



*Circle of Life
Community Hospice*

NEWSLETTER

2023

OCTOBER
NOVEMBER
DECEMBER

WWW.COLHOSPICE.COM



*Circle of Life
Community Hospice*

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.

October

6TH

12:00 - 1:30 PM

**OSHER LIFELONG
LEARNING INSTITUTE**

604 WEST MOANA LN

RENO, NV 89509

**Space is limited and you must register through
the QR code to participate**



University of Nevada, Reno





*Circle of Life
Community Hospice*

RENO

**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

Oct 3rd

Oct 17th

Nov 7th

Nov 21st

Dec 5th

Dec 19th

FALLON

Support groups are held the 4th Wednesday of every month

Holy Trinity Episcopal Church

507 Churchill St Fallon, NV 89406

5:30 pm

Oct 25th

Nov 22nd

Dec 27th





GRIEF DOESN'T END IF YOU HAVE LOVED DEEPLY

BY JESSE BLACKBURN
DIRECTOR OF SPIRITUAL CARE
& BEREAVEMENT SERVICES

I received a call from a bereaved individual who experienced the loss of a loved one on our services. She said to me "Jesse... I was at work today and out of nowhere I started crying and couldn't keep myself together. I felt embarrassed among my co-workers and I asked myself, what the hell is going on with me?" She said, "During my rage of emotion, I took a deep breath and closed my eyes while the face of my loved one who died came to my mind like a recent photograph."

I said to her "please tell me more?" She said to me, "I would love to tell you more but honestly the pain of losing my loved one has my brain so scattered and broken right now that I can't even think clearly".

THIS IS THE REALITY OF GRIEF!

Grief can ambush you out of no where! It will show up at the most inconvenient and unexpected times!

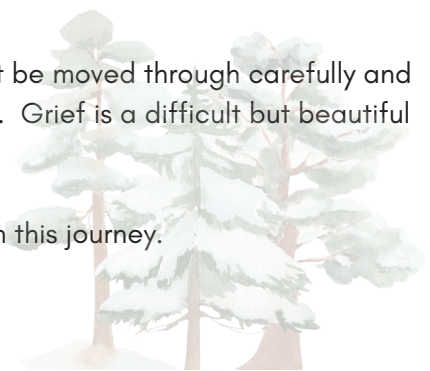
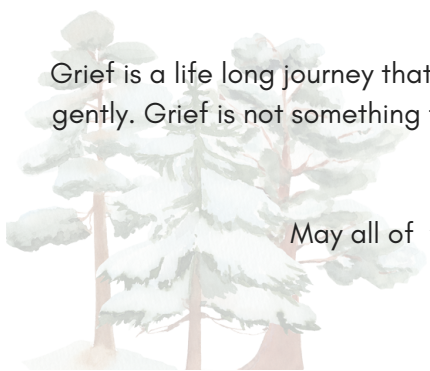
It can bring unexplained guilt and can cause internal doubts that may haunt you such as

"I was so tired and probably said things I shouldn't have said to my loved one".

I hear the common thread from the bereaved saying, "I keep saying to myself over and over what could I have done differently?" I said to her, "please give yourself grace, caregiving a loved one during a terminal illness is the most difficult, sacrificial, uncertain, beautiful, loneliest, darkest, exhausting, but sweetest time we will ever experience in our life time."

She responded, "This might take the rest of my life to understand." I told her "Yes, it just might, but that's okay. Please give yourself that allowance."

To all that are reading this and have been through the journey of care giving please give yourself grace, mercy, and the allowance of knowing that you did everything in your power at that time to provide all that you could for your loved one. I don't personally believe grief can be placed into 5 stages. Unlike what they may say, grief cannot be placed into a box that says, "This is what it looks like" because there can be unlimited stages that may never make sense to you.



Grief is a life long journey that looks different and unique for each person that must be moved through carefully and gently. Grief is not something to just get over. Grief can be a gift not a punishment. Grief is a difficult but beautiful reminder that we have loved deeply.

May all of your hearts find healing and rest as you move through this journey.

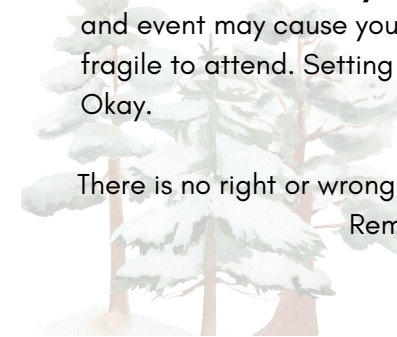


C O P I N G D U R I N G T H E H O L I D A Y S

HOLIDAYS ARE USUALLY A BUSY, JOYOUS TIME BUT WHEN ONE IS GRIEVING, THE HOLIDAYS CAN BE THE HARDEST TIME OF THE YEAR. IF YOU'RE WONDERING HOW YOU WILL GET THROUGH THIS HOLIDAY SEASON THERE ARE STRATEGIES THAT CAN HELP.

NOTHING WILL MAKE THE LONGING FOR YOUR LOVED ONE(S) SUBSIDE, BUT THERE ARE STRATEGIES THAT CAN HELP.

- **Have a Plan:** Set out your desires to your family and friends of how you need or would like to spend this time. Remember, nothing is set in stone and should you change your mind, that is okay.
- **Honor Old Traditions and Memories:** Honoring traditions and rituals can be healing. If you and your loved one shared a ritual, giving that up may prove to be more painful. Continuing the bonds and rituals of the past may help you feel closer to him/her. Lighting a candle or preparing your loved ones favorite meal may help remind you that love never dies.
- **New Traditions:** Create new traditions to fit your "new-normal".
- **Allow Yourself to Feel:** Your grief is as BIG as your love was. Attempting to not feel the pain or loss during this time may make the pain stronger. Do not worry about what others think you should be doing/feeling at this time. This is your Journey.
- **Give of Yourself:** Many bereaved report that doing kind acts for others helps them feel closer to their loved ones, whether giving your time or donating small gifts to people in need.
- **Don't be Afraid to Ask for Help:** There is no shame in asking for help. Reach out to your support system (caring friends and family) , contact a professional counselor to help you grieve in a healthy manner. Whatever you need to help you; everybody is unique and help looks different for all of us.
- **Self-Care:** This is a fragile time and being mindful of your needs is imperative. Whether it be light exercise, additional rest, nutrition and hydration. A massage, soaking in a tub, time alone or meditating; Keep yourself a priority. Your well being is important, remember Self Care in not an act of selfishness.
- **Don't be Afraid to Say "No":** While attempting to have a "normal" holiday season, saying "Yes" to every invitation and event may cause you more stress and grief. Be okay with saying "No" when you just feel you're too tired or fragile to attend. Setting these boundaries when others are trying to convince you that "You have to this or that" is Okay.



There is no right or wrong way to get through the Holidays, taking baby steps and honoring yourself is a huge step. Remember, there is help out there and you don't have to face it alone.

Alzheimer's isn't stopping.

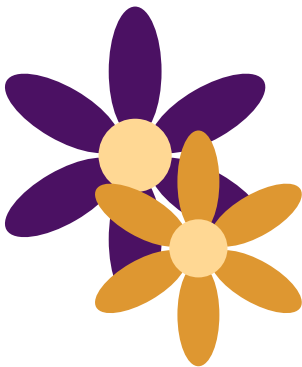
Neither are we.

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

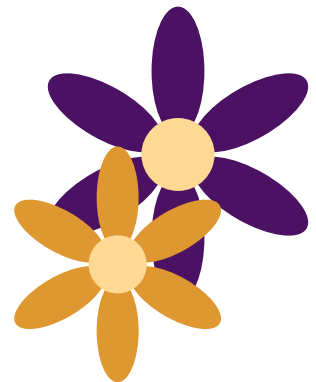
THE END OF ALZHEIMER'S STARTS WITH CIRCLE OF LIFE COMMUNITY HOSPICE

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise funds and awareness for Alzheimer's care, support and research.

Join the Circle of Life Community Hospice Walk Team in the fight against the disease by registering or donating today for Walk to End Alzheimer's Reno-Sparks.



SATURDAY, OCT. 14TH
REGISTRATION AT 8:00 AM
OPENING CEREMONY AT 9:00 AM
WALK AT 9:30



SPARKS MARINA
300 HOWARD DR.
SPARKS, NV 89434



**SCAN THE QR CODE TO
DONATE OR JOIN OUR
TEAM!**



A Beautiful Ending from a Tragic Beginning

A HOSPICE STORY

I've had the chance, over the years, to be present with many of my patients during their last breath of life. There was one that struck me deeply, in which I still think about often. This patient was living in an old rundown hotel room. It was dark, depressing and you could feel the incredible sadness as you were in her room. It was just her; her cigarettes and a face filled with brokenness and despair. She was dying of cancer and she had very little time left. We talked about so many things that day. She said to me "You know Jesse, I am so sad and depressed. I can't pull myself out of the dark empty chamber that has taken me hostage. I have been living here for over 2 years and only to leave a few groceries and cigarettes." She said, "You know, I actually have a degree in psychology, and I can't even help myself." She went on to share her life story with me that day. She relayed that she lost her daughter in a violent shooting. She, herself, was raped repeatedly throughout her childhood and it was filled with psychological abuse, physical pain and suffering. She went on to tell me that her granddaughter was given up for adoption early on after the loss of her daughter and she didn't know where her granddaughter was. She wanted desperately to be able to talk to her before she dies. During that time, our hospice team was trying their best to locate her granddaughter. She told me many things she had wished she would have been able to tell her daughter throughout life, but just never did. She said, "The regret I still feel constantly haunts me".

After that visit, I was driving home, and I thought to myself. As a little girl, this now grown woman, needed the security of knowing she is loved, valued, and would be kept safe. This is a woman that longed to find her place in this world. This was a woman who probably had dreams of finding the love of her life to grow old with. I received a call that same day, she was now imminent and was close to passing.

As I got to her room, she was laying across her bed with her eyes open and barely breathing. I held her hand and said, "You are not going to die alone, I am here with you". All I could think of, during those moments with her was, if only she could hear her granddaughter's voice one last time. Suddenly my phone started to vibrate. They had found a possible number to locate her granddaughter. I immediately called the number and she answered. I introduced myself and told her that I was with her grandmother, and she was close to passing. I asked if she wanted to say anything to her grandmother and she said, "Oh yes, please". As I placed it on speaker phone, she was able to hear her granddaughter's voice one last time. Her granddaughter ended the call with, "I just want you to know I have always loved you grandma, I love you so much". I saw her eyes blink, then flutter, as she passed away less than 30 seconds later. What a beautiful ending to what could have been another tragedy. Such a beautiful moment they were able to experience that day together.

By Jesse Blackburn
Director of Spiritual Care & Bereavement Services

*May we all
find hope
through the
trials of life
and embrace
the beautiful
moments
that cross our
paths.*



BEFORE AND AFTER

By Logan Davis

I've learned that there are some events in life that fundamentally change you. They tear down your foundations and are so earth-shattering that they create a "before" and an "after". Your world will never be the same. And it's important to understand that you can never again go back to the version of yourself that existed in the "before". You could live a hundred more years and it still wouldn't be possible. Whatever was your normal before, will never exist again. And so, you have to find a way to create a new normal in the "after". You have to do the impossible and become comfortable in a reality you never wanted to exist in.

For me, one of those events was losing my dad on January 3, 2019. I am not the same person that I was on January 2, 2019. I will never be that person again. That is my "before" version. But to be completely honest, that version of me started changing even before that, on Thanksgiving Day 2017.

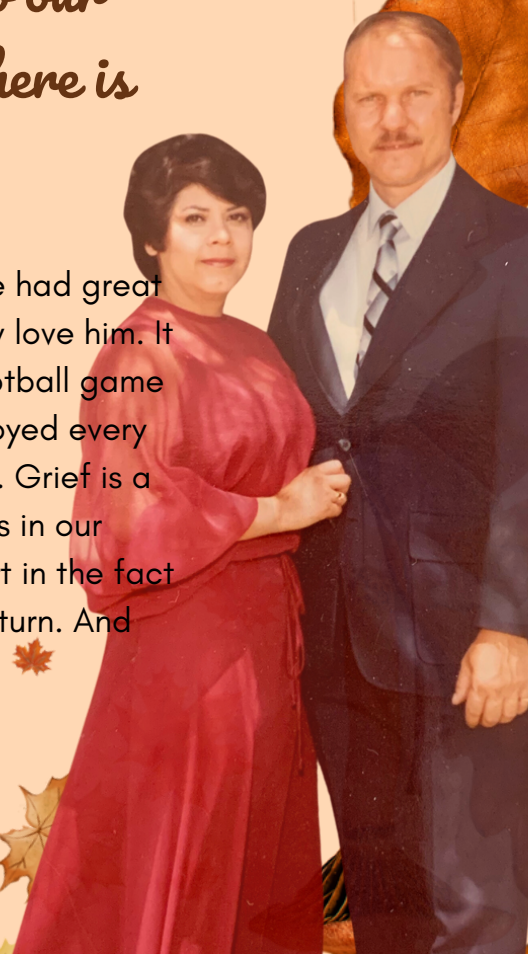
Thanksgiving was always one of the best days in our house. We would start that day with my Dad making his famous breakfast potatoes and pancakes. Okay, they maybe weren't "famous" per se, but they were one of my favorite things he'd make. Then we would watch the football games together. I always played fantasy football and he'd constantly flip back and forth to see how my players were doing. Around noon, my mom would bring us our favorite snacks to munch on. Then around 4pm, we'd begin to eat our delicious meal with Kenny G playing in the background. My Dad had his own special plate for Thanksgiving. It was a plate slightly larger than a normal plate, and he'd load it piled high with every food on the table.

Those were our traditions and that day was no different. I don't remember the football teams that were playing or any specific conversations that we had. But I do remember my dad piling his plate with stuffing and mashed potatoes and, suddenly, a sensation washed over me that this was the last Thanksgiving we would have together. I had no idea where that thought came from. At the time, my dad was completely healthy. I tried to shake off the feeling as just a random intrusive thought. But I continued sitting there, just watching him, and I knew deep down that, somehow, in some way, it wasn't just an intrusive thought. I knew

Six months later, my dad was diagnosed with esophageal cancer. What culminated from there was a series of unfortunate events that eventually led to losing him that January night. As it turned out, I was right. Thanksgiving 2017 was the last normal holiday I ever had with him. To say that the holidays are a hard time is an understatement. I'm still learning how to survive the 41 days between Thanksgiving (in which I remember that last one) and the anniversary of the day I lost him. Those days feel like an eternity of unending memories that bring waves of constant grief. But grief is complex. For every painful memory, there are ten amazing ones. One of my favorite quotes is, "Grief is the last act of love we give to our loved ones. Where there is deep grief there is great love."

"Grief is the last act of love we give to our loved ones. Where there is deep grief there is great love."

I know that I will grieve my dad for the rest of my life because we had great love. And, in truth, I want to grieve him because that is how I now love him. It is an honor to grieve him. This Thanksgiving, I will watch every football game and pile my own plate high and enjoy every bite because he enjoyed every moment and I will continue to live life the way that he taught me. Grief is a human experience that unites all of us. We will all experience loss in our lifetime and the resulting grief that comes after. But take comfort in the fact that with your grief, it means that you loved and were loved in return. And that is the most worthwhile human experience of all.



EXPRESSING GRIEF

BY ALBA YOUNG



This piece represents the past 7 years of my life. It represents all the grief that has come over the past 7 years, grief from the person I no longer am, to become who I am now, the people that have come and gone from my life and all the change I've experienced.

My dad passed on September 13, 2016.

This piece expresses grief, anger, sadness, confusion and hopelessness that comes from someone close to us passing away. It captures those emotions and although this piece is sad & dark that is what grief is, grief is not pretty. We all grieve different but I think we can all agree that grief is painful, like our skin peeling off our bodies.

We often feel like we are walking wounds, invisible to those around us when all we want to do is scream and try to understand how our bodies to not die from the pain and house feelings that are so fierce and vicious. Our bodies feel like they have cracks and we wished our pain could leak through. The inside of our bodies scream, they feel like they are bleeding.



DÍA DE LOS
MUERTOS

DAY OF THE DEAD FESTIVAL

OCTOBER 29TH

11:00 – 4:00PM

EAST PUEBLO STREET
RENO, NV

THIS FESTIVAL IS BROUGHT TO YOU BY LATINO ARTE AND CULTURE. THIS IS A TIME TO REMEMBER AND RECONNECT WITH THOSE WHO HAVE ALREADY DEPARTED. THERE WILL BE MUSIC, FOOD, CRAFTS, ARTS AND MUCH MORE!

COME TO CIRCLE OF LIFE'S BOOTH AND LEARN ABOUT END OF LIFE CARE, WHEN HOSPICE IS APPROPRIATE AND PLANNING AHEAD.



LIVING, LOVING AND HAVING TO REINVENT YOUR LIFE

By Mary Evans

Gosh, the phases of our lives. Growing up and leaving home, for me that was at 15 years old and marrying the love of my life.



Phase 1

Married life and after 2 years, our son John arrived. How our life changed and all for the better because of this new little human. Life progressed with more responsibility, child rearing, careers and building our future together. Along came wonderful grandchildren and my husband, their Papa, was the light of our lives.



Phase 2

After 52 years of marriage, on Christmas Eve, my husband suffered a tragic medical event at our son's house while baking cookies with our youngest granddaughter. After 10 days in the hospital, my husband was unable to recover and we lost him.

Phase 3

WHAT NOW? Who was I without my partner, friend, and love of my life? I had to decide what or who I was going to be. I decided to reinvent myself and my life as a mature widow. My husband and I were partners, but I soon learned how little I knew about all the support he provided in our marriage. Passwords, procedures and cooking; he was the chef in our family.

The decision point was what to do about me! Reading, studying, attending grief counseling all helped. For the first time it was entirely my decision about who I was going to be and how I was going to interact with the world.

One of the things that became abundantly clear was I had to decide what to do with me. Looking into my desires, wishes and health helped me flesh out hiking, volunteering, walking and traveling with friends/family or alone. The alone part was the most scary and difficult. It does get easier but staying busy, trying new things and not giving up is the key.

Giving back has become a mainstay for me; and helping others, helped me. Becoming a blessing in someone else's life. Reach out, take steps you're afraid of and believe in yourself. You CAN do whatever you decide, It is up to you. Onward!

Join us for an

ANGEL TREE GATHERING



*Please join us for this free event in
decorating an angel ornament
dedicated to those we have lost.*

Dinner will be served.

DECEMBER 5TH



5:00 - 7:00 PM

1575 DELUCCHI LN STE 214
RENO, NV 89502

THIS EVENT IS FOR ALL AGES, PLEASE RSVP
BY EMAIL AT RSVP@COLHOSPICE.COM
OR BY PHONE 775-827-2298



*Circle of Life
Community Hospice*

Honoring and Caring for Our Veterans

SINCE 1999







*Circle of Life
Community Hospice*

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:
Tyrell Mitchell Harding
07/07/1986 - 07/08/2023