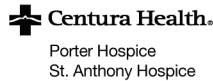


# Seasons of Grief

A quarterly publication from  
Porter Hospice and St. Anthony Hospice

Centura Health At Home



strength

compassion

hope

innovation

expertise



VOLUME 92 | January | 2012

## *In this Issue:*

**Signs of Healing**  
PAGE 1

**Quarterly  
Bereavement  
Education  
Calendar**  
PAGE 2

**Tapestry of Honor**  
PAGE 2

**Upcoming Grief  
Groups**  
PAGE 3

***To find out  
more about  
bereavement  
services  
through Porter  
Hospice and  
St. Anthony  
Hospice,  
please call  
303.561.5100***

## *Signs of Healing in Grief*

In light of a new year, the Bereavement staff of Porter Hospice and St. Anthony Hospice wish you healing in grief. The examples below will hopefully give grievers a sense that they indeed are making some progress as these are definite signs of healing in grief:

### **You begin to look outside yourself.**

You have enough energy to cope with your own grief but still have something left for others.

### **You can live with your emotions.**

Your emotions are not as intense as they once were, and you are more comfortable in expressing them.

### **You begin to have time without emotional stress.**

The many days of constant emotional turmoil begin to lessen, and you adjust to this change as well.

### **You are comfortable with your grief.**

You learn that a shared emotion is a lessened emotion.

### **Depression does not follow exposure to grief.**

Sadness very often is present for you, but it does not control your life.

### **Socially conditioned behavior returns.**

You are more comfortable resuming traditional ways of being in the world.

### **You realize that you did your best.**

You recognize that no one is perfect, forgiving yourself if you felt guilty, forgiving others if blame had been ascribed.

### **You find glimpses of meaning in life.**

After someone dies, all meaning can seem to disappear from your universe. As it returns, it is an amazing discovery.

### **You start to plan for the future.**

In time (no two people will be on the same timeline), you start looking forward to family gatherings, to exploring new interests, and to engaging with new friends.



# Quarterly

## BEREAVEMENT EDUCATION

*From Porter Hospice and St. Anthony Hospice*

### **“Is it Grief or Depression? How to Tell the Difference”**

**Presented by Joan Hummel, LCSW, Porter Hospice & St. Anthony Hospice Grief Counselor**

**Wednesday, February 15, 2012**

at three different locations

1:00-2:30 p.m.

The Gardens at St. Elizabeth  
14th Floor Multi-Purpose Room  
2835 W. 32nd Ave., Denver

4:00-5:30 p.m.

St. Anthony Hospital  
Auditorium A & B  
11600 W. 2nd Place, Lakewood

7:00-8:30 p.m.

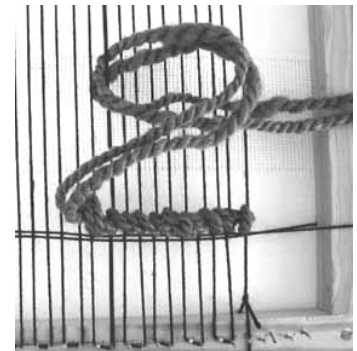
Porter Adventist Hospital  
Twin Peaks Conference Room  
2525 S. Downing St., Denver

Grief and depression share some similar features. Many people are uncertain as to whether what they are experiencing in grief is something more serious than a “normal” response. Join us as a framework is given to help distinguish between grief and depression. Attendees will learn about specific characteristics that separate grief from clinical depression.

Bereavement Education is a quarterly seminar for grieving people to learn about grief and coping with loss. It runs the 3<sup>rd</sup> Wednesday of February, May, August and November at locations in northwest Denver, Lakewood and south Denver. There is no fee and no need to RSVP.

### **Tapestry of Honor – A Creative Grief Group for Memorializing**

This four week art group will be focused on creating a weaving in honor of your loved one. During this time, aspects, characteristics, and memories of your loved one can be acknowledged, celebrated and integrated into a memorial art piece. By doing the weaving, one can reflect on how the ups and downs of the active grieving process can lead to a sense of resilience and strength. This group would be appropriate for those who have experienced a loss at least four months ago. As with any creative endeavor, no art training/skill is necessary to join! Come with ideas, a photo or two, and perhaps some mementos that you would like to include in your weaving of honor.



**The Winter Group is full, but please contact Art Therapist Gretchen Norman  
of the Porter Hospice and St. Anthony Hospice Bereavement staff  
at 303-561-5725 to get on the waiting list for a Tapestry Group in early spring!**



# Winter and Early Spring 2012 Grief Groups

## **Newly Bereaved Grief Group**

for those with losses in the last 3-4 months  
Wednesdays, January 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> 6:30 to 8:00 p.m.  
to be held at Porter Hospital in South Denver

Pre-registration is required – call Joan Hummel at 303-561-5705

*Please note: Another group will be held in March!*

## **Evening 6-week Grief Group at Porter Hospital**

for those with losses occurring 3 months before the group starts  
Wednesdays, January 25<sup>th</sup> through March 7<sup>th</sup> (skipping February 15<sup>th</sup>)  
6:30 to 8:30 p.m.

To be held at Porter Hospital in South Denver

Pre-registration is required – call Joan Hummel at 303-561-5705

## **Evening 6-week Grief Group at St. Anthony Hospital**

for those with losses occurring 3 months before the group starts  
Tuesdays, February 7<sup>th</sup> through March 13<sup>th</sup>  
6:30 to 8:30 p.m.

To be held at St. Anthony Hospital in Lakewood

Pre-registration is required – call Gretchen Norman at 303-561-5725

## **Daytime 6-Week Grief Group**

for those with losses occurring 3 months before the group starts  
Mondays, March 5<sup>th</sup> through April 16<sup>th</sup> (skipping March 26<sup>th</sup>)  
9:00 to 11:00 a.m.

To be held at Porter Hospital in South Denver

Pre-registration is required – call Joan Hummel at 303-561-5705



## OUR MISSION

We extend the healing  
ministry of Christ by  
caring for those who are  
ill and by nurturing the  
health of the people in  
our communities.

Join us for Soup for the Soul, a delightfully warm and welcoming benefit to support Porter Hospice and St. Anthony Hospice. On February 23rd, more than 15 of Denver's best restaurants will be ladling up gourmet soups and appetizers to community members. Besides great eats, there are tables of spectacular, one-of-a-kind finds in the silent auction.

**Thursday, February 23, 2012**  
**5:30 p.m. to 9:00 p.m.**  
**Sheraton Denver Downtown Hotel**



All proceeds from Soup for the Soul benefit Porter Hospice and St. Anthony Hospice. Come to this amazing event that benefits those in our hospice programs—body, mind and spirit. It'll fill your soul.

**For more information or to purchase a ticket online visit**  
**[www.SouportheSoulDenver.org](http://www.SouportheSoulDenver.org)**

 **Centura Health at Home**  
Porter Hospice | St. Anthony Hospice

**Centura Health**  
**Centura Health at Home**  
**1391 Speer Boulevard, Suite 600**  
**Denver CO, 80204**

**Return Service Requested**

**Non-Profit Org.**  
**U.S. Postage**  
**PAID**  
**Denver, CO**  
**Permit No. 152**