

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.

A Candlelight Memorial

During the holidays, a beautiful way to include your loved one in celebrations may be to create a new tradition, using four candles in a centerpiece or advent wreath. As you light each candle, read the following words:

As we light these four candles in your honor, we light one for our sadness, one for our memories, one for our determination, and one for our love.

We light this candle for our sadness.

The pain of losing you is intense, and the grief we feel is often hard to handle. We want you to know that we miss you so much.

We light this candle for our memories.

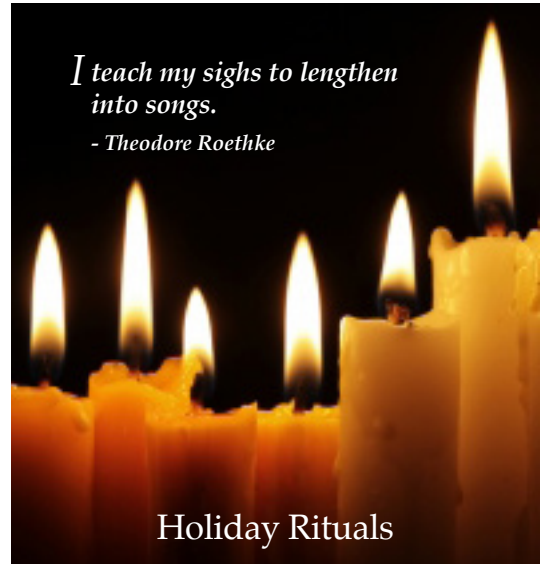
There is so much we remember - your smile, your laugh - the good times and the bad ones, too - when we were angry and when we were happy - all those times that never could have been lived with anyone but you. We want you to know that we will always remember.

We light this candle for our determination.

Knowing you has brought us strength. We are changed because of you. Your life has made a difference in our lives. We want you to know that we will take the energy of your living to help us move forward in our own lives.

We light this candle for our love.

The specialness that we shared with you can never be replaced. During this holiday season, our love for you will shine as brightly as this candle. We will pass that love on to others, and as we do, our hearts will smile because of you. We want you to know that we will always love you.



There is power and comfort in rituals to remember those who have died. While this is a very personal decision for each family, you may choose to:

- Start a meal or a celebration with a moment of silence, or offer an appropriate toast or prayer.
- Place a single rose on the festival table in memory of your loved one.
- Ceremoniously put a special ornament on the tree to symbolize a favorite hobby of your loved one.
- Dedicate the “shames”, “pilot light” from whose flame the other Chanukah candles are lit.
- Write special notes to your loved one, put them in his/her Christmas stocking, and then read them out loud during dinner.
- Go around the table, starting with the children, and tell stories of the person who died.
- Offer the chair where your loved one sat at the dinner table to the youngest child or grandchild, to designate the continuity of generations.
- Make a special dish or offer a food item that the person who died particularly loved.
- Look through photo albums and/or show home movies to recall good memories.
- Write a poem and read it in memory of your loved one.
- Play a favorite recording of a song that your loved one enjoyed.

Our grief groups, which meet in 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.

Participants may drop in to Ongoing Grief Groups as scheduled, and must register for Structured Groups. Please call 303.604.5300 to register, or for more information. *November and December meetings will offer holiday coping tips.*

Ongoing Grief Groups

Bereaved Parents Group

Educational meeting with program and sharing, for bereaved parents only.
Meets 2nd Wednesday
7:00 - 9:00 PM

Boulder Grief Support Group

General group for anyone who has suffered a death loss.
Meets 1st & 3rd Thursdays
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
6:30 - 8:30 PM

Widowed Persons Service Group

For men and women who have lost a spouse.
November 19 & December 17
10:00 AM - 12:00 PM

Holiday Potluck

Saturday, December 6
11:00 AM
Mt. Calvary Lutheran Church
3485 Stanford Court, Boulder
Call Suzanne Brown at
303.530.4542

Broomfield Daytime Grief Support Group

For those who have experienced the death of someone significant.
Meets 1st & 3rd Wednesdays
10:30 AM - 12:00 PM

Structured Groups

Newly Bereaved Support Program

Support, information and networking for persons with recent death losses.
Call 303.604.5300 for details.

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.

Normal Grief Reactions

PHYSICALLY, you may experience weakness, pain, sleep or appetite problems. You may feel a sense of unreality, of "going through the motions". Restlessness and anxiety may lead to lack of energy and feelings of exhaustion.

EMOTIONALLY, you may feel numb or "in shock". You may cry unexpectedly, or be unable to cry. Intense anger may coexist with feelings of guilt. Although feeling isolated, you may wish to be left alone. As you work through your fear of the unknown and of living without your loved one, you may yearn to be reunited, or feel their presence as a voice, touch or glimpse.

MENTALLY, you may be unable to concentrate, set priorities or trust your decision-making and judgment. To rise above the mental confusion, you may intellectualize grief and the dying process, in order to "make sense" of it.

SPIRITUALLY, you may feel as if you are being punished, for real or imagined wrongs. You may experience a "crisis of faith", questioning or rejecting religious values. Turning inward to re-examine your path in life and find the meaning in grief, you may philosophically explore different belief systems to find answers. Ultimately your faith and beliefs may be strengthened, a source of comfort and support.

Grief Group Locations

Boulder Office: 5565 Arapahoe Drive, Boulder

Atonement Lutheran Church: 685 Inca Parkway, Boulder

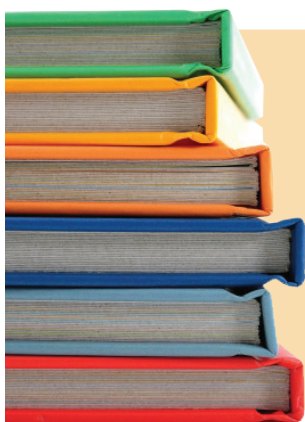
Lafayette Office: 2594 Trailridge Drive East, Lafayette

East Boulder Senior Center: 5660 Sioux Drive, Boulder

Broomfield Community Center: 280 Spader Way, Broomfield

First Lutheran Church: 803 3rd Avenue, Longmont

Medicine Horse: 8778 Arapahoe Road, Boulder



How Will I Get Through The Holidays?

12 Ideas for Those Whose Loved One Has Died

James E. Miller

Holiday Hope

Remembering Loved Ones During Special Times of the Year

Compiled by the Editors of Fairview Press

"During what may seem like an impossible holiday period, much is possible."

- James E. Miller

Holiday Checklist - Before, During and After

Before...

What is it about the approaching holidays that most concerns you, and who can you turn to for help? What do they need to understand, and what can they do for you? What can you refrain from doing, or do to help others? What are some creative ways you might handle the holiday celebrations, so you can be true to the spirit of the season while being honest about the loss you have suffered?

During...

To get through the holidays while you are grieving, acknowledge that this year will be different, and decide ahead of time how you want to spend them. Do what feels right for you, and give yourself permission to change whatever traditions or rituals you need to change. Break large tasks into small pieces, and be flexible in your plans. Set aside time to be alone. Take care of your health, and guard your strength and energy. Attend support groups, community memorials or church services.

After...

Sometimes, after the holidays, we experience a letdown, sadness, or even depression. To make this time of year easier you may want to get outside, if just for a short walk. Mild exercise and sunshine help to replenish our bodies and spirits. Make efforts to connect with people you enjoy. Making lunch plans once or twice a month can keep you connected to your support system. Grief support groups offer you the chance to be with other people who have gone through a death loss, and are having similar experiences. The holidays may have brought up feelings you thought you were through having, or others you didn't know you had. While it may be hard to sit still with the silence and feel the discomfort, it is often in this very silence and stillness that we rediscover the true depth of our sorrow and our love.

Holiday Cards

- Mail as usual
- Shorten your list
- Include a "Holiday Letter"
- Elect to skip this year

Traditions

- Keep the old traditions
- Attend holiday parties
- Don't attend holiday parties
- Go to an entirely new place
- Cook the usual holiday foods
- Bake but modify what you would usually do
- Go to the religious service
- Do not attend religious service
- Attend the religious service but at a different time
- Attend a totally different religious service
- Spend quiet time alone
- Visit the cemetery
- Open gifts on holiday eve
- Open gifts on holiday day

Holiday Music

- Enjoy as usual
- Avoid turning the radio on
- Shop early before stores have holiday music on
- Listen to it, have a good cry and allow yourself to feel sad

Shopping

- Shop as usual
- Shop through catalogs
- Ask for help
- Shop early
- Make your gifts
- Give baked goods
- Shop with a friend
- Ask for help wrapping gifts
- Do not exchange gifts now but perhaps later
- Make a list of gifts you want before you go out

Decorations

- Decorate as usual
- Modify your decorations
- Ask for help
- Let others do it
- Make changes, such as: an artificial tree instead of a real one
- Have a special decoration for your loved one
- Eliminate the tree or other decorations

Holiday Dinner

- Prepare as usual
- Go out for dinner
- Invite friends over
- Eat alone
- Change time of dinner
- Change routine of dinner, such as, this year do a buffet
- Change location of dinner, eat in a different room
- Ask for help

Post Holidays

- Spend as usual
- Remove holiday decorations early
- Go out of town
- Avoid New Year's parties
- Attend a New Year's party
- Spend time with only a few friends
- Write in your journal your hopes for the new year
- Go to a movie
- Go to bed early



Upcoming Events

2014 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 Event.

Our indoor event 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 or to RSVP please call TRU Grief Services at 303-604-5300 or email griefsupport@trucare.org

Longmont Service

Saturday, December 6
5:00 PM

Plaza Conference Center
1850 Industrial Circle, Longmont
(behind Best Western Plus Plaza Hotel)

Boulder Service

Sunday, December 7
5:00 PM

East Boulder Senior Center
5660 Sioux Drive

KIDS' CORNER

Grief Support for Children and Teens

It is important to set time aside for extra breaks during the holidays, to stay balanced and allow kids to grieve.

Grieving might be feeling the excitement and anticipation of the holidays, as well as the sadness and other emotions at the same time. All feelings are ok, as the holiday season has changed for everyone in a different way because everyone grieves differently. Kids and teens need support, communication and connection even more during this time of year.

Upcoming Groups

Kids Grief Group
November 3 - December 15
Call for details

Teen Photo Group
October 29 - December 3
Call for details

Healing Circles offers groups for grieving children. For more information call Michon Davies at 303.604.5330 or email michondavies@trucare.org



Kids Take Part in Longmont Museum's Day of the Dead Celebration

In our Teen Day of the Dead Group, teens coping with loss connected with peers, shared stories and honored their special person by making a mask, sugar skull or personal altar box.

— WISH LIST —

**Model Magic
Pipe Cleaners
Small New Games**

...to fill "Busy Bags" for kids who have a special person at the Care Center. Please bring Wish List donations to our Grief Services Office Monday - Wednesday, 8:00 - 5:00 at 5565 Arapahoe - Suite A, Boulder (next to TRU Hospice Thrift Store)

Grief Services Staff

Tommi McHugh
*Clinical Coordinator
of Grief Services*

Shelli Worrall
Office Coordinator

Thad Frye
Adult Grief Counselor

Georgia Robertson
Adult Grief Counselor

Charley Rosicky
Adult Grief Counselor

Michon Davies
Children's Grief Counselor

Julie Thomas
Grief Group Coordinator

Contact Us

**Phone 303.604.5300
or visit us at TruCare.org**