



Sound Waves



“Every day is a journey, and the journey itself is home.”

– Matsuo Basho

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Finding home

– Rex Allen, manager, Grief Support Services

Over the years I have used the word “home” in various contexts. At different times, home has been the place that held my belongings, the place where I slept most regularly, and the place where those closest to me lived.

My definition of home has shifted over time. No longer is home an external place to me. Now it is simply a place within me that is part of who I am—a place of safety within myself. No matter where I may be physically, I carry home with me and can return to it whenever I am in need of comfort.

As a child, I watched in fascination as a girl named Dorothy was uprooted from all she knew and suddenly found herself in a completely different world named Oz. Each step of Dorothy’s time in Oz was driven by the simple notion of returning to that place she knew as home. While the friends she made along the way were agreeable enough—a lion, a scarecrow and a man made of tin—they could not fill the emptiness that came when she remembered home and all that it meant to her.

Perhaps Dorothy’s experiences in the Land of Oz are not unlike yours as you grieve. Like Dorothy, you may feel your home has completely disappeared. You may find yourself wandering paths that feel lonely, overgrown or scary. At other times, the Emerald City on the horizon may beckon with new opportunities. And then, when the answer to your pain and discomfort seems almost within reach, it suddenly vanishes, and you are left wondering when this process and journey will end.



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Supporting your child

How can I help my child feel the safety of 'home' while coping with grief?

— Beverly Goldsmith, grief counselor for kids and teens

Home is where the heart is—a simple statement, but one so real. When a child has suffered the death of a loved one, the concept of home can be shaken at the exact moment when that concept is a critical component of their healing process. For a child, "home" may mean a house or physical space, the closeness of family, or a feeling of security and comfort.

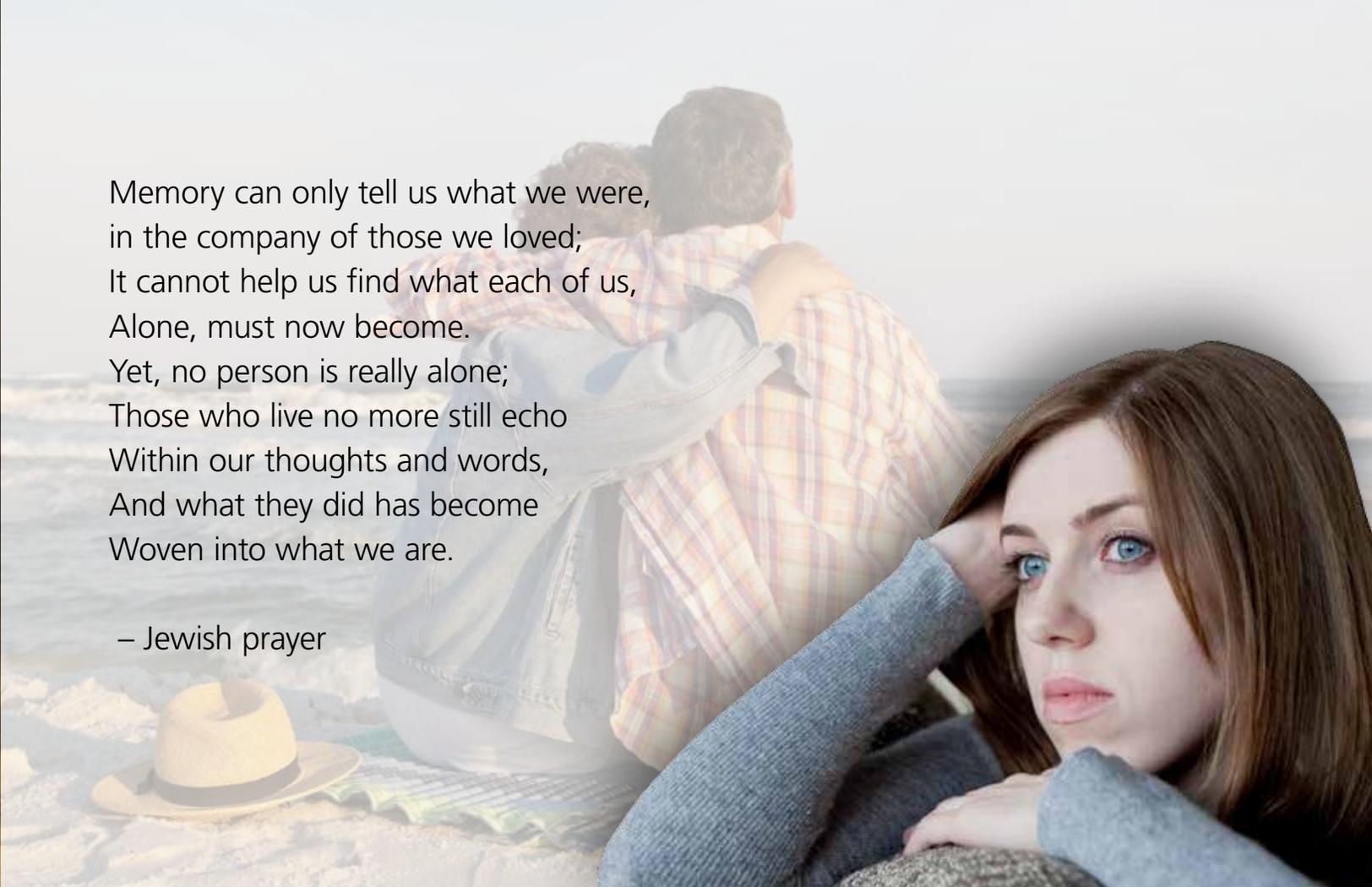
Adult caregivers often ask questions about how to protect children from the painful realities that follow the death of a loved one. It is important for adults to understand that a child's experience of home often includes a "protective barrier" or "safety net." It's normal for a grieving child to have a heightened sense of insecurity about their own needs being met. Children may ask, "Are we going to be able to stay in our house?", "Will we have food to eat?", "Are you going to be ok?"

These concerns may be communicated verbally, behaviorally or in other unique ways.

It is helpful for adults to realize that kids sometimes need concrete evidence that they will still be safely held. The most important thing adults can do for children is to listen carefully to the concerns they may be expressing. Clarify what is being heard, offer appropriate assurance, explain how their basic needs will be met and, most especially, let them know they are loved.

This offers them an opportunity to safely experience the myriad of large, unfamiliar emotions that will inevitably be part of their grief journey.





Memory can only tell us what we were,
in the company of those we loved;
It cannot help us find what each of us,
Alone, must now become.
Yet, no person is really alone;
Those who live no more still echo
Within our thoughts and words,
And what they did has become
Woven into what we are.

– Jewish prayer

SoundCare Kids

Grief support for children, teens and the adults who care for them.

Group nights begin with pizza and play. The kids, teens and caregivers then meet in small groups for discussion and activities designed to explore different aspects of grief. Each week builds on the concepts, discussions and activities of the previous week, so attending all six weeks is recommended.

Our regular session topics include:

- Week 1:** Learning about grief and getting to know each other
- Week 2:** Exploring feelings and learning how to cope with them
- Week 3:** Sharing our stories
- Week 4:** Dealing with regret, guilt and unfinished business
- Week 5:** Identifying and adjusting to changes
- Week 6:** Keeping memories and staying connected

SoundCareKids is provided at no cost to families in Thurston, Lewis and Mason counties through funding from Providence St. Peter Foundation.

For more information about counseling or to reserve your place in an upcoming session, call Providence SoundHomeCare and Hospice at 360-493-5928. Pre-registration is required.

2015 Spring Grief Support Group Schedule

This group will meet
6:15-7:45 p.m., Thursdays,
April 23 - May 28.



<http://on.fb.me/ikYfdd>

Dorothy's quest for home concludes only when she realizes the place she seeks is far more immediate than a small parcel of farmland in Kansas. The place she seeks is a place to which she has always had the ability to return — a place within herself.

As you move through this time of grief, I encourage you to identify that place of home within you that is filled with strength and safety. It can offer shelter when waves of grief come crashing down. It is a place uniquely your own. It can never be taken from you, and you can return for comfort with a simple breath.

Tina Landau concludes her wonderful song Finding Home with these words:

"Finding home in an unfamiliar face. Feeling home, finding grace. Keeping home in the gestures that you know. Holding home if you go. Trusting home if you travel far and wide. Carrying home deep inside."

This newsletter contains various groups and activities that support this idea of home. These events are not only educational, but provide guidance and support as well. Please let us know how we can walk with you on this challenging and remarkable journey as you discover the home within yourself.



In the rising of the sun and in its going down,
In the blowing of the wind and in the chill of winter,
In the opening of the buds and in the warmth of summer,
In the rustling of leaves and the beauty of autumn,

In the beginning of the year and when it ends,
When we are weary and in need of strength,
When we are lost and sick of heart,
When we have joys we yearn to share,
So long as we live, they too shall live,
For they are now a part of us, as
We remember them.

— Gates of Prayer, Reform Judaism Prayer Book

Adult support groups

Everyone has the capacity to heal and grow after the life-altering experience of a major loss. Our goal is to help people understand and cope with their grief while offering support and opportunities to learn and grow. We help people identify needs and strengths and work with them to develop a plan to address these. We work with individuals, families and groups in the community.

For information about individual counseling or to make an appointment, call 360-493-4667.



Adult Support Groups (Ongoing)

Daytime groups

- 10-11:30 a.m.
First and third Monday of each month
Lacey Presbyterian Church
3045 Carpenter Road SE, Lacey
Information: 360-493-4667
- 1:30-3 p.m.
First and third Tuesday of each month
Shelton Fire Department building
122 W. Franklin St., Shelton
Information: 360-493-4667

Evening groups

- A Mindful Approach to Grief (6-week series)
This grief support group will meet for six consecutive weeks to explore how the concept of mindfulness can be an important tool in coping with grief.
6-7:30 p.m.
Tuesdays, May 19-June 30
Providence SoundHomeCare and Hospice
3432 South Bay Road NE, Olympia
Free. Pre-registration is required.
For more information or to register, call 360-493-4667.
- Grief Works (quarterly, 6-week support group)
5-7 p.m.
Tuesdays, April 7-May 12
Providence St. Peter Hospital
413 Lilly Road NE, Olympia
Free. Pre-registration is required
For information or to register, call Luann McBride at 360-280-1332.
- Loss of Child Support Group (The Compassionate Friends)
7-8:30 p.m.
First Monday of each month
Providence St. Peter Hospital (Executive Meeting Room)
413 Lilly Road NE, Olympia
For more information or to register, call Allen Roth at 360-402-6711.

Providence SoundHomeCare and Hospice

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Grief support for all ages

Providence SoundHomeCare and Hospice provides a full range of grief support and bereavement services for adults and children. We can help you better understand and cope with your grief, while offering support and opportunities to learn and grow.

See **INSIDE** for more information!

Perhaps...

*A long time I have lived with you
and now we must be going
separately to be together.*

*Perhaps I shall be the wind to blur your smooth waters
so that you do not see your face too much.*

*Perhaps I shall be the star to guide your uncertain wings
so that you have direction in the night.*

*Perhaps I shall be the fire to separate your thoughts
so that you do not give up.*

*Perhaps I shall be the rain to open up the earth
so that your seed may fall.*

*Perhaps I shall be the snow to let your blossoms sleep
so that you may bloom in spring.*

*Perhaps I shall be the stream to play a song on the rock
so that you are not alone.*

*Perhaps I shall be a new mountain
so that you always have a home.*

– Nancy Wood