



We are thinking of you during your journey through grief. We reach out to our TRU family members by phone and with periodic mailings during the 13 months following the death of a loved one. These quarterly grief support newsletters are available to you, your friends, and your community at TruCare.org under Our Support/Grief Services.

Please call us anytime for support at 303.604.5300.

Memorializing through the Senses

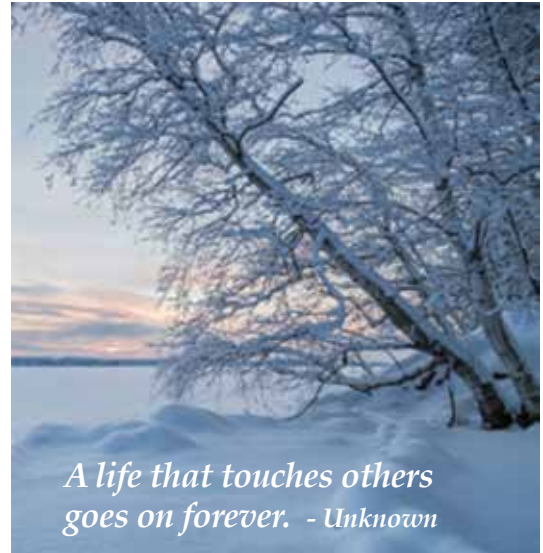
Maintaining Meaningful Memories through Sensory Celebrations

The great Maya Angelou once said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." This is especially true as we journey through grief.

As we move forward in life after loss, we find that the most memorable moments with our loved ones are the lasting impressions that become treasures. Each anniversary, birthday, holiday or special occasion carries the depth of our grief, and leaves us wondering how we can continue with tradition or choose to change the traditional rituals we have shared with someone no longer there.

Memorializing our loved ones in simple ways that are both meaningful to us and would have importance to them is a beautiful gesture with unique and personal value. Creating sensory celebrations allows us to engage our various "sense-gates" through smell, taste, vision, hearing and touch, soothing and easing our mind-body connection and providing healing resources on what may be a difficult day.

We invite you to explore the many creative possibilities that can make the day special and be an honorable tribute to your loved one.



A life that touches others goes on forever. - Unknown

The Essence of Precious Moments...

Smell. Bake Grandma's favorite Christmas cookies or other favorite recipes. Serve them on her special china plates.

Taste. A loved one left behind her assorted antique tea cups. Have a tea party with various calming teas and share stories in her memory.

Hearing. Create a CD of your loved one's favorite music. Dance to the music. Listen to the flow of a river, lake, or the ocean as you walk again where you used to walk together.

Touch. Transform Mom's old furs into a treasured family heirloom by remaking them into a memory bear, rabbit, or other keepsake. Create an heirloom quilt out of old t-shirts or other special fabrics.

Vision. Go to the places you shared to watch the sun rise or set, or revisit the art galleries, museums, or nature hikes you enjoyed together. Create a photo memory book, and write a note expressing how you feel and how your love continues.

Image courtesy of Tuomas_Lehtinen at FreeDigitalPhotos.net

Our grief groups, which meet at a variety of locations, are available to anyone needing support after the death of a loved one. The meetings, led by experienced bereavement group facilitators, include specific topics and optional personal sharing in a safe and accepting atmosphere.

Registration is required prior to first attendance for all groups. Please call TRU at 303.604.5213 for registration information and details about group times / locations. For additional information, please visit our website at TruCare.org.

Ongoing Grief Groups

Lafayette Grief Support Group

For those who have experienced the death of someone significant.

Meets 4th Tuesday
6:00 - 8:00 PM

Bereaved Parents Group

Educational meeting with program and sharing for bereaved parents only.

Meets 3rd Wednesday
6:30 - 8:30 PM

Sudden Loss Group

For anyone who has experienced a sudden or unexpected loss.

Meets 2nd & 4th Wednesdays
6:30 - 8:00 PM

Spouse/Partner Loss Group

For people who have experienced the death of a spouse or significant other.

Meets 1st & 3rd Tuesdays
6:00 - 8:00 PM

Widowed Senior Grief Support

For men and women who have lost a spouse.

Meets 4th Wednesday
10:00 AM - 12:00 PM

Boulder Hiking Group

Combine exercise and support for people who are grieving or caregiving.
Seasonal

Structured Groups

Newly Bereaved Support Program

Support, information, and networking for persons with recent death losses.
Offered monthly

Eight Week Bereavement Support Group

For anyone who has experienced a loss. Evening groups are held throughout the year, depending on enrollment.

Eight Week Bereaved Parent Group

For parents who have lost a child of any age. Groups are held throughout the year, depending on enrollment.

Healing Circles Grief Groups

For children (ages 6 -12), teens (ages 13 -17), and families. Groups are held year round.

2016 Lights of Life Holiday Remembrance Service

This holiday season, TRU Community Care invites you to remember someone who has been special in your life by attending our Lights of Life Holiday Remembrance Service.

Our indoor service will feature a reading of names, music, and a luminaria ritual, along with light refreshments. You'll have a chance to connect with others who are in similar situations and feel more supported going into the holidays.

Guests are invited to bring a photo or memento to place on our memory table. If you choose, you may also bring a story, poem, or reading to share during a designated time in the service. You may also come and just sit quietly.

For additional information, please call TRU Grief Services at 303.604.5213 or email griefsupport@trucare.org.



Lafayette Service

Saturday, December 3
5:00 p.m.

TRU Grief Services / PACE
2593 Park Lane
Use PACE South Entrance

Grief Group Locations

Grief Services: 2593 Park Lane, Lafayette

First Lutheran Church: 803 3rd Avenue, Longmont



How Will I Get Through the Holidays?

12 Ideas for Those Whose Loved One Has Died
by James E. Miller

Healing Your Grieving Heart – For Kids Healing A Teen's Grieving Heart

by Alan D. Wolfelt, Ph.D.

64 Tips for Coping with Grief at the Holidays

<http://whatsyourgrief.com/64-tips-grief-at-the-holidays/>

Image courtesy of jscreationz at FreeDigitalPhotos.net

*It's OK to feel
whatever you feel:
sad, mad, maybe
scared, sometimes
even happy.
No feelings are
wrong or bad.*

- Alan D. Wolfelt, Ph.D.

*When someone
you love becomes
a memory...
that memory
becomes
a treasure.*

- Unknown



Special Days and Anniversaries

Following a death, you will go through many "firsts"— the first birthday, holiday season, anniversary, and other special days without your loved one. At these significant times, grief may feel worse.

Often, because of the complexity of the grief process and because you may not recognize or understand grief's triggers, you will be unprepared for the onslaught of feelings or "strange" behaviors. Frequently, you may be restless, emotional, sad, or forgetful but not know why.

One woman described her "grief spasms" as "... the same feelings of sadness and devastation I had a week after he died, but now they don't last as long or knock me off my feet like they did at the beginning."

Whether it's the first year after a death or the twentieth, it's helpful to prepare as best you can. You may simply want to acknowledge that a particular date or season is approaching, pay attention to your own needs, and be kind to yourself. Or, you may want to do something special to commemorate your loved one.

Image courtesy of nuchylee at FreeDigitalPhotos.net

After the death of a loved one, you may want to...

Take time to be alone,
or spend the day with
family and friends

Make a donation
to your loved one's favorite
charity or group

Treat yourself
to something special that
nurtures and supports you

Express your feelings
through art, writing,
storytelling or music

Visit a favorite place
you shared, or go someplace
completely new

Spend the day helping
someone else

Look at photos,
light a candle, say a prayer

Sensory Slowdown During the Holidays



Parenting grieving children during the holidays can involve a myriad of decisions. Often, it is the kids who want to maintain the family's holiday traditions and need the consistency of those rituals. If the adults in the family would rather not observe the traditions, or would be doing so just for the kids, then you may find it difficult to admit to the kids that you are emotionally struggling.

Go easy on yourself.
This is going to take time.
- Alan D. Wolfelt, Ph.D.

Taking a moment to look at all of the activities as a family and deciding which to keep, and which feel like too much this year, allows some space and time. During the holidays, grief will be there. It's how you choose to cope with it.

Some families opt to do fewer activities or choose those that have a sensory memory, like remembering their special person's favorite music, food, or place. Other families need a full schedule. They want to stay extremely busy as a way to deal with feelings that arise.

Ritual creates connection to the special people in our lives. Whatever rituals you choose to keep or let go of this year, do it with intention. Create stability for yourself and your children by taking time for grief. Be gentle with yourselves during the holidays.

Winter Healing Circles

Art Workshop

November - December

Teen Group

November - December

Healing with Horses

December / Ages 5 -18

We invite you to visit our TRU Healing Circles Facebook page for additional information and resources. Follow the web link at: facebook.com/truhealingcircles/

Counseling is available for TRU Community Care kids and teens. Consultations, information and presentations for community families, schools, and professionals are also available. Groups are available to both TRU families and community members free of charge. For specific times, dates and locations, and to register, please call Michon Davies at 303.604.5330. Pre-registration is required for all events.

Grief Services Staff

Shelli Worrall

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Adult Grief Counselor

Michon Davies

Children's Grief Counselor

Contact Us

303.604.5300

Visit us at

TruCare.org

and [facebook.com/](https://facebook.com/TRUCommunityCare)

TRUCommunityCare



TRU Grief Services welcomes donations. Donations will help provide resources for groups and family night and provide materials. TRU Community Care is a nonprofit 501(c)3 organization. We appreciate your support.