



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.

Holiday Traditions and Memories

As the holidays approach, we find ourselves thinking of the loved ones we've lost and the happy times we shared with them over a turkey dinner or during a festive family gathering. We will never forget those who have left us, but we can prepare ourselves for the difficult memories that might be coming to the surface during this time of the year. Here are some tips and tricks for coping with grief that will hopefully make the holidays more tolerable.

Decide what traditions you want to keep, which ones you want to change, and those you want to completely toss out. It's okay to create a new tradition in memory of your loved one, like creating a "memory stocking," in which you and others can add favorite memories of the one you've lost. Open it at your holiday celebration or during an online get-together with friends and family and read them aloud. Some of them will make you cry, but some of them might make you laugh.

- ❄️ There's a chance that others will want to spend the holidays differently than how you plan to spend them. Tell others what you want to do and what you want to avoid. Be honest.
- ❄️ If material things seem less meaningful right now, skip or minimize gifts.
- ❄️ Ignore people who want to tell you what you "should" do for the holidays. Listen to yourself and trust your feelings.
- ❄️ Practice self-care: Make time for yourself during this hectic season and try meditating, listening to music, and journaling. Call a grief counselor or look into online bereavement groups.

Remember, it's okay to be happy. It doesn't mean you have forgotten about the loved one you are missing. Don't feel guilty for the joy you find this holiday season.

Adapted from "64 Tips for Coping with Grief at the Holidays" by Litsa Williams, whatsyourgrief.com/64-tips-grief-at-the-holidays/



Winter Lights of Life Memorial Service

This year, the annual Lights of Life service will be available to view all season on TRU's YouTube channel.

The online service will include readings, reflections, and time to remember.

With the YouTube presentation, you're invited to light a candle in remembrance of the person you've lost. The online streaming service will be accessible to you any time that is most comforting for you, whether you are gathered with friends and family or enjoying a quiet day alone with your thoughts.

Share the Lights of Life video with others while you share your memories and stories.

Please go to www.trucare.org/lights-of-life-2020 to find more information on this event.

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

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.

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

Introducing... The Overdose Loss Support Group

This group offers an environment to share the pain and suffering of addiction and the drug-related death of your loved one with others who understand.

Meets the 2nd Thursday of every month from 6 to 8 p.m., online via the Zoom platform.

For more information, call 303.604.5213.

Virtual Support Class

Join our TRU Grief counselors, Charley Rosicky and Heili Lehr for their online presentation, *Coping with the Holidays When You Are Grieving*, at 1:00 p.m., Thursday, November 5.

We will explore the tools necessary to take good care of yourself during the winter holidays while you are grieving a loss. The program is open to the bereaved as well as friends and family.

There is no fee but advance registration is requested. Call the Longmont Senior Center to register at 303.651.8411.

For more information, contact TRU Grief Services at 303.604.5300.

To bring about change, you must not be afraid to take the first step.
- Rosa Parks

Kites rise highest against the wind, not with it.
- Winston Churchill

Often when you think you're at the end of something, you're at the beginning of something else.
- Fred Rogers (Mr. Rogers)



Finding Meaning; The Sixth Stage of Grief

Audiobook read by the author David Kessler,
and nominated for a Grammy.

Becoming Radiant; A New Way to do Life

By Tom Zuba, author of
Permission to Mourn; A New Way to Do Grief

Negotiating Through Loss – A personal story

A current client of TRU's Grief Services who lost her brother earlier this year has been working with our counselor, Richard Mercer, for several months. He says they are winding down their sessions, although she appreciates a periodic "check-in" from time to time.

During her brother's illness and loss, Holly was going through her own changes, what she called a "gigantic life transition" in which she retired from a decades-long career and was moving overseas. Initially after her brother Steve died, Holly found that she was not acknowledging her grief. Her plan was to put it away and think about it later, but during a conversation with her sister, she realized that whatever the difficulty in her life was, it would be her responsibility to fix it.

Richard asked her to notice what her emotions were through this time and not to judge them.

"Richard observed how my brother and I had the same experience in our family, and we coped in different ways, which was a revelation, because my whole experience in our relationship had been how different we were".

Holly explains that her changes were dominating her emotional world.

"Be curious. Don't judge your emotions, just notice what they are."

"But instead of carrying the weight of buried, unacknowledged grief, anger, and frustration, I am negotiating this challenging new life, new job, new home, new city, new language and culture with Steve as a supporter and a sense that he is present and helping."

Grief is so much easier to carry, she says, if you aren't carrying it alone.

Classic Mac 'n Cheese... Warm food for a cold day

Long, wintry days seem more bearable with a little comfort food. Whether it's a pot of chili, warm gooey brownies, or a cup of old-fashioned chicken soup, no one can deny that a full stomach takes the chill off the day.

Ingredients:

- 16 oz. uncooked elbow macaroni
- 2 cups each shredded cheddar, Colby and Monterey Jack cheese
- ½ cup grated parmesan cheese
- 4 T flour
- 4 T butter
- 4 cups milk
- 2 t salt
- Pepper to taste

Directions:

Preheat oven to 350 degrees.

Cook macaroni according to directions.

Combine all the cheeses in a bowl, setting aside a half cup for later.

In a large saucepan, melt butter over medium heat and stir in the flour, mixing until smooth. Slowly add the milk while stirring until the mixture is creamy. Add in the cheese and stir until all the cheese is melted and combined. This takes a little time.

Add the cooked and drained macaroni to the cheese mixture and stir to combine. Pour into a 9x13 inch baking dish. Top with remaining half cup of cheese.

Bake for about 30 minutes or until bubbly. Garnish with chopped basil, parsley, or finely chopped jalapenos if desired.



Healthy, Stress-free Kids During a Pandemic

Donna Heller, M.Ed., M.A., ATR-BC

How do we manage to keep our children safe in a pandemic? First, start with the basics: we wear a mask, socially distance, and wash hands. In addition, according to the CDC, we should take our children to wellness visits, get their vaccines, keep them active, and socially connect them to family and friends by phone or video chats.

We can also help them cope with stress. The CDC has put out a Covid-19 "Parental Resource Kit" with tools to help you care for your child's mental health and well-being. It also provides a resource for toddlers on the "Essentials for Parenting Toddlers and Preschoolers" page.

In an article by Dr. Lisa Damour, an adolescent psychologist, best-selling author, *New York Times* columnist, and mother of two, she suggests we do the following:

1. Be calm and proactive. LISTEN and validate children's feelings. Explain to them that all of this is for their benefit as well as the benefit of the people around us – some who are more medically fragile or, due to age, more vulnerable.
2. Stick to a routine. Playtime, free time, chores and studies all need to be accounted for each day.
3. Get older children involved in creating a schedule or free time for activities. Make them a part of the decision-making process.
4. Help your child feel their emotions. If they are disappointed let them feel that. We don't have to fix their unhappiness.
5. Remember to check in with them and see how they are doing. Help them build a feeling vocabulary so they might better express themselves during this pandemic.

*Adapted from: <https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>
Source: [cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html)*

Healing Circles

Healing with Horses Grief Group

Kids and teens dealing with loss learn various ways to care for horses and to develop skills in a safe environment. They talk about grief, ways to remember their special person, and how to take care of themselves through their grief journey. During the pandemic, the group is offered in one-day sessions.

For information on upcoming session dates, the cost, and to register, please call TRU Community Care Grief Services at 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.

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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.