



The Palette



The Children's Hospital

As the new decade began, the media was filled with "top ten" lists. As bereaved parents, you know how difficult it is to move into a New Year without your child...not to mention a new decade. With that in mind, I have compiled a "top ten" list of a different sort.

Top Ten Ways to Live Your Life in View of Your Child's Death

- 1) When someone asks, "Can I help?" Say yes. At the very least, borrow their ears to listen. When you offer to help someone, don't you like when they take you up on the offer?
- 2) Remember there is no deadline for grief. You are a parent to your child as long as you live. Find a way to remember them each day.
- 3) You loved your child with all your heart...live a good, loving life in their honor.
- 4) Do not sit alone with your grief. There are many other bereaved parents to meet. Join a group. Attend a supportive event offered through the Colors of Healing. Attend a Compassionate Friends meeting or one through a hospice or your church. Call me for resources in your area.
- 5) Recognize that everyone in the family grieves differently. The grief of your other children or your spouse/partner may look very different than your own. There is no right or wrong way to grieve. There is no valor in holding back tears.
- 6) Reading can help. There are many good books written by and for bereaved parents.
- 7) Writing can help. Expressing emotions on a piece of paper or blog has been researched and shown to have positive health benefits. This can be as simple as jotting a few words on a calendar.
- 8) Be gentle to yourself. Loosen up on your expectations for yourself. Listen to your heart; you are the best judge of what is good for you.
- 9) Transform your pain into something new: take a risk, help someone else, or revitalize important dates. Live your life larger. Reach for hope.
- 10) Love yourself. Love each other. Love...

Upcoming Events

Photo Album Workshops (Scrapbooking Days) 2010 Workshops:

February 20 (mandatory pre-meeting for new attendees
Tuesday, February 2, 7 p.m.)

This is soon! RSVP to Geri Nelson ASAP!

June 19 and October 23

If you have never joined us for scrapbooking, please give it a try. 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 also revolves around how difficult, or easy, it may be to approach your child's photos. We ask for a \$20 donation for new scrapbookers. On scrapbook Saturday, there are loads of additional enhancement supplies available at no cost. These are good days of laughter and tears in a nurturing environment.

Grandparent Brunch

**2010 dates: Saturdays May 15; July 10; November 13,
10 a.m. to noon, Mt. Bross Conference Room, 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 brunches. Grandparents are welcome to call me for more information.

Teen/Young Adult Film Group

Nine week group, summer 2010

Each summer we offer the opportunity for teens and young adults to build a film with their sibling in mind. The group has the relaxed atmosphere of summer and is non-confrontational when discussing grief. It is an opportunity for your high school age and older child to meet with others for a unique support activity...building a film using a video camera and iMovie. Guidance and support are provided through the Colors of Healing and the Ponzio Creative Arts therapists. Do not hesitate to call for more information.



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



Grief Support Groups

Spring Parent Grief Support Group
 Invitations will be going out soon for the Spring Parent Grief Support Group. These groups are held on nine consecutive weeks and have a 7 week concurrent group for siblings. If you think that a group may be helpful for you, we encourage you to consider attending.

Annual Memorial Service
 The annual Memorial Service will be held on Sunday April 18 at 2 p.m. Formal invitations will be mailed in March.

Flowers
 Did you know that for \$50 you can donate flowers that will be placed in The Children's Hospital Chapel for one week? This gesture provides an opportunity to remember your child, or other loved one and it brings the staff, volunteers, families and patients together in a spiritual gesture. Others have often commented on how they appreciate the personal touch of the flowers on the altar. To continue that personal touch, there is a card that sits next to the vase recognizing the donor and the reason for their gift. If interested, please call Chaplain Bob Flory, (720) 777-6382.

Mailing List Update
 It is the time of year when I refresh the parent address list. I will keep five years active on my address list, unless you have participated or attended any of our supportive activities. In that case, I will keep you active on the mailing list until you request otherwise.