the present moment in a positive and gentle manner and can support us through the grieving process as we navigate through this uncharted territory.

Planting Seeds of Hope

Plant the seed of **HOPE**
 Water with **COURAGE**
 Fertilize with **STRENGTH**
 and bloods **SURVIVE**
 In the garden of **LIFE**

Planting seeds of hope may seem like an impossible task when you are freshly bereaved. Many times when we first experience the death of a loved one the shock and pain drains us completely. Being able to remember the good that we have experienced in our relationship is in a far away foggy zone that our heart cannot recall.

There are so many new emotions and feelings associated with death that are completely foreign. Sometimes everything seems surreal, numb and fractured like an out of body experience.

Overwhelming life changing events can generate significant loss of hope, despair and a loss of meaning for our lives. Much of how we perceive the concept of hope comes from our past experiences. However, sometimes it is helpful to look beyond our own experiences to find strong examples of hope from others. What I like to remind folks is that we as a species are survivors. That doesn't mean we have not had to evolve in order survive. We have outstanding survival instincts even when we don't want to use them, it's built into our DNA. As we observe our fellow humans we see example after example of people who have survived the most devastating losses imaginable. People who have lost someone they have loved deeply, their health, or everything very dear to them and not only survived but have somehow been strengthened by the experience. We are remarkably resilient beings.

In working with hospice patients, and their families, I have learned a lot about hope. Somehow hope, faith and gratitude most always emerge from the inner depths as we approach the end of our earthly journey no matter what our spiritual or religious beliefs have been. People may find hope in eternal life, if that is part of their belief system. They might find hope in the future of their children or grandchildren as their legacy continues. They might find hope that they will be remembered by the love or special talents that they brought to this world. Every journey is unique and yet many of the hopes are the same. It is a part of our Universal connectedness.

Moving through the grieving process may take every ounce of energy you have. But it is worth the struggle. Hope is the foundation that makes it possible for us to face our saddest times and recover from the trauma of loss. So, I encourage you to gather what seeds of hope that you can find, plant them, nurture them, and spread them around generously. I affirm that they will grow and that hope will help to heal your grieving heart. Dr. Karen

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 MARCH
 CHICK
 FLOWERS

SEASON
 SUNSHINE
 GREEN
 PICNIC
 WARM
 TULIP

BUNNY
 BLOSSOM
 RAINBOW
 SEEDS
 GARDEN
 APRIL

KITES
 BUTTERFLY
 EGGS
 EASTER
 BIRDS
 SPRING