Welcome! We are thinking of you during your journey through grief. While we will still reach out to our families by phone, and with periodic mailings, during the 13 months after the death of a loved one, our quarterly Grief Support Newsletters will be available to you, your friends and loved ones whenever you need them, under Grief Services at www.TruCare.org. To receive newsletters by mail or email instead, please call 303.604.5300. We welcome your feedback. Always know we are here to talk as well. Please call us anytime for support.

Mindfulness

When dealing with life’s realities, mindfulness will help us be resilient.

Undeniably, sooner or later, we all have to deal with those hard surprises and “unknowns” that can literally change everything in less than a nanosecond.

If our reactions reflect a fear-based survival framework, we will filter the external facts of what’s happening through the internal lens of our thoughts, feelings, beliefs and body sensations. In this way, our fear creates our reality, locking us into anger, powerlessness and blame.

Although it’s understandable why we might react from fear when facing challenging situations, mindfulness is a powerful tool, offering us the opportunity to make a radical shift in orientation.

Mindfulness is the practice of bringing our awareness to what we are experiencing in the present, both internally and externally, without judgment. It is a wake-up call to become conscious of the ways we perceive and respond to life’s situations.

Mindfulness takes time to develop. It is an ongoing process. When we live mindfully, we shift our entire ground of being.

Article and exercise adapted from Mindfulness: The Art of Cultivating Resilience by Dr. Lynda Klau yourtango.com/experts/drlyndaklau-lifeunlimited

Mindfulness Exercise

Be kind and compassionate with yourself as you…

- Sit in a quiet room where you won’t be disturbed.
- Close your eyes and focus your attention on your breath.
- It’s natural for your attention to become distracted. When that happens, simply return to your breath.
- While focusing on your breath, allow your thoughts, feelings, beliefs and body sensations to enter your awareness as you perceive the external situation.
- Now ask yourself: What are the facts of the situation? What are my thoughts, feelings, beliefs and body sensations? How am I responding?

With practice, this exercise can bring you to a calm, reflective center, a safe haven in which you can rest and see more clearly.

Image courtesy of num_skyman at FreeDigitalPhotos.net

People are not afraid of things, but of how they view them.
- Epictetus

Grief Support FALL 2015
When you support PIZZA! 2015, you’re supporting TRU’s mission to help everyone at the end of life find comfort, peace and dignity – regardless of ability to pay. The funds raised at this special, annual event help us bridge the gap between reimbursements and the actual cost of our care. Funds raised also support Grief Services for our TRU families and the community.

To help us sustain the important services TRU Hospice provides, we invite you to join us for this fun, fundraising evening.

A Roaring ’20s theme will be enhanced by delectable food and wine, silent and live auctions, and the sharing of inspirational stories of our work with patients and families.

For more information, please contact Abigail Smith at abigailsmith@trucare.org or 303.604.5389. Online registration will be available for you and your guests.

**Friday, September 18th**
6:00 - 10:00
*Marriott Westminster*
(104th/Church Ranch & Hwy. 36)

Grief and pain... have the potential to transform your life in a healing way. Your capacity for courage is amazing. You have an inherent propensity for resilience.

- Thomas M. Ellis
Resilience

Resilience is the ability to work with adversity in such a way that one comes through it unharmed or even better for the experience. Resilience means facing life’s difficulties with courage and patience - refusing to give up. It is the quality of character that allows a person or group of people to rebound from misfortune, hardships and traumas.

Resilience is rooted in a tenacity of spirit - a determination to embrace all that makes life worth living, even in the face of overwhelming odds. When we have a clear sense of identity and purpose, we are more resilient, because we can hold fast to our vision of a better future.

wisdomcommons.org/virtue/108-resilience/quotes

Image courtesy of Photokanok at FreeDigitalPhotos.net

Thoughts on Resilience

What matters most is that we learn from living.
- Doris Lessing

The sun will rise again after great loss. The question isn’t IF it will rise. The question is will you let it shine?
- Michelle Steinke

In the middle of difficulty lies opportunity.
- Albert Einstein

It is not the mountain we conquer but ourselves.
- Sir Edmund Hillary

Every day may not be good, but there’s something good in every day.
- Anonymous

Promise me you’ll always remember: You’re braver than you believe, and stronger than you seem, and smarter than you think.
- Christopher Robin to Pooh
- A. A. Milne
The League of the Shining Stars

After Terry and Vanessa’s daughter & Kate’s younger sister, Jane, died on March 17th, 2014 at the age of 2 1/2 years old, Jane’s Light began. Through Jane’s Light, the Higgins family began to make capes for children. At first, their idea was to support sick and terminally ill children. However, the Higgins quickly realized Jane’s light was so great and all children need a cape to emphasize their inner light, positive energy and eternal hope. Jane inspired her family and so many around her in a positive way. Her constant courage and positive attitude were reminders of the light she shone on every situation.

“The League of the Shining Stars” now includes sick children, grieving children, children facing surgery or living with disabilities. Capes are given to children at no expense to their families. Upon receiving their cape, each child is inducted into “The League of the Shining Stars”, as they wear their cape and recite the “Shining Star Oath” which has been included in their gift box. The purpose of the oath is to reinforce each child’s hope, inner beauty and strength.

If you would like to learn how to become involved, donate materials or suggest a child to receive a cape, please contact Vanessa Higgins at janestlight1@gmail.com.

Fall Healing Circles

Healing with Horses
Ages 5 -18
September 8 - October 27
Medicine Horse

Facebook Teen Grief Group
Online peer support discussion group

Kids Grief Group
Ages 5 -12
(for kids and adults)
October 26 - December 14

Day of the Dead Art Grief Group
All ages. Can be booked by schools or kids and teens can participate. Held in Longmont
September 9 - October 6

Teen Grief Group
Ages 13 -18
October 28 - December 16
LOOP: Teen Drop in Café
First Monday of every month
Panera Bread
on 28th & Arapahoe
4:30-5:30
(longer if we have a bigger group)

Kids Coping with the Holidays
Glass Workshops
December 20 and December 27
C and H Glassworks

Counseling is available for TRU Community Care kids and teens. Consultations, information and presentations for community families, schools and professionals are available. Groups are available to both TRU families and community members free of charge.
Call 303-604-5330 to register. Pre-registration is required for all events.

Resiliency Resources for Children and Teens

Resiliency in grief is unique and personal to each child and teen. The ability to work through and adjust to life without their special person is a process that differs with each individual.

It takes time and awareness of what their strengths are, both internally and externally, for them to cope well. Ask what helps? Educate them about the grief process so it doesn’t feel awkward or scary. Let them know that they can speak their truth and express their thoughts, feelings, and concerns about their special person.

When children and teens know what their resources are and how to use them, they can cope with grief, which allows them to regain safety, some sense of normalcy and structure.

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.

Grief Services Staff

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Contact Us

303.604.5300
Visit us at TruCare.org
and facebook.com/TRUCommunityCare