



Caring Connections

A hope and comfort in grief program

Volume 16, Issue 2

Winter 2012

Grief Line: (801) 585-9522

A Message from the Director Kathie Supiano



We welcome you to this issue of our *Caring Connections* newsletter, and hope you find these pages filled with information and support for your grief journey. It is our conviction that while grief is a universal part of the human experience; everyone grieves in his or her own

way and time. We don't have a blanket answer to address the loneliness or pain that applies to every grieving person, and each of the services, programs and articles you will find described here may or may not be a fit for your needs. At the very least, we respect your grief and take it seriously. Our research article in this issue describes the potential health risks of grief. We offer perspectives of other grievers that suggest what worked for them.

Some grieving people benefit greatly from the support of other grieving persons, and our grief support groups remain the cornerstone of *Caring Connections* programs. Other people do better with individual support; still others prefer to read about grief and coping. For suggested readings, visit our website: www.nursing.utah.edu/practice/caringconnections.

In the upcoming months, we will again be providing many educational programs. We are sponsoring the Hospice Foundation of America *Living with Grief Teleconference* for Professionals; this year focusing on end-of-life ethics. Our annual memorial event, *Seeds of Remembrance*, promises to be particularly edifying for those remembering beloved family and friends,

and will be held on May 15. Please review our calendar of events and plan to join us for these and other activities.

We welcome your feedback and ideas, and are grateful for your continued support.

Sincerely,
Kathie Supiano, Director

“Strange how people who suffer together have stronger connections than those who are most content.” – Bob Dylan

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**Upcoming Grief Groups
Spring: Eight Weekly Sessions**

Salt Lake City

**May 9 - June 27, 2012
(Wednesday Evenings)
6:00 - 7:30 p.m. (All groups)**

**University of Utah College of Nursing
Annette Poulson Cumming Building
10 South 2000 East
Salt Lake City, UT 84112**

This location offers seven types of grief groups, all in the evening:

- Children (7-11) - Adjusting to the death of a loved one
- Adolescents (12-17) - Adjusting to the death of a loved one
- Adjusting to the death of a loved one (adult traditional)
- Adjusting to the death of a spouse or partner
- Adjusting to the death of a loved one to suicide
- Adjusting to the death of a loved one to murder
- Adjusting to the death of a loved one to perinatal loss

**Midvale
(South Salt Lake)**

**May 10 - June 28, 2012
(Thursday Evenings)
6:00 - 7:30 p.m. (Two groups)**

**UUHC Greenwood Health Center
7495 South State Street
Salt Lake City, UT 84047**

Two adult grief groups for those adjusting to the death of a loved one (**traditional**), or adjusting to the death of a loved one to **suicide**.

Orem

**May 9 - June 27, 2012
(Wednesday Evenings)
5:30 - 7:00 p.m. (Two groups)**

**University of Utah Parkway Health Center
145 West University Parkway
Orem, UT 84058**

Two adult grief groups for those adjusting to the death of a loved one (**traditional**), or adjusting to the death of a loved one to **suicide**.

Caring Connections
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To register for any class or location, please call:
(801) 585-9522.

There is a fee of \$50. If this fee is a hardship, please notify *Caring Connections*. Scholarships are available.

Should there not be enough people registered for a particular group, the group may be postponed.

The mission of *Caring Connections* is to provide excellent evidence-based bereavement care to grieving persons in the intermountain west through clinician facilitated support groups, with particular attention to the care of families served by the University of Utah Hospitals and Clinics; and, in keeping with the academic mission of the University and the College of Nursing, to provide opportunity for clinical education in grief and loss to students in the health care professions, and to conduct research which promotes greater understanding of loss, grief and bereavement. **Visit us online at www.nursing.utah.edu/practice/caringconnections**

News in Bereavement Research

Grief over losing loved one linked to higher heart attack risks—a public health announcement from *Circulation: Journal of the American Heart Association*.

A study of 1,985 adult heart attack survivors showed that after a significant person's death, heart attack risks:

- Increased to 21 times higher than normal within the first day.
- Were almost six times higher than normal within the first week.
- Continued to decline steadily over the first month.

"Caretakers, healthcare providers, and the bereaved themselves need to recognize they are in a period of heightened risk in the days and weeks after hearing of someone close dying," said Murray Mittleman, M.D., Dr.P.H., a preventive cardiologist and epidemiologist at Harvard Medical School's Beth Israel Deaconess Medical Center and School of Public Health's epidemiology department in Boston, Mass. Researchers also found that the increased risk of heart attack within the first week after the loss of a significant person ranges from one per 320 people with a high heart attack risk to one per 1,394 people with a low heart attack risk. The study is first to focus on heart attack risk during the first few days and weeks after someone close died.

Grieving spouses have higher long-term risks of dying, with heart disease and strokes accounting for up to 53 percent of deaths, according to previous research. The researchers estimated the relative risk of a heart attack by comparing the number of patients who had someone close to them die in the week before their heart attack to the number of deaths of significant people in their lives from one to six months before their heart attack.

Psychological stress such as that caused by intense grief can increase heart rate, blood pressure and blood clotting, which can raise chances of a heart attack. At the beginning of the grieving process, people are more likely to experience less sleep, low appetite and higher cortisol levels, which can also increase heart attack risks.

Grieving people also sometimes neglect regular medications, possibly leading to adverse heart events, said Elizabeth Mostofsky, lead author of the research. "Friends and family of bereaved people should provide close support to help prevent such incidents, especially near the beginning of the grieving process." Similarly, medical professionals should be aware that the bereaved are at much higher risk for heart attacks than usual. "During situations of extreme grief and psychological distress, you still need to take care of yourself and seek medical attention for symptoms associated with a heart attack," Mittleman said. Heart attack signs include chest discomfort, upper body or stomach pain, shortness of breath, breaking into a cold sweat, nausea or lightheadedness.



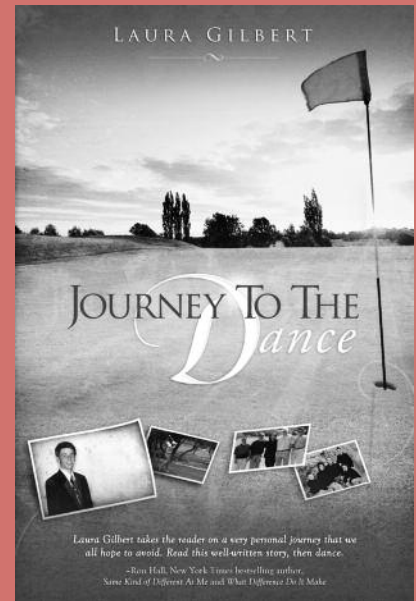
Co-authors are: Elizabeth Mostofsky, M.P.H, Sc.D.; Malcolm Maclure, Sc.D.; Jane Sherwood, R.N.; Geoffrey Tofler, M.D.; and James Muller, M.D.

Book Review

Journey to the Dance

By Laura Gilbert. Ramey Writings, 2011

Laura Gilbert's *Journey to the Dance* is a compelling recollection of her son David's suffering and death from cancer. Laura shares her own crisis of grief and gradual healing. This is a powerful story of one mother's loss of a child—enriched by comments from her husband Tom—shedding some light on the different ways mothers and fathers may experience grief. Written six years after David's death, Laura conveys her story from a place of healing—yet the book draws heavily on the journals she kept during David's illness and the time immediately following his death. The reader benefits from both the raw experience of loss in those journal pages, as well as the perspective and hope that comes from time, reflection and care. Grieving parents will find counsel for patience and reasons for hope in this well written, engaging memoir.



Help for Helpers: Helping Someone Who Has Suffered a Loss

Most of the readers of this newsletter are intimately acquainted with loss and grief, and because of their life experiences, may be drawn to or reach out to others who are suffering. Yet, all of us can find ourselves at a loss for words, or uncertain about what to do when we learn of someone who has experienced the death of a loved one. We have learned from our participants how frustrated they feel at the well-intentioned but often thoughtless things people say or do in the time of grief.

Is it Depression or is it Grief? How to know—what to do.

For most grieving people, sadness and sorrow are painful elements of their grief. While most people can navigate the sadness of grief toward a new life without the person who died, some griever may experience depression—even serious depression. There is no hard and fast line between the sadness of grief and depression, but here are some distinguishing features. In grief, the griever can usually accept support and comfort from others; in contrast, most depressed persons struggle to accept and believe words of comfort. Griever can experience some satisfaction and believe that someday, some way they may feel better—while the person with depression does not believe their sadness will ever change. It's not uncommon for griever to feel some guilt about the death or the circumstances of death. Persons with depression have a different experience with guilt; they feel pervasive guilt about all aspects of life. Finally, while grieving people may feel a lower self-esteem after the death of a loved one—particularly as they reflect on the lost relationship and connection to the one who died; the person with depression has a consistently lower self-regard across roles and situations. Depression is a serious health condition and warrants careful attention and support from professionals. If you are supporting a grieving person who appears to be suffering from depression—urge them to seek the additional support that only a professional can offer---and continue to be their supportive friend.

Meet Our Participants

Sisters Samantha Brickey, 21, and 23-year-old Michelle Chestnut, lost their dad to suicide on May 5, 2011. Although their father had struggled with depression in the past and had previously attempted to take his life, at the time of his death he had been meeting with a psychiatrist and was taking steps to manage his depression. His death was blindsiding.

Through Intermountain Donor Services, the sisters received information regarding the *Caring Connections* suicide survivor group. While another sister opted to pursue individual therapy, Samantha and Michelle chose to enroll in group therapy with *Caring Connections*. Among people experiencing the same form of loss, Michelle and Samantha felt comfortable opening up about the mixed emotions that come with suicide loss.

“We felt ‘normal’ within the group and were able to get advice from people in our same situation,” Michelle says. “The love and understanding our facilitator Ann Hutton showed us made *Caring Connections* a safe haven where we could openly express our grief and receive acceptance and support in return.”

Although the grief group has concluded, Samantha and Michelle stay in touch with their fellow participants via Facebook and gather to attend grief and suicide survivor seminars together as they continue to progress on their grief journey. “Some days are better than others, but it helps so much to stay in touch with the friends we made through our *Caring Connections* group,” Michelle acknowledges. “We know we can turn to them during difficult moments and receive the support we need to continue healing.” Michelle encourages anyone who is experiencing grief to seek out a form of support that is right for them. “It becomes a positive outlet that allows you to express your grief in a way that facilitates healing.”

Meet Our Students

Helping others has long been a passion of Elizabeth Charlat's. Studying Interpersonal Communication as an undergraduate laid the foundation for her intuitive ability to help individuals communicate their feelings more effectively with themselves—and with others. Soon, with the completion of her master's of social work from the University of Utah, Elizabeth's profession will resonate with her heart's will.

Elizabeth's education has been enriched by internships with Midtown Community Health Clinic in Ogden, Utah, where she provided mental health services to uninsured and underinsured individuals and her current internship at University of Utah Hospital, where she provides support and brief psychotherapy to those in the critical care units of the hospital. Meeting with elderly adults and orphaned children during a summer 2011 study abroad trip in Costa Rica deepened her desire to assist where she can in people's lives, cross-culturally and utilizing multiple languages. It is through her work with University of Utah Hospital that she became involved in *Caring Connections*, co-facilitating the traditional loss group during fall 2011.

“Being a part of *Caring Connections* gave me a new perspective on the profound impact grieving has on the whole of the individual and their social structure,” Elizabeth says. “The lessons I learned as I walked with the participants during their grief, have influenced me as a future social worker and as a person.” She adds that her experience co-facilitating the grief group enriched her knowledge of “the resources and skills necessary for a helping professional during this time of life” which she says she will carry with her and utilize in her new career.

Grief...

A Healthy Expression of Pain

By Gisela Lujan

When our loved one dies, we feel pain. There is not a detour around the pain. The only way to overcome it is to pass through it. When our loved one dies, we grieve. Grief is the physical and psychological expression of pain.

Grieving is a very painful process, and it can feel overwhelming. It is hard work and diminishes our energy, leaving us exhausted, without any desire to engage in our daily activities. Grief doesn't have a set timetable. Individuals grieve in different ways, and members of a grieving family many times find it difficult to support each other.

Although it is accompanied by intense emotions, grief itself is not a feeling. It is a process that can take a lifetime, a slow journey towards acceptance and peace. Some people say grief is like a roller coaster. I believe it is true. When my daughter died, I was devastated. My life shattered and I had to force myself to get out of bed in the morning and engage in my daily routine. I consider myself a healthy person, but I thought I was losing my mind. My daughter's death not only impacted my life, but our family life too. It was very difficult to communicate, especially with my son, who was only sixteen years old. For a whole year, we met with a therapist who helped us find new ways of communicating with our son, and helped us understand that we were a family heartbroken but still a family.

I have always believed in the healing power of the written word, so I sought solace in literature and books about spirituality. Some days, when I had some energy, I went for walks; some days I laid in bed and cried my heart out. I believe what has helped me the most is that I have taken one step at a time. Time, hard work, and the awareness and acceptance of my pain, have helped me reconnect with life again.



So be aware that this will be a long and difficult journey. Just when things begin to look better, the calendar slaps you with another reminder of your loss. Sometimes the pain will be deeper five years after the loss. As the old Chinese proverb says: "We can't stop the birds from flying over our heads, but we can stop them from nesting in our hair."

How can you cope with your grief?

• **Don't set any timetable for yourself.** The physical and psychologically impact of a loss will affect each person differently. Like any other psychological process, it will follow its own course and will depend on the beliefs, values and inner resources of each person at the time of the loss.

• **Don't shut out your pain.** The feelings you bury will not go away. They can hide below the surface for years. But sooner or later, they will erupt without warning in ways that can affect your physical and mental health.

• **Allow yourself the time and space you need to grieve.** Learn to say no to people who invade your privacy. Ask them to respect your need for solitude. Let them know when you are ready to establish contact with them again.

• **Praise yourself for each small step you take.** Remember it can be two steps forward, three steps backward. It doesn't matter. What matters is that you are determined to walk through that dark and frightening tunnel, knowing there is a light at the end.

• **Use any resource you may have that can help you cope with grief:** therapy, support groups, friends and family who are willing to listen to your story, prayers, literature, journaling, etc. There are no universal recipes, what works for some people, doesn't work for others.

You must understand that your loss will never go away. You learn to live with it. You incorporate your loss into your life. There will always be a hole in your heart, a void that cannot be filled, because it belongs to your loved one. But slowly, as you walk that path of grief, you will start to reconnect with life again. You will fill your heart and soul with new experiences, with a new life. One day you will look at yourself and realize you have walked a long way. You have walked the dark tunnel of grief and found the light at the end.

Bereavement Magazine, 2003, used with permission.

Don't compare your loss
With the loss of others.

Each death is different.
Each bereavement is unique.

When it is the death of a child,
It is the death of your future.

When it is the death of a parent,
It is the death of your past.

When it is the death of a spouse,
It is the death of the present.

Rabbi Earl A. Grollman



As hard as we try to keep our heads above water in grief, there are some days that sneak up on us and catch us totally off guard, spiraling us backwards to what seems like day one. It just doesn't seem fair to fall down when we thought we were doing so well or were giving it our best effort.

Nobody likes a bad day. Besides putting our fragile hope and determination "on hold", it is so frustrating. After my two eldest children, twenty-one-year old Denis and nineteen-year-old Peggy, were killed in the same car accident, dying four days apart, I tried everything I could to stay on a positive track, but I soon learned I needed to have "Plan B" ready when things went suddenly awry.

So, do yourself a favor and plan ahead. Be ready for that black day that knocks you over in your grief. Start right now putting together your emergency kit so you can shift immediately into "Plan B" whenever you are blindsided by some event, circumstance or happening.

For our emergency kits, some of us might only need a simple carton or a box the size of a carry on suitcase. Others might need an old-fashioned sized trunk-use whatever it is that fits your needs, because each of us grieves differently. Here are a few suggestions that might help you get started.

Loving Listener Address Book

You might grab this handy, specially made, little phone book that lists those friends who gave you their loving presence while offering no advice for your hurting heart. A quick call to one of them might be just what you need to get out of the doldrums as you share what has knocked you back into the grief pit. We know talking is the best medicine, so this might be immediate, vital, first aid. On our grief journey, many of us learn that we need to rewrite our address book, so this can be a grand opportunity to add new support persons and delete some folks who have not been there for us. This is a perfect time to create this handy item and to make sure it is in our emergency kit for quick use.

Magic Wand

This useful tool might bring a smile to our faces as we wave it a few times, hoping that its magical powers will restore our hope, motivation and determination. It might just help us focus on happy memories that lighten the burden of our grief. It might make us feel more in control and more able to make the decisions we need to climb out of the hole. My wand came from a memorable sweet-sixteen birthday party, and it still has those magical powers to make me feel joy. You might have a similar item that conveys the same message to your heart, something that stirs a lot of memories for you. Like a team pennant, a fishing rod, a baseball cap, a letter or a photo album, find the linking object that works for you.

Huggables

Something cuddly to hug can help our hearts, especially if it is a teddy bear or pillow made from our loved one's pajamas, bathrobe, sweatshirt or favorite outfit. We can sense their presence and almost feel them hugging back. It could be any plush toy or quilt, but it should be something that has meaning to us and brings us comfort when we hold it. Denis' Ziggy doll that has "I is a brane" emblazoned on its chest cracks me up every time I look at it. And Peggy's loveable unicorn reminds me of all her dreams and plans. Anything huggable that has history can give you a boost as you relive the memories it brings to your mind.

Heavenly Inspiration

Reading something meaningful that can lift our spirits and empower us to keep going even when the going is hard. Cut out or copy these special words to pack in your emergency kit that will enable you to pray for help, to talk to God, to feel the power of that connection and the reassurance that you have a Loving Listener with you always. Every Sunday, I took two favorite paperbacks to church, reading and rereading their powerful verses that filled me with hope and comfort. Without a doubt, they would be the first items placed lovingly into my kit. Some might tuck in a tiny Bible, or a book of powerful meditations like a Carol Staudacher's, *A Time to Grieve: Meditations for Healing After the Death of a Loved One*, or a little prayer booklet like *Daily Word* with inspiring thoughts for each day. We can mark off our favorite pages and have instant remedies ready for a tough day.

Uplifting Book

Carefully selecting a favorite book that has a warm, healing message offers a soothing note for broken spirits. Short pages with moving words such as *Safe*

Passage, by Molly Fumia, or brief, heartfelt chapters in Sherri Mandell's book, *The Blessings of a Broken Heart*, can rejuvenate our own hearts with precious thoughts. We might be inspired by Mary Westra's courage, love and determination for justice in her book, *After the Murder of My Son*, or touched by identifying with Ann Hood's deep feelings on the loss of her young daughter in her beautiful book, *Comfort: A Journey through Grief*. We might feel less alone after reading her moving novel, *The Knitting Circle*.

Whether prose or poetry, finding words that bring back a loving feeling in our hearts can help on a gloomy day. We might smile again as we reread favorite passages that open doors to healing for us. Bereaved parents could get a boost as they review all the helpful suggestions in my book, *The Death of a Child*, guiding them through the ups and downs of grief. If you love dogs as I do and want to read a story that makes you smile on every page, pack Garth Stein's novel, *The Art of Racing in the Rain*, now available in paperback. You will forget you are having a bad day!

Binoculars

Besides giving us a new perspective, these glasses can help us find those colorful, chirping birds that enjoy our garden, flit around our feeders and fly around our trees. Listening to their daily songs and becoming a "birder" can be a key therapy for the bereaved. So begin listing the birds you see and then doing your homework to find out more about them. You may learn to see your life through new eyes. Mary Westra's heartfelt book, *After the Murder of My Son*, shares the healing of bird watching at her beautiful Minnesota lakefront home. Her suggestion offers us a whole new focus in grief.

Gift Certificate

Whenever you're feeling low, it's time to pamper yourself. You might want to include a gift certificate for a massage or a facial in your emergency kit so you can enjoy the relief it brings to tired muscles and sagging spirits. Just taking time out to pamper yourself is a good way to get out of the doldrums. Or you might just want to pack a container of scented bubble bath in your kit, reminding yourself to relax and rejuvenate. How about packing some scented votive candles to surround your tub or Jacuzzi making your bubble bath a very sense-filled, enjoyable experience, much like a pampered movie star.

Family Recipe

Including a popular recipe in the kit might get us out of bed and headed for the kitchen. Sometimes

preparing a favorite dish that we love or that our loved one enjoyed makes us feel better. Getting involved with all the ingredients and planning this special dish is a delicious distraction from pain. It gets us busy with something that has happy memories. We might even want to call someone to share it with us. This can be the beginning of feeling social again.

Green Thumb

Throw in a variety of seed packets for flowers or vegetables that you can plant and enjoy when the weather permits. It will connect you to the wonders of nature and keep you busy watching for the seedlings to peek through the earth. When it's too cold to plant outside, make sure your kit has a prepackaged box containing an amaryllis bulb, potting soil and indoor flowerpot so you can enjoy the thrill of planting this exotic flower and watching it grow right before your eyes. You might rush down each morning as we did to see its amazing growth. My husband was so fascinated by it, he tried to catch its growth on film, but to no avail. It is a heavenly distraction to watch its tall, firm, green stem stretch upward and all of a sudden burst forth with the most magnificent, giant, colorful blooms that are quickly followed by two more flowers. You can't help but smile witnessing this awesome wonder of nature.

Music

On a tough day, music can be very healing to some souls. Be sure you include a favorite CD, or iPad selection to get you out of dark mood as you hum along. Years ago, I had my Walkman all primed ready to go each time I walked the dog, because the music talked to my soul. In fact, I wore out Ernie Semento's tape, *Celebration*-beautiful spiritual songs that kept me going each day. Ernie, the singer at my children's funeral, had to send me another copy of his audio cassette since I played it into the ground. Also, in my emergency kit, I think I would include a few Frank Sinatra and Neil Diamond CDs, just to put me in a mellow mood, making those doldrums totally disappear. So whatever your musical choices, classical, spiritual, big band, country, Motown, heavy metal or rap, make sure you include the songs that brighten up your spirit.

Don't waste another minute. Start assembling all the emergency-kit items that will have you ready with "Plan B." As time goes along, you can add and subtract, continually updating and insuring you that you can have a better day. Our new mantra will be just like the Boy Scouts, "Be Prepared."

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Upcoming Community Events

Survivor Support Group in Layton

Thursday evenings (Beginning March 29, 2012 and continuing for 8 weeks) 6:00 to 7:30 p.m.

Weber State University-Davis Campus
2750 North University Parkway in Layton

Caring Connections is collaborating with the Wingman Advocates at Hill Air Force Base in conducting a support group for those who have lost a family member or close friend to suicide. The group welcomes all community members, and extends a special welcome to members of the military and their families, and to service veterans. This free eight-week group is supported by funding from Lindquist Mortuary. For more information and to register, contact *Caring Connections* at (801) 585-9522.

The 19th Annual Hospice Foundation of America conference *End-of-Life Ethics*

Friday, April 20, 2012 from 9:00 a.m. to 1:30 p.m.

University of Utah College of Nursing
Annette Poulson Cumming Building
10 South 2000 East on the University of Utah Campus
Local presenter Jay A. Jacobson, M.D., Professor Emeritus, University of Utah.

Caring Connections is pleased to be a host site for this CE credits-eligible annual teleconference. Organizations may reserve a display table for \$25. To register, contact *Caring Connections* at (801) 585-9522. (Registration is only available by telephone.)

Seeds of Remembrance: Take Your Grief and Run with It

Tuesday, May 15, 2012 at 7:00 p.m.

University of Utah College of Nursing
Annette Poulson Cumming Building
10 South 2000 East on the University of Utah Campus

Seeds of Remembrance is an opportunity for people who have lost a loved one to gather for a presentation on grief while commemorating the memory of their loved one. *Take Your Grief and Run with It* will feature Lora Erickon, Edwin and Carri Lyons and Alyce and Denny Gross. The event is free and open to the public.

2nd annual Race for Infant & Pregnancy Loss 10 K run & 2 mile walk

June 30, 2012

This event is coordinated by Lora Erickson, aka, The Blonde Runner. Proceeds of this event benefit *Caring Connections* & SHARE Pregnancy and Infant Support Loss, Inc. This race will provide the opportunity to recognize the loss of a baby and support the grieving process as a community. For more information, visit: <http://blonderunner.com/events/race-for-infant-pregnancy-loss-10k-2-mile-awareness-walk/>

2nd annual Larkin Charity Golf Classic to benefit *Caring Connections*

Wednesday, August 29, 2012
Eaglewood Golf Course
1110 East Eaglewood Drive in North Salt Lake

For information about teams and sponsorships, contact Lehi Rodriguez at (801) 809-1757 or lrodriguez@larkincare.com

Caring Connections in the Community

In October, *Caring Connections* partnered with the Department of Health Violence and Injury Prevention Program to remember and support families of Utah teenagers killed in motor vehicle crashes. This innovative program includes a remembrance book recounting the stories of how these teens died that is used in driver's education programs throughout the state. To learn more about this program and read the memory books from the past four years, visit: <http://www.dontdrivestupid.com/downloads>.

Announcements

Prefer to receive immediate updates? If you are not yet on our electronic mailing list and would like to be included, call (801) 585-9522. Help us help the environment *and* lower costs.

Do you have stories or experiences surrounding grief or the grief groups that you would like to share? Please mail them to Caring Connections, C/O the University of Utah College of Nursing, 10 South 2000 East, Salt Lake City, UT 84112. Or send them via email to shawna.rees@nurs.utah.edu

Purchasing a tile for the Caring Connections memory wall is a meaningful way to honor your loved one while supporting the program.



In photo: Program Administrator Shawna Rees.

Remember Your Loved Ones—Caring Connections Memory Wall Order Form

Memory Wall (located in entry hallway to **Caring Connections**) 4" by 4" Tiles: \$35.00

Male: First Name _____ Middle Initial _____ Last Name _____

Birth Year _____ Death Year _____

Female: First Name _____ M. I. or Maiden Name _____ Last Name _____

Birth Year _____ Death Year _____

Send checks and information to: *Caring Connections: A Hope and Comfort in Grief Program*
University of Utah College of Nursing
10 South 2000 East
Salt Lake City, UT 84112-5880



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| Caring Connections

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10 South 2000 East
Salt Lake City, UT 84112-5880

Grief Line: (801) 585-9522

Address Services Requested

Caring Connections is able to carry out our mission thanks to the
generous support of our sustaining sponsor:

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