

Sound *Waves*



“It’s not forgetting that heals. It’s remembering.”
– Amy Greene

In This Issue

- 1 Torn Pieces
- 3 SoundCare Kids
- 4 Family art project supports meaning-making
- 5 Adult Support Groups

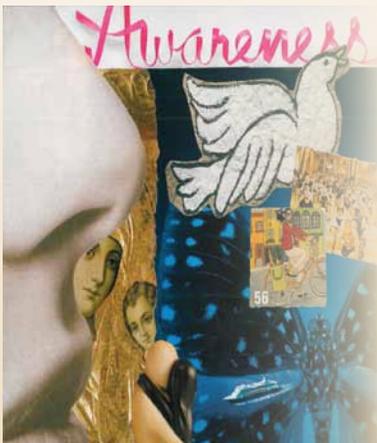
Torn Pieces

Collage – an art technique where the artwork is made from an assemblage of different forms, thus creating a new whole.

For hundreds of years, humans have used the creative arts to better understand the instinctual response to loss we call grief. The materials used were often those most readily available – a drum, the human voice, a splash of color on the wall of a cave. Today the creative arts can still help us make meaning as we face our loss. We might not even need to leave home to find the materials we need.

Many years ago, I attended a day-long workshop on using collage as a means of better understanding how grief was at work in my life. The previous year had been a difficult one. I had experienced the deaths of multiple friends and family members, and I hoped to find in this workshop some relief from the ongoing internal ache that I experienced daily. While I had a minor awareness of the therapeutic use of collage, I viewed it as a children’s craft used primarily to keep children busy when adults had other things to do.

Our instructor provided a simple history of collage as an art technique. She then called our attention to the tools at hand – stacks of magazines, scissors, Elmer’s glue and a blank piece of poster board that was positioned in front of each of us. We were simply to surrender to the images and words within the magazines, tear out those that reminded us of our grief, and glue them in



Continued on page 2

Torn Pieces

Continued from page 1 —————

layers onto the poster board. “Don’t worry about making art,” she instructed, “just express what you feel within you.” Within minutes, the room was filled with the sound of paper being torn.

As I began to leaf through the magazines, images that I might not have noticed before seemed to leap from the pages – the puppet Howdy Doody, a monk’s robe, a weeping eye, ancient bridges of stone, and photos of flowing water. I tore out words or phrases that spoke both to my pain and my hope for new meaning. Layer upon layer I pasted the images on the poster board and then sat in amazement at what my pain had created.

Throughout the coming days and weeks of that year, I often returned to that simple collage. Through glue, words and the positioning of images, the torn pieces of

paper had come together to teach me. One part of the collage spoke the language of release, while another part spoke of future possibilities. Each time I returned to that collage, I found new teachings there. Gradually those lessons became the foundation of how I was able to find new meaning in the world around me.

You too can experience the healing power of collage. The materials are simple – magazines, glue, paper and scissors. These materials, united with a willingness to listen to the imagery of your heart, can bring new insights into your personal journey and the meaning you are gaining from it. I wish you well as you tear, cut and paste. If you are especially brave, share your creation with others!

– Rex Allen, manager, Grief Support Services



You're Still Here

At the finest level of my being,
you're still with me.

We still look at each other,
at that level beyond sight.

We talk and laugh with each other,
in a place beyond words.

We still touch each other,
on a level beyond touch.

We share time together in a place,
where time stands still.

We are still together,
on a level called Love.

But I cry alone for you,
in a place called reality.

– Richard Lepinsky

SoundCare Kids

The 2014 Fall Grief Support Group will meet Thursdays, 6:15 - 7:45 p.m.,
Oct. 20 - Dec. 11.

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.

SoundCareKids Summer Picnic

Thursday, Aug. 7
6 p.m.

Burfoot Park
6927 Boston Harbor Road NE
Olympia, WA 98506

Join all your friends from SoundCareKids at the Burfoot Park Main Shelter for our summer picnic and scavenger hunt! Hotdogs, condiments and drinks will be provided. Please bring a side dish to share and wear comfortable clothing and shoes.

Please let us know you are coming. For more information or to register, call Shell St. Onge at 360-493-5928.



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

Family Art Project Supports Meaning-making

Collage: A collection of images put together to form another image.

Collage is an art activity that can support self-expression and bring comfort to people of all ages. Collage is a lot like grief. It can reflect the different thoughts and feelings contained in our hearts and minds when a loved one dies.

Making a memory votive candle holder with collage is one project that invites remembrance and comfort while honoring loved ones. It's also something a family can do together.

These candle holders can unite grief and healing in a treasure of one's own design. They can be used to help soothe at bedtime, to light in honor of special occasions, or to provide an everyday remembrance.

Here's how you can make your own collage votive candle holder.

Items needed:

- » Glass votive candle holder
- » Battery operated votive candle
- » Multi-colored sheets of tissue paper
- » Cut pieces of paper (for writing words, names, etc.)
- » Modge Podge (You can make Modge Podge by mixing water with Elmer's glue.)
- » Paint brush
- » Permanent markers

Instructions:

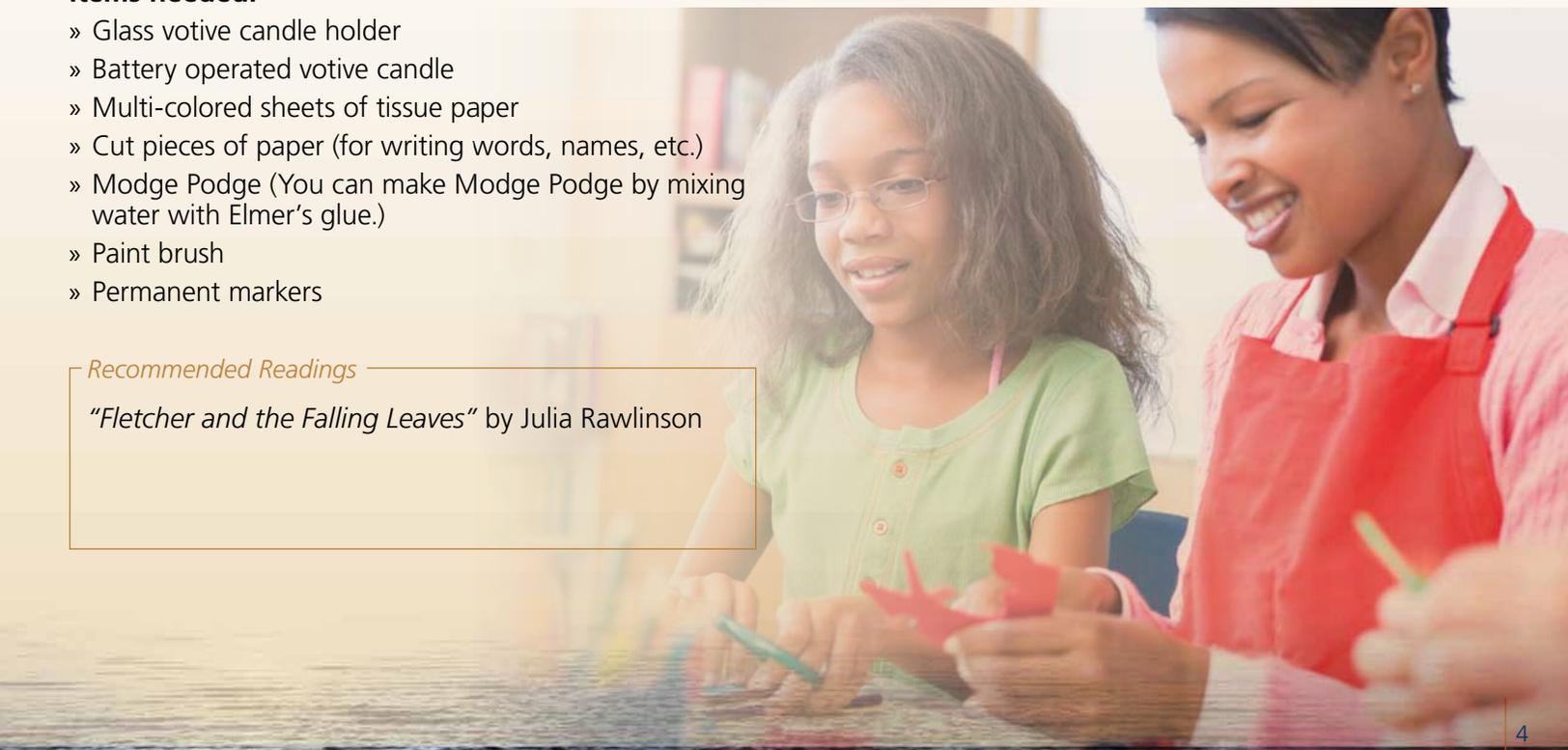
1. Cover a table with paper or a plastic table cloth.
2. Place a votive holder on the table.
3. Tear or cut various sizes of tissue paper to represent you and your loved one.
4. Use markers to write words or names or draw pictures that remind you of your loved one.
5. Dip the paint brush into a small amount of Modge Podge.
6. Brush Modge Podge onto the votive holder.
7. Place tissue paper and/or paper words onto the votive holder.
8. Brush the paper with a top layer of Modge Podge.
9. Set to dry.

Your creation is now your own usable healing art.

— Jill Meyers, grief counselor for kids and teens

Recommended Readings

"Fletcher and the Falling Leaves" by Julia Rawlinson



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 we work with them to develop a plan to address these needs and strengths. We welcome 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

- 1st and 3rd Monday of each month
10 - 11:30 a.m.
Lacey Presbyterian Church
3045 Carpenter Road SE, Lacey
Information: 360-493-4667
- 1st and 3rd Tuesday of each month
1:30 - 3 p.m.
Shelton Health and Rehabilitation Center
153 Johns Court, Shelton
Information: 360-493-4667

Evening

- 2nd and 4th Tuesday of each month
6 - 7:30 p.m.
Providence SoundHomeCare and Hospice
3432 South Bay Road NE, Olympia
Information: 360-493-4667
- Loss of Child Support Group
(The Compassionate Friends)
1st Monday of each month
7 - 8:30 p.m.
Providence St. Peter Hospital (Executive Mtg. Room)
413 Lilly Road NE, Olympia
Information: Allen Roth at 360-402-6711

Providence SoundHomeCare and Hospice

3432 South Bay Road NE

Olympia, WA 98506

www.providence.org/pshch

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
OLYMPIA, WA
PERMIT NO. 494

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!

What the Heart Cannot Forget

Everything remembers something. The rock, its fiery bed, cooling and fissuring into cracked pieces, the rub of watery fingers along its edge.

The cloud remembers being elephant, camel, giraffe, remembers being a veil over the face of the sun, gathering itself together for the fall.

The turtle remembers the sea, sliding over and under its belly, remembers legs like wings, escaping down the sand under the beaks of savage birds.

The tree remembers the story of each ring, the years of drought, the floods, the way things came walking slowly towards it long ago.

And the skin remembers its scars, and the bone aches where it was broken. The feet remember the dance, and the arms remember lifting up the child.

The heart remembers everything it loved and gave away, everything it lost and found again, and everyone it loved, the heart cannot forget.

– Joyce Sutphen