



# Caring Connections

*A hope and comfort in grief program*

Volume 18, Issue 1

Fall 2013

nursing.utah.edu/caring-connections

## A Message from the Director Kathie Supiano



Welcome to *Caring Connections* and to our fall newsletter. In this issue you will find articles, ideas and perspectives from others to assist you on your grief journey. We respect the depth and individuality of your grief and invite you to participate in our support groups and educational programs.

We are very pleased to announce this year's

*Grief and the Holidays* event featuring award-winning journalist and faith writer for the *Salt Lake Tribune*, Peggy Fletcher Stack. We hope you will join us for an edifying evening, Monday, November 18 at the College of Nursing's Annette Poulson Cumming Building.

Many hands and hearts have supported us in realizing our dream to offer a grief support group in Spanish for the Latino community. With funds from the Cambia Health Foundation and the efforts of University Neighborhood Partners, Gabi Cetrola, Amanda Barrios and Lehi Rodriguez, the first group will begin in October. Please see our calendar in this issue for these and other events, including our schedule of winter support groups.

We have had a gratifying and busy summer with the spring *Race for Grief*, the third annual *Larkin Charity Classic Golf Tournament* and our participation in the American Foundation on Suicide Prevention *Out of the Darkness Walk*. Collaborations with good people who understand and support our mission are a source of deep satisfaction for us and we are most grateful.

Sincerely,

Kathie Supiano, PhD, LCSW  
Director, *Caring Connections*

*Grief is a journey, often perilous and without clear direction, that must be taken. The experience of grieving cannot be ordered or categorized, hurried or controlled, pushed aside or ignored indefinitely. It is inevitable as breathing, as change, as love. It may be postponed, but it will not be denied.*

- Molly Fumia

### IN THIS ISSUE

- 2 Winter 2014 Grief Groups Information
- 3 Book Review: The Devil's Fingernail and Heather Aron Gross  
News in Bereavement Research
- 4 Meet Our Participants  
Meet Our Students
- 5 Meet Our Facilitators  
Help for Helpers
- 6 To Cry or Not to Cry: That is the Question  
By Darcie Sims, PhD and Bob Baugher, PhD
- 8 Oh Those Pilgrims: Preparing for the Holidays  
By Elaine E. Stillwell, MA, MS
- 10 *Caring Connections* in the Community
- 11 Upcoming Events

**Upcoming Grief Groups  
Winter 2014: Eight Weekly Sessions**

**Salt Lake City**

**January 15 - March 5, 2014  
(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)
- 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)**

**January 16 - March 6, 2014  
(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, or adjusting to the death of a loved one to **suicide**.

**Orem**

**January 15 - March 5, 2014  
(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, or adjusting to the death of a loved one to **suicide**.

**Layton**

**January 16 - March 6, 2014  
(Thursday Evenings)  
6:00 - 7:30 p.m.**

Wingman Advocate Program Suicide Survivors Group  
Adult grief group for those adjusting to the death of a loved one to **suicide**.

Caring Connections  
Advisory Board

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

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

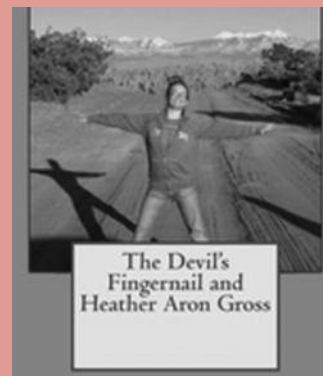
Should there not be enough people registered for a particular group, the group may be postponed.

## Book Review

### *The Devil's Fingernail and Heather Aron Gross*

by Alyce Gross, Lighthouse Publishing, 2013

In the winter of 2008, Alyce Gross's life changed forever when her daughter Heather was killed in an avalanche, an event that garnered significant media attention in Utah. Alyce's recollections are shaped into two volumes within this book: the story of her own painful, yet transformed grief, and the story of Heather's life. The juxtaposition of a mother's grief with the poignant presentation of her child's life is compelling and will resonate with grieving parents. Every grieving parent who wonders if and how their child will be remembered will find support in Alyce's personal journey—and will find themselves honoring their own cherished children in the gathered bits of remembrance that Alyce shares with readers. What unites these two stories is the person of Heather. Alyce's willingness to let others participate not only in remembering Heather, but in lifting her through shared stories and mutual support is an important lesson of love and community.



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

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## News in Bereavement Research

**Cause of Death and the Quest for Meaning after the loss of a child. WG Lichtenthal, RA Neimeyer, JM Currier, K. Roberts & N. Jordan. *Death Studies*, 2013, 37, 311-342.**

An important part of the grief process, according to many grief researchers, is to make sense of the loss, that is, to find meaning in the loss, as understood by the grieving individual. Research has established that the death of a child is a devastating experience, and that there are different consequences when the death is sudden vs. expected or violent vs. non-violent—but there has been little research to the process of parental adjustment to these varying circumstances of death. Using in-depth questionnaires, the researchers explored patterns of meaning-making in parents according to the type of death. The researchers found that regardless of death circumstances, most parents (55%) were able to make sense of the loss, most commonly incorporating spiritual beliefs in their grief process.

Making sense of the loss was significantly more challenging for parents whose child died by violence, suicide and most particularly homicide. These parents were also less likely to find any possible benefit (immediately or eventually) in the loss, and were likelier to experience complicated grief. The authors suggest that the clinical implications of this study include the need for clinicians to assess the impact of the loss on the long-held beliefs of parents, to provide access to others who have had similar losses and to refer to appropriate care. Most importantly—the authors caution helping professionals to avoid adding pressure to “finding meaning” in the care of parents in grief.

## Meet Our Participants

**Sally White** and her husband Jimmy were best friends. Throughout the 32 years they shared, the Whites did everything together, from traveling with friends and family to raising wolf pets. “Jim will always be the love of my life,” Sally says. The two would text message each other often and speak by phone several times a day—particularly when they were apart, which was the case the morning of August 23rd when Sally was attending a conference in Pittsburgh. Unable to reach Jim, she knew something was wrong. She asked a neighbor to visit their home and was still on the line when the neighbor found Jim unconscious. A 911 responding officer gave Sally the devastating news that Jim had died. (Later, she learned his death was as the result of Fentanyl toxicity.) “It was unimaginable because Jim was super healthy,” Sally says. “He was the person who always took care of everyone.”

Like many other individuals that are suffering the loss of a loved one, Sally found herself without a map as she began to navigate the grief process. “I felt--and often feel--adrift and lost,” she admits. “At the same time, I am experiencing moments of joy and receiving gifts that come with the synchronicity that many people have told me about surrounding the passing of the most important person in their life.”

One of those gifts, she says, is *Caring Connections*. Along with her friend Lois, who had experienced the love of her life passing exactly one month before Jim, Sally attended *Caring Connections*’ annual holiday season event, *Grief and the Holidays*. There, Sally made the decision to enroll in the grief groups. “The first night I walked in the room, my lost feeling turned into a feeling of being found by a group of people who completely empathized with my sadness, and with what I was experiencing and feeling.” Sally commends her group facilitator, Kay, for her ability to lend support to each participant individually, and the group collectively. “The last evening together we were actually smiling and my tears were from knowing I would not be seeing as much of my *Caring Connections* friends,” Sally says. We continue to be a resource for one another. My entire life with Jim was an amazing adventure. He would always tell me that ‘something amazing is coming’ and it always did,” she says. “The experience of Jim passing has been no different.”

## Meet Our Students

One day when **Nick O'Donnell** was away at college, his 43-year-old mom called to tell him her heart was failing and she had just six weeks to live. Alone in his dorm room afterward, Nick sat on his bed, wrenched his face and tried to cry. “I was disturbed that my own response wasn’t playing out how it was supposed to,” he says. “I was afraid of what that might say about me.” He got up, went down to the cafeteria and had lunch with friends, joking with them during the meal but never mentioning his phone conversation. “After lunch I walked across campus, took a Calculus exam, and got a D+,” he recalls.

After graduation Nick worked as a professional stage actor for more than 10 years before returning to school to pursue a master of social work degree. He says that when Kathie Supiano asked him to co-facilitate a group for *Caring Connections*, he was thrilled. When she told him she’d like him to work with a group of 6-10 year-olds, he became apprehensive. “I knew nothing about the way 6 to 10-year-olds process major loss,” he says.

As his first *Caring Connections* session got underway, Nick found himself reconnected with the knowledge he had acquired in school. “Just as grief in adults does not follow any standard script, grief in younger kids certainly doesn’t either,” he says. “The groups functioned best when the facilitator created an environment of safety and trust, and then actively listened to each participant. This let the kids teach the adults the best way to move them forward,” he says. Nick hopes to carry what he’s learned from the people at *Caring Connections* into a new career as a health social worker. He also hopes to work with *Caring Connections* again. “There is a lot more grief groups can teach me,” he says.

This year, three years after her brother took his life by suicide, **Dana Appling, LCSW** found herself in the position of helping other suicide survivors navigate the grief process. As a facilitator for the *Caring Connections* suicide survivor support group at Greenwood, Dana guided participants as they spoke about their individual losses. “Having personally lived through the roller coaster ride of the often unforeseen and shocking tragedy of losing someone to suicide, I came to know more deeply the healing and growth that comes from human suffering,” she says of the perspective she brought to her role.

As a clinical practice social worker for more than 20 years, Dana also brought to the grief group expertise in long-term group work processes. “To grieve is to be human, and having a venue through which to travel this difficult road is not only of vital importance, but truly an act of grace,” she says. “The gift that this small group of women gave to themselves, and to each other, including myself, reflected the timeless human need for telling our stories, opening to our grief and pain, and finding the light of truth in the darkness of despair.”

## Help for Helpers

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.

### Helping a Teen who has Suffered a Loss

Adolescents and young adults experience the death of a close person in ways often different from adults. No longer children, and not yet adults, teens require a balance of supportive presence and respect for privacy that can be challenging for caring adults to navigate. “Being available to listen without judgment, when I need it” is the request most often heard from grieving teens. As younger children do, teens “take a break” from grief, and this can lead adults to think their teens are “just fine.” Frequent revisits to the feelings and thoughts of teens are necessary, however. In the case of a death in the family, parents may be grieving themselves, and have less time and energy to devote to the needs of their teen and young adult children. Teens, perhaps more than children of other ages, may feel the need to be strong for their parents. In the case of the death of a parent, teens are often told that they must now “be an adult” and may be pushed to accept responsibility beyond their natural abilities.

A list of recommended reading is available below. Additional resources for grieving teens and their parents are available through *Caring Connections*. Contact (801) 585-9522.

***But what about me? Loss and Teen Grief.*** By Beth Vaughn Cole, PhD, 2002, a book for grieving teens funded by the Junior League of Salt Lake City in memory of Jill H. White.

***James’ Story: Helping Children Cope with Loss Due to Suicide.*** By Beth Vaughn Cole, PhD, 2002. (Also available in Spanish).

***Teen Grief Relief: Parenting with Understanding Support and Guidance.*** By Dr. Heidi Horsley, and Dr. Gloria Horsley, 2007, Rainbow Books, Inc., a book for parents supporting their grieving teens.

# *To Cry or Not to Cry: That is the Question*

By: Darcie Sims, PhD and Bob Baugher, PhD

Are you a crier? Do your eyes begin to water when the Bambi movie first begins? And by the time Bambi's mother dies, is there a puddle of tears at your feet? Or are you the type of person who remains dry-eyed throughout such a movie and wonders why everyone around you is boo-hooing? Or are you somewhere in between?

In our professional roles we have been with hundreds of criers and noncriers alike; and there is an important lesson we learned: (drum roll please) some people cry and some don't. Amazing finding? There are two important crying questions we are often asked: "Why do some people cry and others don't?" and "how do I respond to a person whose tear levels are vastly different from my own?" Let's pay a brief visit to the amazing world of tears.

## **Triggers**

If and when you cry, what causes those tears to well up? One way to look at this is to put triggers into categories of your five senses. That is, we cry because of things we see, hear, smell, touch, and taste. As you think about the precious person in your life who is no longer with you, what are the visual triggers that bring tears: a picture, similar facial expressions, holiday sights? What about the auditory triggers such as music or a similar voice? Or touch such as a hug, a hand caress, or a kiss? How about smells such as cologne, flowers, clothing? Or even tastes such as eating or drinking something that brings on a memory? Sometimes these triggers take us by surprise. Bereaved people have a word for this; it's called a grief attack. Have you had one? What was your trigger?

## **Powerlessness**

One of the interesting findings on crying is the fact that we sometimes cry because there is nothing else we can do. Think of when you learned of the death of your loved one. As the reality began to sink in, you may have experienced a feeling that, for the moment, there was nothing more to do—and you cried.

## **Gender Differences**

Did you know that boys and girls on average cry about the same number of times per week (about 2.0) up until age twelve, where girls begin to show increases and boys decrease?

## **Genetics**

There is some beginning research suggesting that female identical twins have similar crying frequencies throughout their lives. The research for males isn't so clear. So it may be that our tendency to cry or not cry may have, at least for females, a genetic predisposition.

## **Expectations**

Expectations have a lot to do with crying. What we expect of ourselves plays an important role in how comfortable we are with our own tear display. What we expect of others also influences how we respond to the tear flow of others. Each family, peer group, work place and culture in general will also influence how, where and when we cry. If we believe we are expected to cry, we will either cry more easily or perhaps feel guilty if we are not crying. Expectations are a powerful influence on our comfort level with crying.

## **Growing Up**

We know that childhood experiences can affect crying frequency. See if these famous statements sound familiar, "If you don't stop crying, I'll give you something to cry about." "What are you crying for?" "You crybaby." "Don't cry." "That's enough out of you." These words can certainly serve to inhibit tears. But, if you've ever said them, don't worry; you're in good company. We've taken our own survey and several hundred million of us have uttered those very words.

## **Crying as a Contagious Experience**

Have you ever cried because someone else is crying? For many people, watching a loved one cry (perhaps at a funeral or cemetery) is a trigger for tears. Some people report that, when their loved one died, the tears did not begin to flow until they began to tell other people about the death.

## When it's someone else's tears

Now that we've examined a little of the why of tears, let's look next at suggestions for how to respond to another person crying. One of the world's shortest poems we've even come across (by our favorite author, Anonymous) turns out to be a helpful suggestion for dealing with tears:  
"Let'em cry Until they're dry."

This says it all. Whether you are observing a slight moisture around the lower part of the eyes or whether tears are splashing all around you, your job is to let the person cry, cry, cry without interfering. We know it is very hard work to stand there while fluids are oozing down a person's face; but consider the alternative: What if, when the crying started, you grab the person and say, "There, there, it'll be okay." This effectively squelches the crying process. Don't get us wrong. Be there as the tears flow and perhaps offer a hug as the tears subside, but "Let'em cry" okay?

Although there are some who believe you should not offer a tissue to a crying person (arguing that offering a tissue is a not-so-subtle message of "Stop your crying,") we believe that having tissues available is simply a matter of courtesy. It is not nice to have to use your sleeve (or have the crying person use your sleeve!) to wipe the nose and eyes! Please don't shove the box of tissues into the hands of the crier, but having tissues available is a nice thing to do. (And our mothers will be proud of us for being so thoughtful and polite).

## For the Infrequent or Not-At-All Criers

"Wow! What's the matter with you? Don't you care!?" Infrequent criers or those who do not cry (in public or perhaps even in private) are often regarded as being "cold," "heartless" or like a "cold fish" (although we know of no research about fish either crying or not crying). For those of you who fall into this category (the infrequent or non-crier, not the cold fish) we suggest that you just relax and be who you are. You have other ways of expressing your emotions; tears just don't happen to [be] one of your most commonly chosen methods. Try not to feel obligated to join in the flow or to allow guilt to overshadow your feelings. Crying infrequently, or not at all, is simply your style.

If you are sitting next to a non- or infrequent crier or you live with one, try not to yell at them too much or to accuse them of not caring. They do care. They just show their emotions in different ways. The number of tears streaming down one's cheek should never be used to measure the amount of caring and love one feels.

**"One of the world's shortest poems turns out to be a helpful suggestion for dealing with the tears: 'Let 'em cry Until they're dry.'"**

## Too Much Crying

Is there such thing as too much crying? What about the person who cries five times a day for weeks or the person who

cries for two hours straight? Isn't this too much? The only statement that we are going to make regarding "too much crying" is the following: A person's crying behavior has become unhealthy when it begins to interfere with the person's ability to complete their activities of daily living. That is, if a person's crying is interfering with a person's ability to go to work, complete their daily chores, and interact with others then he or she may need help. Otherwise, there is no such thing as "too much crying."

## What we wish for you in your Grief Journey

If you are fine with your crying status, then it is the job of those around you to respect where you are in your responses to the joys and sorrows that come your way. Others may wish that you would "show your emotions" or "tighten up." But you will do what you need to do when it comes to crying or not crying. Learn to accept your differences from other people and ask them to do the same. We want to cherish our differences, not use them as weapons.

In our fantasy of an "ideal society," we would not have to "borrow" tissues, hide our tears or apologize if we don't cry. Crying would be as natural as children laughing and people singing. In our ideal society, we would begin to understand that, when someone "loses it" perhaps they are really "finding it" instead. It would be a real and honest and compassionate world. We hope we all find it soon.

Reprinted with permission. Grief Digest Magazine, October 2007, Volume 5, Issue #2, pg. 18-19

## *Oh Those Pilgrims: Preparing for the Holidays*

By: Elaine E. Stillwell, MA., MS.,  
Rockville Centre, NY

When everyone around us seems consumed with festive plans for the approaching holidays of Thanksgiving, Hanukah and Christmas, those of us who have lost loved ones are filled with apprehension, wondering if we can just get through the holidays in one piece. Tears flow as the happy memories of our loved ones are dulled by the pain and sorrow we experience in their absence. We are not in a party mood, nor do we want to be in crowds, but we worry about family traditions being carried on, having the energy to celebrate the family days, making the holidays happy for the children, and how we will survive the sights and sounds of the season.

After I lost my two eldest children, twenty-one-year-old Denis and nineteen-year-old Peggy, in an August car accident, I wondered if I would ever feel like celebrating any holiday again without them. Like many of us who are bereaved, I could not imagine how I could ever face a festive Thanksgiving and actually be thankful or get myself into the Christmas Spirit and be joyous. The idea of celebrating was overwhelming!

As Thanksgiving approached, I knew I wasn't up to cooking an elaborate dinner or dealing with two empty seats at the table. But what could I do? We do have choices and this was a time for checking our options. After much discussion, my tiny family of three, husband, daughter, and I, decided to join dear friends at their home for "Turkey Day," rather than being a dismal group of three or doing nothing. All I had to do was get dressed and show up and enjoy the love that would surround and comfort me.

I learned an important lesson that first Thanksgiving, just four months after burying my two children, and it came from a story I knew by heart but had never connected until then. Since kindergarten days, we've all been familiar with the First Thanksgiving, probably even made Pilgrim hats and Indian headpieces, painted pictures of that rustic feast, and recreated that First Thanksgiving meal with our classmates and teachers. But we never realized that the Pilgrims' first Thanksgiving wasn't just a three day party with squash, corn and turkey. It was a powerful ritual that not only mourned horrific losses but also recognized the possibility of recovery after loss. It celebrated the ability to triumph over death

through community—embracing new friends and trying new strategies.

It was good therapy being with others, sharing a meal, and choosing to live.

The Pilgrims had endured a hostile climate, starvation and disease, the deaths of many family members, and even the loss of some entire settlements. So this story is not one of unclouded joy, but of unspeakable pain. Yet it is one of commitment in love and faith to move toward life and growth. And that is the vital message for those of us who are bereaved today. This is our story as we struggle through pain to give thanks for love and lives shared but cut short. We, too, can only sustain hope by embracing people and testing new ways to cope and survive. Following in the footsteps of the Pilgrims, let's make a commitment to move toward life and growth. To help us realize that commitment, let's take an "inventory of the heart" exploring some of the things for which we might be able to give thanks for this Thanksgiving.

### *Those Loving People*

Grieving is hard work. We need to be surrounded by loving people who are there for us, put no deadlines on us, give no advice, offer no clichés, listen to our stories and don't try to "fix" our grief. We don't have the energy to spar with pushy or "know it all" relatives and friends. Our hearts know right away who the people are who make us feel better. They might be close family members, relatives, dear friends, or new people whom we never expected to be in our lives but who stepped up to walk with us on this grief journey. Or they might be the folks we met at our support group who know and understand our pain, or perhaps a clergy member or counselor who guides us through the ups and downs of our grief. These folks are our lifelines. My college roommate, two dear old-time friends, and one lovely lady whom I had never known before my children died became the anchors of my life, listening to my story, holding my hand and doing whatever I needed to keep up my spirits.

### *One Special Person*

Whether it is spouse, child, friend, or total stranger giving us encouragement and support, that connection keeps us going. My husband was "my blotter" picking up all those tears and giving me permission to grieve in my own way, in my own time, as long as I needed. He gave me my sacred space but was also there to hold my hand and to wrap me in his arms each night. He was my special person accompanying me through the "Valley of Tears." We were joined at the hip in this journey.



## *Someone Needing Our Love*

How helpful having someone giving us a reason to live, to nurture, to plan for, or just to hug. My husband and my daughter needed my love, just as much as I needed theirs. Together we kept each other alive. My daughter left for college as a freshman three weeks after burying her only brother and sister. This was before we had e-mail, so I was busy making sure she had frequent letters and care packages in her college mailbox. That plus frequent phone calls and a visit every six weeks kept us busy nurturing Annie. It also gave us something happy to do and put some dates on our calendar—all good things for us in our bereavement.

## *A Job or Routine*

Having a job or certain responsibilities gets us out of bed or off the sofa and helps us get out into the world as we create our “new normal.” Something that keeps our attention and makes the hours, days, weeks and months pass by more quickly is a gift for our weary souls. I returned to work as a third grade teacher four weeks after my children’s funerals mainly because it was the beginning of the school year and I had to lay down the rules to make the class “mine” as all good teachers know. How lucky I was to have all these loveable little folks nurturing me! My days sped by, and I was so thankful for the glorious busy hours before I went home each day and collapsed into my recliner, fondly known as my “thinking chair,” and released all those tears I had kept inside all day. For me, my job and its set routine saved my life.

## *A Special Hobby or Interest*

Discovering an activity that consumes our time and keeps our minds busy is a treasure for our aching hearts. It could be reading grief books to survive, writing our thoughts in a journal, making crafts, playing the piano, listening to music, planting a garden, enjoying a round of golf, or simply jogging or working out. Anything that eases our pain and distracts us for a while is welcome. No matter where I went, whenever I found an angel, I brought it home. I spent hours inscribing these angels with my children’s names and dates and then wrapping them and presenting them to special friends and relatives. I was consumed with this passionate task because I thought it was a way of “sharing my children with

the world,” my way of keeping their memory from being erased. My house looked like an angel factory, but my husband never said, “Enough already!” He was thrilled to see me smile as I wiled away the hours escaping pain for those precious moments.

## *Nature*

Nature’s beauty comes in many shapes and sizes. A single rose, a glorious sunset, a scenic mountain view, a white-capped ocean, or a star-kissed sky offers us a connection to the universe that many of us might have been ignoring. Nature’s beauty subtly reminds us there is a power greater than ourselves in the universe. It helps us to recognize that changes and endings are the natural order of things. Going outdoors can be powerful therapy for us. I could dig in my garden for hours. Watching the flowers bloom and enjoying the array of colors and fragrances was very comforting to me. I began a new tradition of planting flats of flowers every Mother’s Day, which added a special glow to that day. Every bouquet I cut and brought inside to enjoy somehow made me feel very close to my children, giving me that warm fuzzy feeling around my heart.

## *A Pet*

The caring presence, the untiring devotion and silly antics of a beloved pet can be the best therapy for a grieving family. No money could ever repay our dog, Mickey, for being the healing backbone of our family. This precious animal, a black lab mix (my son’s sixteenth birthday present), got us out of bed in the morning, steered us to the refrigerator, led us to the back door, walked us gently around the block while listening to all our woes, let us cry our hearts out, licked away our tears, and never told anybody our secrets. He made us laugh, snuggled with us, and never left our sides, giving us the daily gift of “his loyal presence.” What gentle, healing therapy for the bereaved heart!

So, thank you, Pilgrims, for being such powerful role models! You have inspired us to reach out to new people, to try new things, to choose life and to look into our own hearts to find those special reasons for us to be thankful this Thanksgiving. Pass that drumstick and let me tell you about my Peggy and Denis!

Reprinted with permission. *Grief Digest Magazine*  
October 2007 Volume 5, Issue #2 pg. 20-21

“Following in the footsteps of the Pilgrims, let’s make a commitment to move toward life and growth. To help us realize that commitment, let’s take an ‘inventory of the heart’ exploring some of the things for which we might be able to give thanks for this Thanksgiving.”

## Caring Connections in the Community

Wednesday, August 28 Larkin Mortuary hosted the 3rd Annual Larkin Charity Classic to benefit *Caring Connections: A Hope and Comfort in Grief Program*. Two hundred golfers and supporters participated in the event which raised \$8,000. “We are grateful to the wonderful professionals at Larkin Mortuary who organize this amazing event and partner with us throughout the year to address the grief and bereavement needs of our community,” says Kathie Supiano, PhD, LCSW, director of *Caring Connections*. “We also extend our sincere appreciation to the hole-in-one sponsors, donors and duffers. In addition to raising much-needed financial support to sustain *Caring Connections*, the Larkin Charity Classic increases awareness of the resources *Caring Connections* can provide to grieving individuals and families.”



From left: Lance Larkin, Rob Larkin, Kathie Supiano, and Spencer Larkin celebrate the success of the 2013 Larkin Charity Golf Classic with a check presentation. “Larkin Mortuary shares our dedication to providing individuals and families with tools to manage the grief process,” says Supiano.

## Thank You, Larkin Mortuary and Friends of Caring Connections



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/caring-connections](http://www.nursing.utah.edu/caring-connections)

## Upcoming Events

### Spanish Grief Support Group

Wednesday Evenings, October 2 through November 20, 2013

6:00 to 7:30 p.m.

Hartland Neighborhood House

1060 South 900 West in Salt Lake City

### Suicide Survivor Support Group

Monday Evenings, October 21 through December 9, 2013

6:00 to 7:30 p.m.

Weber State University-Davis campus

*Caring Connections* will also be starting a perinatal/baby loss group and a homicide loss group.

To learn more about these groups, please contact *Caring Connections* at (801) 585-9522

October 11 - Kathie Supiano will be speaking at the Utah Aging Alliance Meeting on "Suicide Risk, Prevention and Care in the Elderly."

November 15 - Kathie Supiano will be speaking at the Utah National Alliance on Mental Illness meeting on "Suicide Post-vention Care."

November 20 - Kathie Supiano will be speaking at the Utah Hospice and Palliative Care Organization meeting on "The grief and resilience of prison hospice inmate caregivers."

November 23 - International Survivors of Suicide Day. For details on Utah activities, visit:  
<http://www.afsp.org/local-chapters/find-your-local-chapter/afsp-utah>



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### 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 \_\_\_\_\_ Middle Initial \_\_\_\_\_ 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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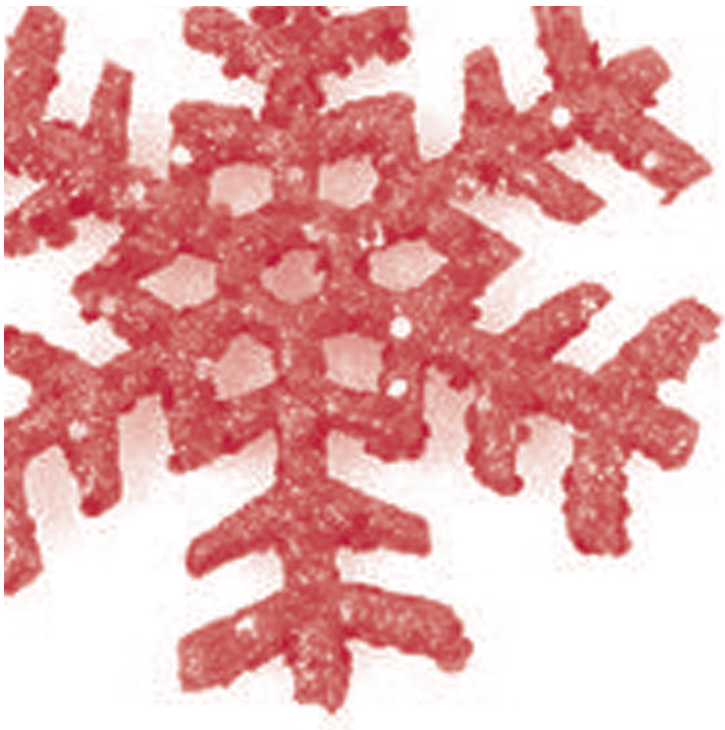
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U.S. POSTAGE PAID  
Salt Lake City, Utah  
Permit 1529

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

(801) 585-9522

Address Services Requested

**Save the Date! *Caring Connections* invites you to:**



## *Grief and the Holidays*

*Just like a Snowflake,  
each Grief Journey is Unique.*

Monday, November 18, 2013  
7:00 p.m.

Featuring:

Award-Winning Journalist  
Peggy Fletcher Stack

Music by the Pike Family

University of Utah College of Nursing  
Annette Poulson Cumming Building, 2nd Floor  
10 South 2000 East on the University of Utah campus

*Grief and the Holidays* is free and open to the public.  
Refreshments will be served following the program.