



We are thinking of you during your journey through grief. We are here to counsel and provide support to all members of the community following the death of a loved one. These seasonal grief support newsletters are also available to you, your friends and your community at trucare.org/grief. Please call us anytime for support at 303.604.5300.

Stuck at Home

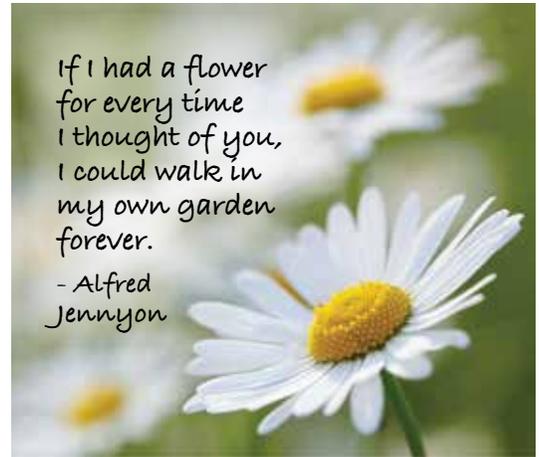
Being confined to the house isn't all that bad, but when your body wants to rest, sometimes your brain isn't having it. If you're a natural worrier, especially in times of stress and uncertainty, these days are a strange brew of both.

While many activities are cancelled for the foreseeable future, we haven't been granted a moratorium on our pre-existing hardships and anxieties. If you were struggling with grief before the pandemic, you're still struggling with it, except now you're stuck at home, and many of your go-to coping outlets may be inaccessible. During these times, a person may be more likely to reach for negative coping outlets like indulging, withdrawing, lashing out, denial, or giving up, which is why it's always good to have a grief coping back-up plan.

- Ask your therapist about teletherapy options if you haven't already. Even if you decide to do less frequent check-ins, knowing that you will have the chance to connect can be helpful.
- Even though journaling can't offer feedback, writing can help you to sort out your thoughts and express your emotions. Sometimes it's helpful to be able to externalize your internal struggles.
- Ask your therapist if he or she recommends any books related to the work you're doing in therapy.
- If you can't find support locally, look for online programs like support groups and webinar series. A benefit of accessing online services is that you can expand your search to include any programs regardless of location.

When you're spending most of your time in one place, it's hard to find distractions. Do what feels right for you, but remember to leave a little space for coping with your grief.

Adapted from "Grief Coping Alternatives for When You're Stuck at Home" by Eleanor Haley, Whatsyourgrief.com/grief-coping-alternatives-for-when-youre-stuck-at-home/



We're Still Here

Many businesses have closed their doors as we all take part in responsible social distancing. But that doesn't mean all commerce has come to an end.

Our grief counselors at TRU Community Care are still conducting business as usual thanks to technology. With telemedicine, or teletherapy, grief counseling is available - both as a one-on-one basis with one of our counselors, or within an online support group, facilitated by our trained staff.

TRU's grief counselors, Richard Mercer, Donna Heller, and Charley Rosicky will work with you to schedule a time to meet with them either through computer technology or by phone. They can help you set up the session if you're new to the telehealth world. The sessions will remain just as private and compassionate as they always have been.

Call our offices for counseling or to join a virtual group at 303.604.5300

Our adult grief groups 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. To register please visit trucare.org/grief or call 303.604.5213 for group information, times, and locations.

Ongoing Adult Grief Groups

Lafayette Grief Support Group

For those who have experienced the death of someone significant.

Meets 4th Tuesday
6:00 - 8:00 p.m.

Bereaved Parents Grief Support Group

Support meeting with program and sharing for bereaved parents only.

Meets 3rd Wednesday
6:30 - 8:30 p.m.

First Year Spouse/Partner Grief Support Group

For spouses or partners whose loved one's death has occurred within the past 12 months.

Meets 2nd Tuesday
6:00 - 8:00 p.m.

Spouse/Partner Loss Group

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

Meets 3rd Tuesday
6:00 - 8:00 p.m.

Widowed Senior Grief Support Group

For men and women who have lost a spouse or partner.

Meets 4th Wednesday
10:00 a.m. - 12:00 p.m.

Sudden Loss Grief Support Group

Support for those who experienced the sudden, unexpected loss of a loved one.

Meets 4th Monday
6:00 - 8:00 p.m.

Yoga After Loss Support Group

Exploring grief through yoga poses, breath work, and meditation. Future offering.

Boulder Hiking Group

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

After the Losses: Dementia Grief Group

For those who have experienced the death of a loved one to dementia.

Meets 2nd Wednesday
6:00 - 8:00 p.m.

Adult Structured Groups

Newly Bereaved Support Program

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

Offered monthly

Eight-Week Grief Support Group

For anyone who has experienced a loss.

Offered monthly

Writing Through Grief Support Group

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

Periodic offering based upon interest

Virtual Class

Join our TRU Grief counselors, Charley Rosicky and Heili Lehr when they present "Coping with the Death of a Loved One in 2020 – How COVID-19 has Impacted how we Grieve and Memorialize".

The webinar will be 10:30 a.m. to noon on Thursday, July 30.

For information on how to join the remote class, email griefservices@trucare.org or call 303.604.5283.



Lights of Life Holiday Remembrance Service Saturday, November 14, 4:30 to 6 p.m.

We invite you to remember someone who has been special in your life by lighting a candle in their honor.

For more details regarding location, visit TRU's website at trucare.org/community-events.

Online Support Groups

TRU is offering support groups online using the Zoom platform. The Newly Bereaved Group is held monthly and the 8-Week Grief Support Group is approximately every other month. The groups provide support and education as one walks the journey of grief – providing an understanding of grief, how to find support and understanding of the experience of loss, and adjusting to life after the loss of a loved one. This is a space where you can bring questions, concerns, and most of all, be able to speak your loved one's name.

Registration is required. Visit trucare.org/our-services/grief-services/ and open "Support Group Registration Form" or call 303.604.5213.



How Mindfulness Changes the Emotional Life of our Brains

Richard J. Davidson

ted.com/talks/richard_j_davidson_how_mindfulness_changes_the_emotional_life_of_our_brains_jan_2019

Responding to Change and Loss

Free downloadable toolkit in English and Spanish from the National Alliance for Grieving Children

childrengrieve.org/about-us/news/covid-19

Resilience by Charley Rosicky, LCSW

The natural human quality of resilience is in each of us. It shines forth in proportion to the difficulty in our lives. It balances our despair and frustrations with a sense of stability and gratitude. A resilient woman I know – I'll call her Juanita - had four adult children. One died of cancer, and another of Huntington's disease. A third child also inherited the disease and is in declining health. Juanita will be left with one of her four children, who, thankfully, is in good health. Juanita has suffered deeply, and wonders if she can go on.

I think everyone's resilience is different based on many factors. For Juanita, it comes in part from working as a nurse. She has practice in being around intense suffering. Her resilience also comes from her telling the story of her children, and expressing how she feels about it. She does that through arts and crafts, writing, and talking with friends, family and a counselor.

Her resilience also comes from her practice of keeping a gratitude book. She writes down five things for which she is grateful. Even if they are small things, calling to mind what one is grateful for can shift one's outlook on the day.

Dr. Lucy Hone researches the inherent human quality of resilience and has found it manifests in three skills. The first is reminding ourselves that pain and suffering are non-negotiable aspects of life for all of us. The second is choosing carefully where to put one's attention. It is in this second skill where Dr. Hone recommends learning to put one's attention on gratitude, like Juanita does with her gratitude book. The third skill is frequently asking "What am I doing or thinking that is helping me?" and doing more of those things, and asking "What am I doing or thinking that is harming me?" and gently working at doing less of those things.

Amazingly, despite all she's been through, Juanita is able to smile and laugh on a regular basis. This is a sign that, although her difficulty continues, she has good resilience. It has not come from wishful thinking. She nurtures it every day. Such resilience is always available to all of us. Thank goodness.

Dr. Hone's TED talk on these three skills can be found at ted.com.

Charley Rosicky is a licensed clinical social worker, and a grief counselor at TRU Community Care Grief Services.

Online Adventures

While you're waiting for the latest updates about COVID-19 social distancing rules, you might find yourself looking for something for you and your friends and family to do. If you've recently suffered a loss of a loved one, you know that some days are more difficult than others, but maybe there is way to help keep your spirits up. Online and virtual activities are only a keystroke away. You can log in to museum exhibits, zoos, aquariums, or online classes.

The Smithsonian Museum offers virtual tours of many of their branches of museums, including the National Air and Space Museum and the National Museum of American Television. Check out Smithsonian's National Museum of Natural History's narrated virtual tours at naturalhistory.si.edu/visit/virtual-tour/narrated-virtual-tours.

Observe wild animals in their own habitat when you tune in to the live webcam at Africam Tembe Elephant Park. Cameras are situated near various watering holes in the African bush and viewers are privy to a variety



of wildlife as they stop by for a drink. Go to africam.com/wildlife, and you might find a family of elephants or giraffes gathering at the shores.

If you want to get your brain working, there are free online classes offered through classcentral.com. You can find just about any subject you want, ranging from the origins of the universe, to mindfulness and memory, to quantum mechanics, and everything in between.

Grief During Isolation

While everyone is facing grief and loss in this time of the novel coronavirus pandemic, for children and teens who are grieving the death of a parent or family member, the grief is multi-layered. They have not only lost the structure and social network they knew, but they are carrying the grief for the beloved who died. In addition, they may be feeling the loss of events which brought them joy - sports, concerts, prom, graduation, birthdays and other celebrations. And all of these affect their emotional well-being.

Young children may exhibit their grief by becoming demanding or clingy. Physical complaints may also be present. Adolescents might display their grief by being more irritable, argumentative or withdrawn. What is compounding our children and teens' grief most though, is perhaps the social isolation. It's likely they weren't able to see their loved one prior to death or attend a memorial service, or are not even able to grieve with those friends and family who would normally be there for them.

Since it is unknown how the situation will end, this may lead to anticipatory grief and anxieties about future losses. Here are a few tips that may ease the pain of grief now and in the future:

- Stay connected.
- Find ways to express through journaling, drawing, painting, music, poetry, dance.
- Good self-care: enough sleep, exercise and healthy food.
- Modify and limit troubling thoughts.
- Parents have an ongoing conversation with kids.
- Develop a daily schedule.
- Transform grief and loss into the positive – finding new meaning in a new world.

Adapted from "How to help young people cope with grief and loss during COVID-19" by Eugene Beresin, MD; professor of psychology at Harvard Medical School. 5/7/2020

Healing Circles

For a schedule of our upcoming Healing Circles groups, please visit TRU Youth and Family Grief Support at trucare.org/our-services/grief-services/ or call 303.604.5330

Individual and Family counseling, as well as group support is available for all grieving children, teens and their families in our community. Information and presentations for community groups, schools and professionals are also available. For more information about our youth and family services, please call 303.604.5330.



Grief Services Staff

Raegan Gyorffy
Director of Grief and
Volunteer Services

Charley Rosicky
Adult Grief Counselor

Richard Mercer
Adult Grief Counselor

Donna Heller
Youth and Family
Grief Counselor

Reta Morrisette
Grief Group Coordinator

Terri Chance
Office 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
at trucare.org/donate.
Donations help provide
group resources and
materials.

TRU Community Care
is a nonprofit 501(c)3
organization.

We appreciate your
support.