



**W**elcome! 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](http://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](http://yourtango.com/experts/drlyndaklau-lifeunlimited)*



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

## 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

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.

### Ongoing Grief Groups

#### Bereaved Parents Group

Educational meeting with program and sharing, for bereaved parents only. Meets 2nd Wednesday 6:00 - 8:00 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 6:00 - 8:00 PM

#### Widowed Persons Service Group

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

#### 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.

## PIZZAZ! 2015

When you support PIZZAZ! 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.

Friday, September 18th

6:00 - 10:00

Marriott Westminster

(104th/Church Ranch & Hwy. 36)

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](mailto:abigailsmith@trucare.org) or 303.604.5389. Online registration will be available for you and your guests.

### Grief Group Locations

**Boulder Office:** 5565 Arapahoe Avenue, Boulder

**Atonement Lutheran Church:** 685 Inca Parkway, Boulder

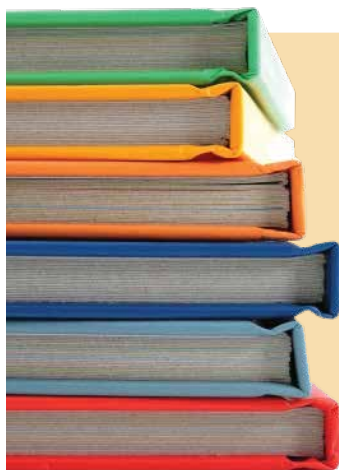
**Lafayette Office:** 2594 Trailridge Drive East, Lafayette

**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



### This Thing Called Grief

New Understandings of Loss  
by Thomas M. Ellis

### Honoring Grief

Creating a Space to Let Yourself Heal  
by Alexandra Kennedy, MA

### The Road to Resilience

by the American Psychological Association  
Available online at  
[apa.org/helpcenter/road-resilience.aspx#](http://apa.org/helpcenter/road-resilience.aspx#)

Image courtesy of antpk at FreeDigitalPhotos.net

**G**rief 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



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What TRUly Matters



## 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](http://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

# KIDS' CORNER

Grief Support for Children and Teens

## 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.

## 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 [janeslight1@gmail.com](mailto:janeslight1@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.

## 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

303.604.5300

Visit us at

TruCare.org

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



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