



Circle of Life
Community Hospice

NEWSLETTER
2024

JANUARY
FEBRUARY
MARCH

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Circle of Life Hospice

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CAREGIVER SUPPORT GROUP

Are you a caregiver in need of support? Join our Circle of Life Caregiver Support Group, a safe space for caregivers to share, connect, and find understanding.



ANTHEM WELLNESS CENTER

January 30, 2024

**294 E. Moana Ln. Suite B25
Reno, NV 89502**

3:30 - 5:30 PM

SCAN THE QR CODE TO REGISTER



Contact Us
775-827-2298



Circle of Life Hospice

www.colhospice.com



RENO

**Grief Support Groups are open to the community free of charge.
Groups are held the 1st and 3rd Tuesday of every month
from 3:30 - 4:30 pm**

1575 Delucchi Ln Ste 214 Reno, NV 89502

P: 775-827-2298

January 2nd

January 16th

February 6th

February 20th

March 5th

March 19th

FALLON

Fallon Grief Support Group

Holy Trinity Episcopal Church

507 Churchill St Fallon, NV 89406

PLEASE CONTACT TRUDY 775-750-2186

FOR MORE INFORMATION

ANGUISH

Anne S. Perrah

The news over the phone
took me down to my knees.

"No...no-no-NO!"

Then, I found I couldn't speak —
like a fist had hit my belly so hard
it knocked the breath out of me.

I dropped the phone;
the room fell away.

At first, no sound came; I sat there,
strangely rocking, my arms around myself.

There are so many words
— and no words — for such news.
Instead came a keening siren of pain
like I'd never heard from inside me,
'til this news.

Eventually, someone came
to gently gather shattered
pieces of me off the floor;
stayed with me 'til I was breathing again,
knowing a torrent of tears would follow.

A grounding Presence —
one who'd seen anguish before;
been down that long, rough road,
and knew the winding way home.

Love's Gift of Grace.





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Candlelight Ceremony

February 1st 2024



6:30pm - Light Refreshments

6:45pm - Ceremony

- Ross, Burke & Knobel-

2155 Kietzke Ln Reno, NV 89502



Please join us in celebrating and honoring the lives of your loved ones. Come together with others to remember and "Say their Names."

Please RSVP by scanning the QR Code below



"Honoring those whom we've deeply loved"



THE DAY I STARTED TO FEEL *Joy*

By **Michelle Cagle, Administrator**
Circle of Life Hospice

It wasn't guilt I felt on the day I first realized I was experiencing joy again. No, there is very little room for guilt in a heart that has been shattered. Hope.... it was hope I was beginning to feel.

Hope that I will make it.

When you work in, and educate on End of Life issues one would expect that you're immune to loss. It's quite the opposite. We just don't live in denial that death will come to all who live and certainly we are more adept in having these difficult conversations.

I remember losing my father over twenty years ago, and thinking, "I have to stay strong for Mom." I was in my late twenties and beginning to start a family of my own. When losing my very best friend in life, my dear mother a mere seven years later, I remember drawing on the same purpose, "I have to stay strong for my children", whom were very young still. My daughter was 7, and my son 4. It surely wasn't as easy as my first major loss, as now I find myself an orphan before the age of forty.



This loss took longer to recover from, but I found myself year by year getting stronger and able to help others, which I know now had a great impact on my journey to heal. I feel these losses have made me a better friend, person and mother, made me cherish life and teach my children that tomorrow isn't promised. In a way, I believe I was subconsciously teaching my children to one day be able to live without me and if we laughed and loved, living each day to the fullest, we'd have no regrets. Well, I was right.

What I wasn't expecting or ready for, was the phone call I received on June, 21, 2017 that my almost 17 year-old son died suddenly in a horrific car accident. In my shock and in my first few days (could have been weeks) I continued to hear my voice, telling me; "You have to stay strong for your daughter now."

Followed by; "Could the day ever come where I have no loved ones left to be strong for, to continue to live for?" I pray not.

Of course I had days where I questioned "why?", I still do. Why has it been my destiny to lose so many of those that were so important to me? I can describe the pain I felt when I lost my father, then my mother, but I do not believe I could ever describe the pain of losing my son. I will never be okay with this loss. But, once again I find myself knowing that I have to carry on. He'd want that for his mother (He loved me very much and never missed a chance to tell me). Some days are easier than others, as I busy myself in my work and attempt to do the best I can each and every day.

The one thing I am most grateful for is the team of loving professionals I am blessed to work with at the Circle. As I ready for work each day I know I will see our caring Social Workers, Spiritual Counselors and Bereavement Coordinator. I may not turn to them for help often, but I know they are there and that they truly care. I glean their advice for self-care and am learning balance and recognizing signs for when I need to re-fuel.

Perhaps I am still in a little shock and that may be a good thing, a loss this big cannot be digested quickly and easily. The one thing that stands out for me in the early days after my son died was that I felt zero joy and even less hope.

I know my journey is ongoing, but with the help of loving friends, family and self care, I continue to make it. There is joy and hope after loss, albeit scarce and scattered. At times, you have to be willing to look for it and cherish it, however small and sporadic. Guilt has no place in this process.

Life has to and does carry on. I now have two beautiful granddaughters ages 5 and 3 yrs old. The joy these babies bring is indescribable, not to mention watching my daughter grow into a beautiful wife, mother and friend. I'm positive her brother is beyond proud!!

I highly recommend taking advantage of the Circle of Life Hospice's community grief and bereavement program. It is free and open to the entire community.

Keeping the Love Alive

Anne S. Perrah, PhD., COL Hospice Volunteer



In a Ceremony of Blessing for a girl child who had died, guests were invited to participate in a process of sharing stories and remembrance relating to their love for this precious, beloved child. They were invited to spend a few minutes in silent reminiscence on a few questions, then to write their responses on a special 'Page.'

"How has [she] blessed your life? Share something you love about [her]. How has [her] life mattered in yours? How will you be remembering [her] in a way that keeps the Love alive?"

At completion of the Ceremony, the Pages were gathered into a Keepsake for the Family.

Stories that survive a lifetime — stories that become part of one's 'body of knowledge' — are those that can be remembered by others. When called forth, they are entertained by the heart, and become available to teach us once more. A story that touches our hearts is likely to be one that carries forward and delivers an impulse of life energy, an emotional surge, a surprising synchronicity, or a bright flash of Truth. As it resonates in our hearts, it becomes a part of us, and connects us to each other. I deeply believe that the wisest and best of such stories carry within them the potential for healing.

Healing stories go to the heart of the matter. The following two are precious and meaning-full family memories I love sharing.

An Amazing Gift of Grace: The Julie and Nicolas Story

My first-born daughter, Julie, died in a fire, in July of 1985.

Some years later, my youngest son Gregg met and fell in love with a lovely young woman named — of all possible names — Julie. As the date for their wedding approached, Julie asked to talk with me. She graciously asked me if I would be okay with her taking my son's name in marriage, given that doing so would make her "Julie Perrah." I took in the import of her question, gave her my blessing, and welcomed a new 'Julie' into the family.

Several years passed. Then came the day I got the phone call most every mother waits and hopes for: "Mom, guess what? We're having a baby!" There was a pause, then Gregg added, "Mom, guess what our due date is." He took a beat. "July 5th." I got teary-eyed. Julie Perrah was scheduled to have her first child on the anniversary of the day **Julie Perrah** died! What we made that "coincidence" mean was that big sister was looking in on all of us and smiling. She was sending a clear message that there was an angel on its way to watch over her little brother Gregg.

Ironically, as it turned out, Gregg and Julie Perrah's baby did not arrive on July 5th after all. Instead, their son, Nicolas, insisted on arriving five weeks "prematurely." Instead, he came into this world on June 1st — his Aunt Julie Perrah's birth-day!

There is no way anyone in our family would ever be convinced that those two dates — out of all the 365 possible — were a “coincidence!” Speaking for myself, for then and to this day, I believe that our young Nicolas has been a blessing from beyond this world. A Gift of Grace.

Another Gift: The Story of Julie’s Namesake

One afternoon in May, while on playground duty at my SoCal Montessori school, I noticed a young woman approaching, obviously “great with child.” As she walked toward us, I could see that she was looking straight at me. I watched her with mild curiosity. I did not recognize her, but it was plain from the smile on her face, she somehow knew me. Stopping in front of me and, seeing my perplexed expression, she asked, “You don’t know who I am, do you?”

“Not yet, but if you’ll tell me your name, that might help jog my memory.”

“Crystal Max.”

“Oh, my goodness, of course — I know that name! Crystal! You attended school here, quite a while ago, didn’t you?”

“That’s right. I went here when Julie was here. She was my favorite teacher.” We shared a warm hug, baby bulge gently wedged between us.

Crystal had come to talk with me, because she had something to tell me that was very important to her. She had learned about the fire, which was even more reason that this news was something she thought I would appreciate knowing.

First, Crystal wanted me to know how much Julie meant to her. She shared that she remembered learning how to read at our Montessori, though, interestingly, she could not remember actually being ‘taught.’ It seemed like Montessori magic, but as a child she had attributed that ‘magic’ to Julie. She recalled fondly how Julie would let Crystal brush her long hair as they sat on the after-school playground.

Crystal had decided long ago that when she grew up she wanted to become a teacher, like Julie. She wanted me to know that, inspired by my daughter, she was about to complete her college teaching credential, to become the teacher that she dreamed of being as a child! A touching story, yet there was more.

From her purse Crystal handed me a picture, a copy of the most recent ultrasound of her baby: a precious image of a child in utero, obviously sucking her thumb! Crystal was giving me this image for a reason: with my blessing, she would name her daughter Julie! Of course, I cried for joy!

More joyful tears were shed when visiting the hospital. I shared in the celebration as baby arrived, ‘synchronistically,’ first week of June, the same week as her namesake, my daughter Julie’s birthday. A healthy, beautiful girl-child: Julie Crystal.

During & beyond lifetimes, we touch each other’s lives

in ways we may never know.

There is what happens, & there is what we make it mean.

As often as we can, let’s look for the Love-Gift in the experience.



PRESENTED BY



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Celebrate with your valentine or just spend time with yourself with a fun 4 mile run through the heart of Reno. This is a great course to enjoy running, jogging or walking.

Following the run, enjoy a post race celebration inside the Reno Ballroom. All participants receive the following:

- Custom Race Bib
- Timed Event with Official Results
- Run 4 Love Beanie
- Run 4 Love Finisher Medal
- Professional Photography
- Post Race Reception inside the warm Reno Ballroom



**SUNDAY
FEB. 18**



9:00 AM



**401 N. CENTER ST
RENO, NV**

RENO RUN 4 LOVE BENEFITS



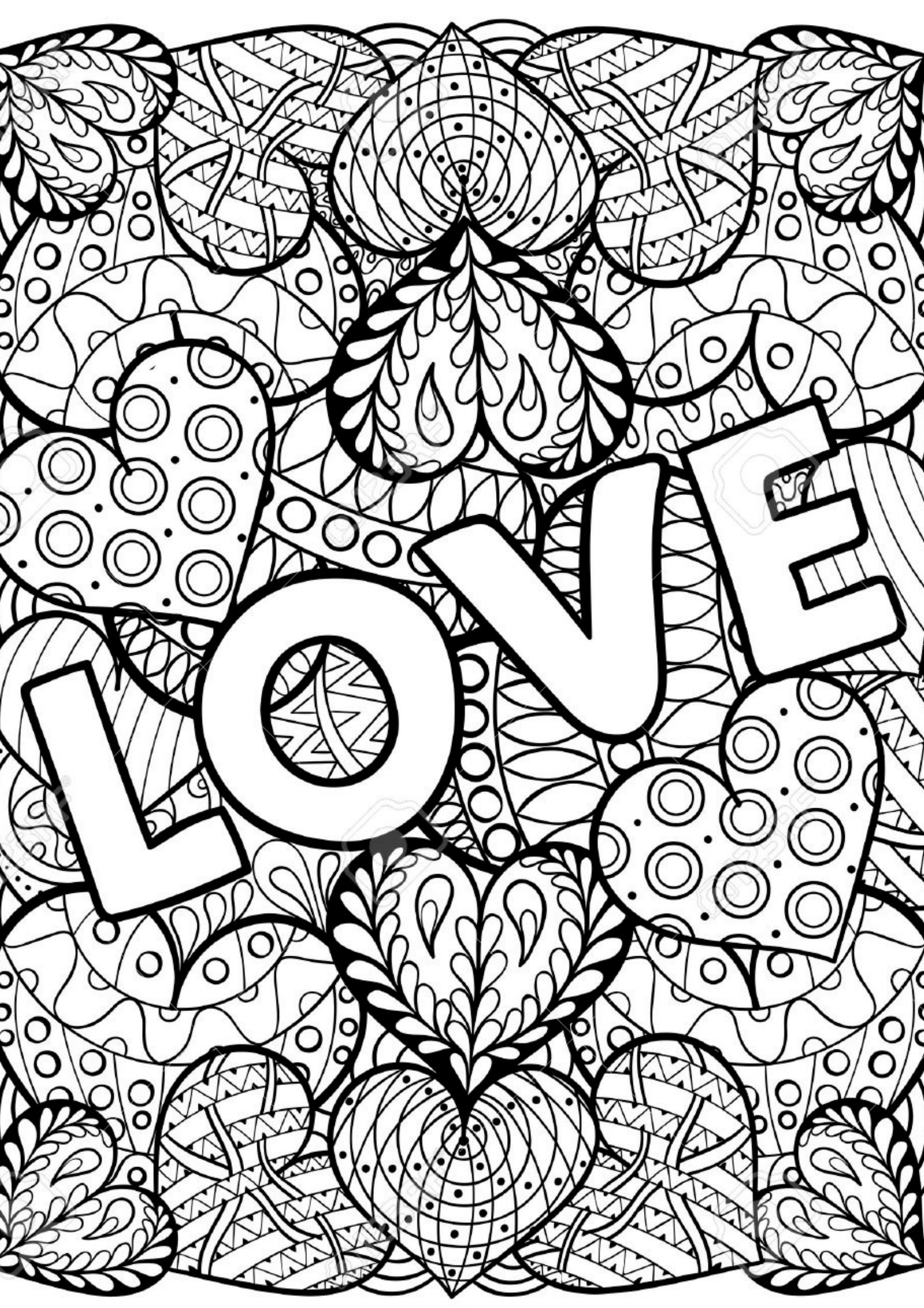
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- FOUNDATION -



*More info at: www.renoraces.com
Last day to register is Feb. 15th*







1575 Delucchi Ln Ste 214
Reno, NV 89502

If you notice an error in your name or address or if someone else in your family would like to receive our mailings, please contact Circle of Life Community Hospice at 775-827-2298.



In Loving Memory of:
Clay Dalton Cagle
08/14/2000 - 06/21/2017