



As you begin your path of grieving, mourning, and bereavement, the twists and turns of emotions often come as a surprise. There are many facets to the grieving process and every path is as unique as the relationship that you experienced with your loved one. These uncharted waters can leave you feeling alone even amid a loving family or close friends. Often those who care about us most find it painful to observe our pain. Few are comfortable with observing the effects of loss so, your pain may be overlooked or glossed over by avoidance. In some cases, the mere mention of your loved one's name or sharing feelings can bring about a very uncomfortable atmosphere. The truth is that grief makes a lot of people very uncomfortable.

Seeking support outside of your inner circle during this tender time can be important for both your emotional and physical health. A Plus Hospice Care provides several ways to support you. Individual counseling sessions are available for family members of patients that have been on our service. Bereavement Groups and Workshops are also available and are open to our community. You may ask, how will a group experience benefit me? Admittedly, groups are not for everyone. This is your personal journey. However, meeting with folks who have had similar losses in a safe environment can provide time and space to express feelings and find strength and encouragement from others.

In this Newsletter you will find informative articles as well as information about our Bereavement Support Groups, and Workshops.

Wishing you peace, strength and healing at this difficult time. Dr. Karen

## An interesting fact about death...

Did you know that statistics show that as many as 153 thousand people a year die on their birthdays? In many cultures when someone passes away on, or close to, the date of their birth it represents a full and complete life cycle, a life well lived no matter the age.

Why is this significant? The Chassidic Masters explain that on the day we are born we are entrusted with a mission. The righteous person lives his life achieving his fullest potential and completes his mission on earth in the most perfect way possible. This perfection is expressed in the fact that his mission ends on the very same day that it was begun.



## Grief, Mourning and Bereavement... The Journey of Life After Loss

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

The words grief, bereavement, and mourning are commonly used interchangeably as if they were synonyms. However, these words actually have different meanings. Grief is the way we react to loss while mourning is the process of acknowledging the void that is now left, and bereavement is the time for healing the heart.

Grief is the emotional reaction or response to loss. Grief tends to bring on shock, confusion, denial, anger, sadness, rage, depression, isolation, abandonment, to name a few, and these emotional states are experienced in many different orders, and sometimes multiple emotions are felt at the same time. It is a "process" that entails hard work on the part of the bereaved. There are no shortcuts to healing from the loss of a loved one, every path is personal and takes as long as it takes. Grieving allows the brain to comprehend the loss which often can't be completely comprehended in the heart. Death takes time to sort through. It is generally a shock, even if the death was expected. It is important to be patient with yourself and to lean into the pain. If death has been sudden or completely unexpected, comprehension is even more of a struggle. The loss does not feel real and then, it feels too real.

Mourning after the loss of a loved one is very sacred and necessary. Generally, this is the time when a "Celebration of Life" or other meaningful rituals are performed to honor the loved one. It is a time of reflection and introspection about the person's life and what they have brought to this life. In most cases, it is a very valuable time when the bereaved are supported by others who have also loved the person who has died.

Moving through the bereavement journey begins when we start to sort through the many feelings associated with our loss. It can seem never-ending and it is important to seek support through our families, friends, bereavement groups, spiritual communities and, if needed, counseling.

The truth is, we really don't know how far or close death is to us at any given time. What we do know is that our lives will be forever changed. We may never completely stop feeling our loss. However, with time and doing grief work, to heal the heart the intensity of the pain will soften. Remember to be patient with yourself. This territory is new, and the path can be a rocky one. We at A Plus Hospice Care are here to support your bereavement journey and to let you know that there is H.O.P.E.



### As you journey through life...

Author Unknown.

Choose your destinations well, but do not hurry there. You will arrive soon enough.

Wander the back roads and forgotten paths,  
keeping your destination in our heart like the fixed point of a compass.

Seek out new voices, strange sights, and ideas foreign to our own.  
Such things are riches for the soul.

And if upon arrival you find that your destination is not exactly as you  
dreamed of, do not be disappointed.

Think of all you would have missed but for the journey there and know that the true worth of your travels lies  
not in where you come to be at the journey's end, but in who you come to be along the way.



## 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 bereavement support groups and workshops. Our bereavement support groups and workshops are open to the community. All groups and workshops are held at the 227 Vine St. office. (775)329-0900

In Person Bereavement Support Groups: On the First and 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.

January 2nd and 16th

February 6th and 20th

March 5th and 19th



### January Bereavement Workshop

**Vision Boards** "Creating a Vision for the Future"

Wednesday, January 24th at 1 pm

Vision boards are valuable and simple tools that assist us in creating a vision of what experiences we wish to draw into our future. Pictures and images help to formulate new patterns of thinking by strengthening our focus on how we wish to heal on our bereavement journey. Visualization often helps to stimulate emotions...and emotions are the vibrational energy that activates creativity.

We will find pictures in magazines, or bring your own, that represent or symbolize the experiences and feelings you wish to attract into your life. You may 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.



### February Bereavement Workshop

**The Art of Kintsugi**

"Mending the Broken with Grace and Beauty"

Wednesday, February 28, 2024 at 1 pm

Symbolically, the broken pieces of pottery that we fit back together when creating Kintsugi 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 to [karen@aplushospicecare.com](mailto:karen@aplushospicecare.com).

### March Bereavement Workshop

**Spirit Animals and Guides** ...*Finding guidance, restoring hope.*

Wednesday, March 27, 2024 at 1 pm

In Native American Culture, and indeed in many other earth-based cultures throughout history, animals have provided support on both the physical and spiritual levels to humans. They are our teachers and a direct link to the great mysteries of Life. Animal medicine is a concept that may redefine the way that we perceive ourselves and the paths that we have experienced as well as the path before us.





## The Healing Properties of Food

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. 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. Simply said, 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 for improving your physical and emotional bodies during times of stress.

1. Sip hot water throughout the day. This keeps us hydrated and our minds refreshed while also stimulating and supporting the digestive system.
2. Eat whole foods, such as fruits, vegetables, and whole grains, instead of pre-made or fast food which contain an overabundance of refined carbohydrates.
3. Avoid fried foods and fatty condiments, which add calories without adding nutritional value.
4. Focus on lean protein sources, such as fish, poultry, lean meat, eggs, and nonfat dairy products.
5. Eat small nutritious snacks in between meals like an apple, some celery sticks, or a hand full of nuts to boost your metabolism and balance energy levels.

Additionally, take time to prepare and enjoy your food. Remember, good food is good medicine for the body and mind. Be good to yourself, you deserve it! Dr. Karen

## Birds Word Search Puzzle

C V D R I B G N I M M U H D I  
 I J B L U E B I R D V O Y I B  
 P Z W R E N D U C K G D W V I  
 N E V A R W P A R R O T H V H  
 H L T P R E H S I F G N I K C  
 N C R G C H I C K E N X R N N  
 I N I C V M C R A N E V V B I  
 U O Q R D R I B K C A L B G F  
 G E D K T B N K D R A L L A M  
 N G A Z V S W A T E R F O W L  
 E I K N I L O B O B B K I W I  
 P P P Y L Y R A N A C L Y O D  
 S R E K C E P D O O W B P R E  
 N H A W K C O C A E P Q Y C R  
 E T A G I R F P E S U O R G I

BLACKBIRD  
 BLUEBIRD  
 BOBOLINK  
 CANARY  
 CHICKEN  
 CRANE  
 CROW  
 DUCK  
 FINCH  
 FRIGATE  
 GROUSE  
 HAWK  
 HUMMINGBIRD  
 KINGFISHER  
 KIWI

MALLARD  
 OSTRICH  
 PARROT  
 PEACOCK  
 PENGUIN  
 PIGEON  
 RAVEN  
 WATERFOWL  
 WOODPECKER  
 WREN

