



Willamette Valley Hospice
1015 3rd. St NW
Salem, OR
97304

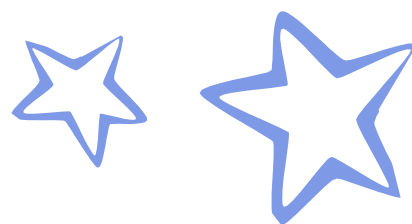
Bereavement Services

Jan Dupont
Bereavement Counselor

Lori Ensign
Bereavement Counselor

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Bereavement Counselor

(503)588.3600
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Coping with the Holidays Workshop

Holidays are a difficult time after the loss of a loved one. You may not feel like celebrating or you may need the opportunity to do something different. Attend this workshop at Willamette Valley Hospice to explore ways you and your family can honor the memory of your loved one during this season. Individuals children 5-18, and families are welcome.

Refreshments, crafts and a time of remembering will be shared. Please join us for this special time!

**Saturday, November 14th
9:00-12 noon**

at Willamette Valley Hospice 1015 3rd

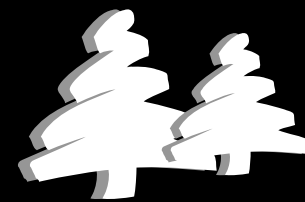
Willamette Valley Hospice Community Memorial Gathering



Join us for a time of remembering and reading the names of loved ones who have died. Refreshments and a time of gathering will precede the memorial.

**December 3rd
(Thursday)
From 3-5 pm**

**Willamette Valley Hospice
1015 3rd. St.
In West Salem**



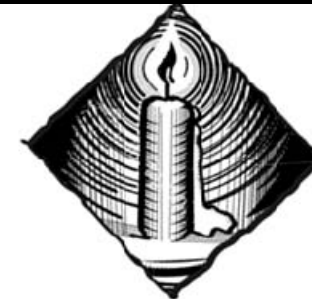
Holiday

Willamette Valley Hospice

Newsletter



Bereavement Services



Although you and your loved one will be far apart, may the spirit of the holidays comfort your heart and may it's message of peace be with you each day to help and guide you along the way.

The Greatest gifts between you and the

one you are now missing can never be worn out, weathered, exchanged or returned. For you gave each other something that can never be taken from you -A TREASURE OF MEMORIES.

Memories- how they hurt to think of them. Fond, beautiful memories made in love. What if they had never been made at all How much worse to have lived without them! No, you take those memories. Reminisce over them. Let them hurt. They'll probably always hurt. But it does get less.

And as priceless treasures of art become more valuable with time, so will the fondness you hold for those holidays memories you made. Give yourself a gift this holiday season— Peace, as much as you possibly can. Then share it with those you love. It will make beautiful memories for all of you.



UPCOMING SUPPORT GROUPS FOR ADULTS & CHILDREN

*Tuesday Evenings
6:00—7:30 p.m.
Jan. 19 - Feb. 23
At Willamette Valley Hospice
(1015 3rd. St In West Salem)*

Willamette Valley Hospice offers a variety of adult and child support groups that are designed to encourage, educate and empower individuals as they grieve the death of a loved one. Our support groups offer age-appropriate activities (for children ages 5 and up) and discussions (for adults) that build on the participants understanding of death (and the grief that follows) and provide tools for coping with loss in the future. If you are grieving the death of a loved one, we invite you to come share your memories and acknowledge your feeling of loss, so that you can rediscover the joy and meaning in your life.

*Please Call to register
(503) 588-3600*

For That I Am Grateful

It doesn't seem to get any better, but it doesn't get any worse either.

For that, I am thankful. There are no more pictures to be taken, but there are memories to be cherished.

For that, I am thankful. There is a missing chair at the table, but the circle of family gathers close.

For that, I am thankful. The days are shorter, But the nights are softer.

For that, I am thankful. The pain is still there, but it lasts only moments.

For that, I am thankful. The calendar still turns, the holidays still appear and they still cost too much. And I am

For that, I am thankful. The room is still empty, the soul still aches, but the heart remembers.

For that, I am thankful. The guests still come, the dishes pile up, but the dishwasher works.

For that, I am thankful. The name is still missing, the words still unspoken, but the silence is shared.

For that, I am thankful. The snow still falls, the sled still waits, and the spirit still wants to.

For that, I am thankful. The stillness remains, but the sadness is smaller.

For that, I am thankful. The moment is gone, but the love is forever.

For that, I am blessed.
For that, I am grateful... Love was once (and still is) a part of my being.

For that, I am living. I am living...

For that, I am thankful.
-Darcie D. Sims





Creating Your Own Holiday Memorials

- ★ Write a poem or story about your loved one
- ★ Buy your loved one a gift and give it to someone else
- ★ Hang a stocking in memory of your loved one. Stuff it with all your favorite memories or the things he/she brought to your life
 - ★ Create luminaries
- ★ Buy a living tree and plant it in your yard
 - ★ Tell your favorite stories about your loved one
 - ★ Serve a meal to someone less fortunate
- ★ Light a candle the same time each night
 - ★ Make a memorial candle
- ★ Make or buy a special ornament in memory of your loved one
- ★ Make a photo album of him/her
 - ★ Invite a special guest to your home for a meal
 - ★ Make a toast in honor of your loved one
 - ★ Observe a moment of silence or prayer



How Will I Get Through The Holidays?

Whatever your age, whoever has died, whatever the cause of death, holidays lived in the absence of someone dear can be very difficult times. Customary routines are ended, never to be repeated in quite the same way. Easy-going laughter, once so natural, may become awkward or even altogether missing. Gift giving may seem somehow empty and sad. Familiar songs may catch in your throat or bring tears to your eyes. Keeping in mind there has never been a loss precisely like yours, there are some general guidelines bereaved people have found helpful through the years. The following tips are suggestions to help through the holidays.

- ★ **Accept your pain.** This may or may not be a comfort but it is true: your pain is a sign you have been blessed to draw very close to another.
- ★ **Take charge where you can.** Do things that give you satisfaction.
- ★ **Feel whatever it is you feel.** Whatever you do this holiday time, do your best to claim your own feelings.
- ★ **Express your emotions.** Some cry long and hard, others cry hardly at all. Some talk, others tend to be quiet. Search for what works best for you.
- ★ **Plan ahead.** Realizing that this year's holidays will not unfold the way you wish, make plans to do the best with the circumstances you face. Give yourself the freedom to change plans as you go.
- ★ **Turn to others for support.** Be straightforward about what will assist you and what won't.
- ★ **Be gentle with yourself.** Avoid over-committing. Set easy to attain goals and congratulate yourself each time you achieve one.
- ★ **Remember to remember.** You can choose to honor your loved one with a ritual of remembrance.
- ★ **Count your blessings.** Remain open to appreciate what may be given to you during the holiday season.
- ★ **Harbor hope.** Hope that this loss can be integrated into your life and hope to be strengthened as a human being.



A word of Hope for the Holidays

When a person that you love dies, you travel a journey of death and grief and loss. No matter how much you prepare for this journey, it still comes as a shock, an uncharted and forbidding road to travel. When you begin the journey, there is no way to see the end. Even after months, it may seem as if you have not gone anywhere and that some moment of arrival, whatever that may be, doesn't really assist.

Holiday time can be an especially hard part of the journey. Even during ordinary years, holiday times bring out the best and the worst in us. But when you are grieving, nothing is ordinary. The pain of loss, the sense of loneliness, the feeling that "things will never be the same" might seem even more overwhelming. You may feel pressured to try and make other people happy no matter how you are feeling. And you may be angry as you see other families gathering and celebrating as if the world hasn't changed. You might wish the holidays would go away all together.

So how can you make it though the holidays this year and into the new year? Seek out ways to care for your heart and mind and body and spirit. Take as much time as you need to discover yourself and life again. And as you look back on your journey, when you are ready to look back, take time to be thankful for the gifts you discovered along the way.

A holiday wreath is a traditional part of holiday in many homes. This year try placing it on any table or fireplace mantel with three candles. When you miss your loved one, complete the activity below. You can use it year-after-year as a way to include your loved one in your holiday celebrations.

As we light these three candles in honor of you, we light one for our courage, one for our memories and one for our love.

- ★ *The FIRST light represents our courage -To confront our sorrow -To comfort each other -To change our lives.*
- ★ *The SECOND Light is in your memory -The times we laughed -The times we cried -The times we were angry with each other -The silly things you did -The caring and joy you gave us.*
- ★ *The THIRD light is the light of love. As we enter this holiday season, day-by-day we cherish the special place in our hearts that will always be reserved for you. We thank you for the gift your living brought to each of us.*

