



Leaves of Change



Bereavement Newsletter from Whatcom Hospice—PeaceHealth St. Joseph Medical Center

Fall, 2017

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Grief and the Holidays—support and guidance offered



Special Seasonal Program

Choose the date and time that works best for you:

- **Thursday, November 2**
1:00—2:30 p.m.
- **Monday, November 6**
5:30—7:00 p.m.

**Held at the Hospice
Administration Office
Bereavement Room
2800 Douglas Ave
Bellingham, WA**

**Registration Required—Call
Michelle Walsh, 360-733-5877**

As the holidays approach, just thinking about facing special days may be overwhelming. The holidays will be different this year, and moving through them after the death of a loved one can be challenging. Thoughtful planning and sharing ideas with others may help you find some ease during this time. Whatcom Hospice invites adults of all ages to a time of sharing, learning and remembrance focused on finding your way through this season. There are so many questions that come to mind when a grieving person confronts the holidays. This special no-cost program is open to anyone in the community. It will be held on two different dates so that you may choose the date and time that works best for you. To register, contact Michelle Walsh, Bereavement Coordinator, mwalsh3@peacehealth.org or call 360.733.5877.

Join us for a time of remembrance to honor your loved ones

Whatcom Hospice invites you to our annual Celebration of Light service on Monday, November 13, 2017, from 4:00-5:00 p.m. Your friends and family are welcome to attend. Please bring pictures or a meaningful object to place on the memory table for the duration of the program. The program includes music, readings, reflections, candle lighting, and reading of the names of those we have loved and lost. Immediately following the service, join staff for refreshments and sharing. Held at St. Luke's Community Health Education Center, 3333 Squalicum Parkway, Bellingham, WA.

Grief Support Groups

A Gathering for the Newly Bereaved

This session offers the bereaved a starting point to receive support and lessen the stress of loss. Adults affected by a recent death are invited to a time of sharing and information. You may be feeling waves of intense and confusing emotions. You may question if what you are feeling is abnormal or wrong. We want you to know that what you are feeling is most likely normal and that you are not alone. Choose the day and time that works best for you to drop in and receive grief education and the opportunity to share with others.

Daytime: held the second Tuesday of each month, 10:00-11:30 a.m.

Evening: held the first Wednesday of each month, 5:30—7:00 p.m.

A Journey Toward Hope and Healing

This series is a six-week educational and supportive grief group for adults dealing with the death of a loved one. Here's a few testimonials from individuals who attended previous groups:

- "I learned that my grief is not me. It's something I'm going through."
- "The information and insights provided were extremely valuable and helpful."
- "It took me a long time to make the commitment to sign up for a group. I'm so glad I came."
- "There was trust in our group. I did not feel judged. I felt listened to."

Registration is open for the January six-week series that will begin on January 2, 2018. Contact Michelle Walsh, Bereavement Coordinator, 360-733-5877 or email: mwalsh3@peacehealth.org



The grief support groups are held in the Bereavement Room at Whatcom Hospice Administrative Office, 2800 Douglas Ave, Bellingham, WA. The Administrative building is across the parking lot from Whatcom Hospice House. The bereavement room is on the lower level of the building. Whatcom Hospice Foundation has generously created an inviting and serene space for groups and workshops.

Memory Keepsake Workshop

In grief and loss we often seek a way to stay connected to the individual who has died. Many of us keep articles of clothing that belonged to our loved one. The familiar colors and patterns in the clothing remind us of our loved one and hold our memories through the grieving process. Linking objects may be made from a treasured clothing item.



making your personal keepsake object. No sewing experience needed. Experienced sewers are encouraged to bring their own machines and we will

provide instructions and guidance. Families are encouraged to attend. The next workshop will be held on **Saturday, December 2nd, from 9:00 a.m. to 12:00 p.m.** For more information and to register please call Whatcom Hospice 360-733-5877 or email mwalsh3@peacehealth.org

Whatcom Hospice makes it easy for you to sew a special pillow or stuffed animal. We provide the supplies for assembling the object. You bring the special article of clothing. Join our hospice volunteer sewers in

The ideas and opinions in this newsletter are offered for your reflection only. We do not promote any particular philosophical or religious perspective. If you have comments, suggestions, or would like to submit a poem or article, please call Whatcom Hospice Bereavement Coordinator, 360-733-5877 or email: mwalsh3@peacehealth.org



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