

Bereavement Newsletter  
Fall 2010



# The Palette



The Children's Hospital

*Thank you to all parents who sent back their parent evaluation. Evaluations were sent to parents whose children died between August 2007 and July 2009. The feedback I received is invaluable to improving our programs. I always want to be sure that the programs we offer meet your needs. Thank you again for your thoughtful replies.*

*– Geri Nelson, Bereavement Coordinator, (720) 777-6978; [nelson.geri@tchden.org](mailto:nelson.geri@tchden.org)*

## **Grief Support Packets**

One item all families receive prior to leaving the hospital after their child's death is a Grief Support Packet. It is our hope that the items in this packet are helpful to you as you begin to negotiate life after the death of your child. The packet contains supportive resource lists as well as supportive reading and bibliographies. Also included in the packet is a catalog for the Centering Corporation where we purchase many of the booklets. If you haven't opened the packet lately, take a look inside. There may be something that speaks to you at this time.

## **Grief Support Library**

I maintain a small library of bereavement literature. If you read something that you would like to suggest to others, please let me know the title of the book and author. Primarily, the books are borrowed by the parents who attend the 9-week grief support groups, but anyone can call me for reading suggestions or to borrow a book.

## **Upcoming Events**

### **Grandparent Brunch**

The final brunch for 2010 will be on November 13; 10 a.m. to noon in Mt. Bross Conference Room at The Children's Hospital

*For grandparents only.* We provide an opportunity for your parents to share memories of their grandchild and discuss how their death has affected them as both a grandparent and as a parent. If your parents live in town, please pass on the word about the brunch. Parents and grandparents are welcome to call me for more information.

### **Photo Album Workshop (Scrapbooking Day)**

Our last scrapbook day for 2010 is October 23; 9:30 a.m. to 3:30 p.m.

Rookie pre-meeting Tuesday, September 28, 7 p.m.

We have hosted scrapbooking days for five-years and the

days never cease to amaze me. Throughout the day, the sound of laughter, tears and personal stories float in the air...sometimes all at once! The memories in your photos are yours to keep forever. Photo albums are a part of your family history. We offer a time, a place and supplies for you to create a lasting memory. If you have never joined us for a scrapbook day, please think about this as a way to build a memorial photo album of your child.

New attendees are asked to attend a pre-meeting in order to choose an album and individual supplies which are donated by Paula Rogers, our Creative Memories consultant. At the pre-meeting, discussion revolves around how difficult, or easy, it may be to approach your child's photos. We ask for a \$20 donation from new scrapbookers for your initial supplies, however, there is no cost for the additional enhancement supplies available on scrapbook Saturday. We also provide breakfast snacks and lunch. All you have to do is come with your photos. These are good days of laughter and tears in a supportive environment. Please RSVP.

### **Family Evening Together**

Each fall we host an evening meant for all members of your family. This year we have invited Dr. Harold Ivan Smith to speak on **Tuesday, November 30 at 7 p.m.** By November, it will feel as though the holidays are everywhere. No grieving family is immune from asking, "How do we survive this year?" Across the years, even White House families, after losing a child or family member, have had to wrestle with answering that question. They have "gifts" from their experiences that may be helpful to you during this season. Dr. Smith is an engaging speaker whose primary research is on the grief of U.S. Presidents and First Ladies, particularly during their White House years.

We encourage you to bring your family and friends with whom you'd like to share this topic. There will be a sibling activity for your school-age children and child care for the little ones. Let's hope for good weather that evening! Formal invitations will follow.

**To RSVP for an event or if you have questions, please contact Geri Nelson, Bereavement Coordinator, (720) 777-6978.**



**Colors of Healing**  
c/o The Children's Hospital  
13123 East 16th Avenue, B220  
Aurora, CO 80045

A number of parents have mentioned that the fall season, especially seeing children return to school, elicits within them a melancholy emotional response. These types of transitions remind parents that their child will never or has never attended school. That is such a sad reality. It could be helpful for you to recognize this loss, maybe donate school supplies in your child's name and/or talk with your family or another bereaved parent about your feelings. As always, be gentle with yourself as the world reminds you once again of the enormity of your loss.

**Back to School**

This summer, as in past summers, we had a film group for teens and young adults to make a film with their deceased sibling in mind. Teens and technology are a great mix and once again, the films that participants produced were amazing. For some of the filmmakers, a number of years have passed since the death. We encourage you to consider this supportive option next summer for your teen.

**Teen/Young Adult Film Group**

Invitations will be going out soon for the Fall Parent Grief Support Groups. These groups will be held on nine consecutive Wednesdays beginning October 6 and concluding December 8. There will be a concurrent seven-week group for siblings beginning on October 20. These groups not only introduce you to other grieving parents but also introduce ways to gently nudge you forward in life. These groups are for parents only. Some parents come alone, some come together, some step-parents attend. If you think that a group may be helpful for you, we encourage you to attend.

**Fall Parent Grief Support Group**