



*Circle of Life
Community Hospice*

NEWSLETTER
2024

APRIL
MAY
JUNE

WWW.COLHOSPICE.COM



Circle of Life Hospice

WWW.COLHOSPICE.COM



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

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

3:30 – 5:30 PM

DATES FOR 2024

January 30th
April 23rd
July 23rd
October 22nd



Contact Us
775-827-2298



Circle of Life Hospice

www.colhospice.com

WHAT IS GOING ON WITH ME?

Jesse Blackburn/Chaplain
Director of Spiritual Care & Bereavement Services
Circle of Life Community Hospice

When you have experienced the loss of a loved one or any type of emotional trauma, the ability to concentrate or stay focused can greatly diminish. You can experience things such as staring off into nowhere, forget where you parked the car or have bouts of emotional and physical fatigue. Rest assured that this can be a very normal grief response.

The loss and trauma you have experienced can affect your entire being. You are in a state in what is called emotional shock. The good news is that you are not losing your mind and you will regain emotional balance in time. I am asked what that timeline looks like, however the truth is... it's different for everyone. Please remember to be easy on yourself and do things to help the process, such as:

1. **Write everything down to keep frustrations to a minimal.**
2. **Journal your feelings.**
3. **Allow others to help you during this time.**
4. **Use calendars and even timers to help you remember things.**
5. **Eat as healthy as possible and take vitamins that are recommended and approved by your doctor.**
6. **Try to get rest as much as possible and don't be afraid to make an appointment and discuss your emotional and physical state with your primary physician.**
7. **And of course remember that Circle of Life has bereavement support group services not only for our bereaved, but also open for our community at no charge.**

Even though it may not look like it now, you will get through this in time with the care and support of others.





Circle of Life Hospice

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Death Café



PLEASE JOIN US FOR TEA, COOKIES, LUNCH, AND INTERESTING, CONFIDENTIAL DISCUSSIONS ON DEATH, DYING AND LIVING.

THIS IS A FREE EVENT.

LEARN MORE AT DEATHCAFE.COM.

GOALS OF AN END OF LIFE DISCUSSION:

TO HELP PEOPLE BE MORE COMFORTABLE WITH THE MANY FACETS OF DEATH AND DYING, OVERCOME THEIR FEARS ABOUT DYING, UNDERSTAND THAT ONLY BY EMBRACING DEATH CAN ONE FULLY LIVE.

May

3RD

1:00 - 3:00 PM

**SPARKS SENIOR
CENTER**

97 RICHARDS WAY

SPARKS, NV 89431

775-827-2298 | WWW.COLHOSPICE.COM

POEMS

IN LOVING MEMORY OF A SPECIAL DAUGHTER

UNKNOWN AUTHOR

The day you left and gained your wings
My heart just broke in two
I wish you could have stayed with me
But Heaven needed you

You left me with the memories
And I love you dearly still
No matter how much time goes by
You know I always will

You were a very special person
With kindness in your heart
And the love we had together
Grows stronger now we're apart

I know I cannot bring you back
Although I wish it everyday
But a piece of me went with you
The day you went away

WE ONLY WANTED YOU

UNKNOWN AUTHOR

They say memories are golden, well maybe that is true
We never wanted memories, we only wanted you.

A million times we needed you, a million times we cried.
If love alone could have saved you, you never would have died.

In life we loved you dearly, in death we love you still.
In our hearts you hold a place no one could ever fill.

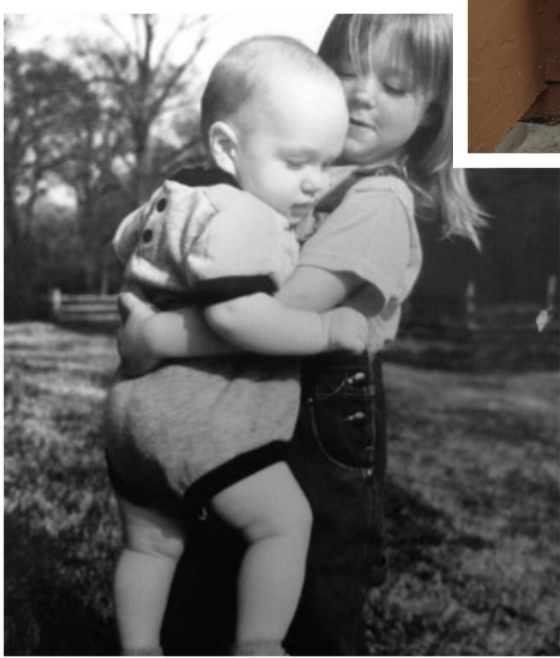
If tears could build a stairway and heartache make a lane,
We'd walk the path to heaven and bring you back again.

Our family chain is broken and nothing seems the same.
But as Spirit calls us one by one, the chain will link again.

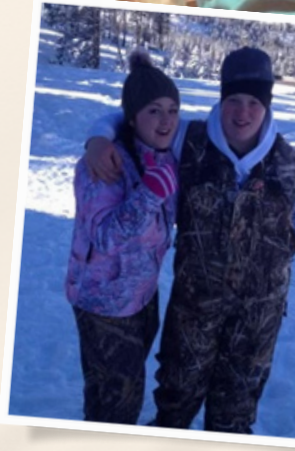
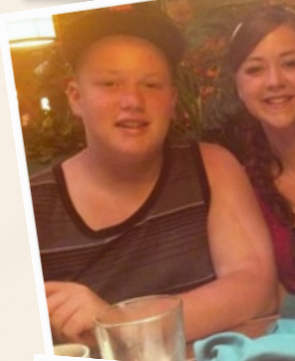


Finding Joy Amidst Sorrow

By Bobbi Downs



"There'll be happiness after you, but there was happiness because of you" -TS



I heard these words playing through my car speakers as I drove my oldest daughter to school one morning, and I immediately thought of my little brother. I was reminded of all the joy and love he brought into this world, how his smile lit up a room, and how his laugh could make even the saddest person grin.

In the pits of early grief those first days, months, and even years, happiness is not always something that seems attainable anymore. Slowly, little moments of peace will start to fill your days until joy surrounds you more often than pain. There was such happiness in this world when my brother was physically a part of it. There has also been such bliss after he passed. These two things can be true.

Almost 7 years have passed since he left this world to join another. In that time, so many truly wonderful and amazing things have taken place in my life. I have married my amazing husband, I have had the privilege to watch my two beautiful daughters grow, and I have spent 7 years creating joyful memories with my family and friends. Still, I have grieved and felt heavy sorrow as I miss my brother in this life.

When I first lost my brother on the first day of summer in 2017, the pain and grief that consumed me had convinced me for many months that I would never enjoy life again. While it is true that the person I was on June 20th will never be the same as the person I am now, the grief doesn't hold me hostage the way it used to in those early moments. There has been happiness in my life since that day, and the happiness that Clay brought into my life has carried me through.

If I could tell anyone experiencing grief in those very early days, it is that it's not time that makes things easier. It is the happiness that eventually fills those empty spaces. The pain stays the same, the longing and the grief stay with us, and that's okay because it is the physical proof of the love we shared with the person we've lost. The happiness that coexists with the grief is what carries us on the toughest of days on our lifelong grief journey.

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



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SPRING FLING *Dance*

Get ready to put on your dancing shoes and twirl the night away at our Spring Fling Dance! Whether you're a seasoned dancer or just looking to have a good time, this event is perfect for seniors who want to enjoy music, delicious appetizers, and create lasting memories with friends and loved ones.

FRIDAY

17
MAY
2024

5:00 - 6:30 PM



DOORS OPEN AT 05:00 PM
1155 E 9TH ST RENO, NV 89512

FREE ENTRY

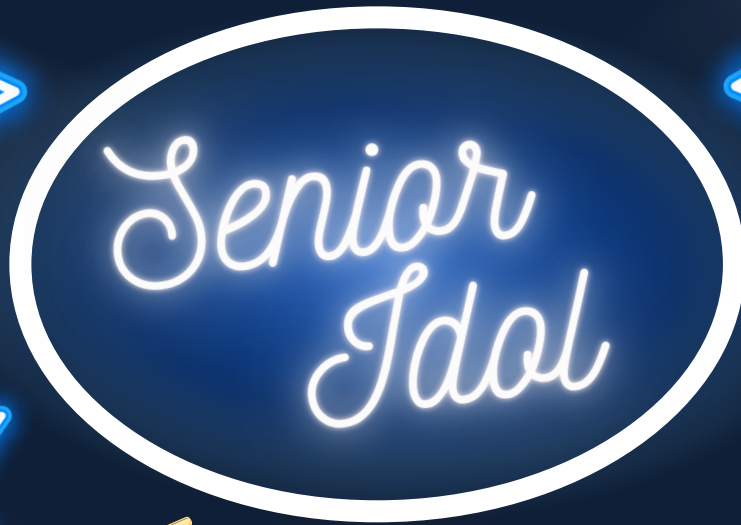
FOR MORE INFORMATION VISIT
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FREE

2024

TALENT CONTEST

1ST
PLACE
\$250

May 21st

May 28th

June 4th

2ND
PLACE
\$125

FINALE June 11th ***FINALE***

3RD
PLACE
\$75

Reno Senior Center

1155 E 9th St

Reno, NV 89512

1:00 - 3:00 pm

OPEN TO THE
ENTIRE
COMMUNITY

SHOW OFF YOUR TALENTS DURING OUR PRELIMINARY ROUNDS HELD OVER THREE WEEKS. WHETHER YOU'RE A SINGER, DANCER, MUSICIAN, COMEDIAN, OR HAVE ANOTHER SPECIAL TALENT, WE WANT TO SEE WHAT YOU'VE GOT!

SELECTED PERFORMERS WILL RECEIVE A COVETED GOLDEN TICKET, GRANTING THEM A SPOT IN THE GRAND FINALE. THIS IS YOUR OPPORTUNITY TO COMPETE FOR THE TITLE OF SENIOR IDOL CHAMPION AND WIN EXCITING PRIZES!

FOR MORE INFORMATION CONTACT US AT 775-827-2298



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WE HONOR VETERANS



★ CIRCLE OF LIFE HOSPICE IS PROUD TO BE A ★
★ PARTNER OF **WE HONOR VETERANS**, A ★
★ PROGRAM OF THE NATIONAL HOSPICE AND ★
★ PALLIATIVE CARE ORGANIZATION IN ★
COLLABORATION WITH THE DEPARTMENT OF
VETERANS AFFAIRS.

HAVE QUESTIONS ABOUT HOSPICE CARE? UNSURE IF YOU OR A LOVED ONE QUALIFIES FOR OUR SERVICES? REACH OUT TO US AT 775-827-2298. WE OFFER COMPLIMENTARY ASSESSMENTS WITH NO OBLIGATION.



THE SEASONS OF GRIEF: WINTER TO SPRING

COPE CLINICAL DIRECTOR AMY OLSHEVER, PHD, LCSW

There are crocuses in the yard.

How did spring sneak in so stealthily? You may not feel ready for spring. Winter might have felt as if it fit your mood, your grief. Now there are flowers in the yard and a garden to tend. Things are growing. Life marches forward, even when we aren't ready. Spring reminds us of this.

When grief hits it's like a winter of the soul. Parts of us freeze in time. Not dead, but dormant. Pain blankets our emotional landscape like a fresh snow. It smothers greenery and muffles sound. Parts of us peak out, foraging to survive. It's a state of emotional survival. Oddly, at some point there is comfort in not having to grow, expand, or reach for the sun.

You may not feel ready, but it could be time to step into the sun. We are never fully healed. But it may be time to embrace the idea that life moves forward. It could be time to plan for the future again, not just survive the day. Within you are gifts and talents to share and give back to the world. By stepping back out into the sun you may be able to fulfill your mission, purpose, and dreams.

Love means wanting the best for each other. Whether it's your child, parent, grandparents, sibling, husband, or wife, we seek to lift up our beloved and give them happiness. That's simply the nature of true, healthy, love. If something were to happen to you, wouldn't you want your loved ones to live a life of fulfillment and joy? Our lost loved ones want that for us too. They want us to be happy and even find new love. We honor them by rejoining life and growing again.

Life is a cycle. It doesn't reach a set point and stop, even when something horrible happens. New days dawn and seasons pass, both on the calendar and in our soul. As they do, healing continues, but in new ways, ones that include personal growth and respecting the wishes our loved ones had for us.

Looking out at a bright day and the beginning blooms it may be time to accept spring. Your winter of grief served its purpose.

Stepping outside lift your face to the sun and feel both warmth and tears.

<https://copefoundation.org/the-seasons-of-grief-winter-to-spring/>

