

## Grief Support Groups

Hospice of Ukiah offers free regular Grief Support Groups. You are safe expressing your grief and sharing your experiences in the accepting and understanding atmosphere of the Group.

Groups can be customized for children, and there is a special group for those experiencing the tragedy of a suicide.

The Chaplain may provide counseling between groups, or can connect you with a skilled professional who can address your individual concerns.

*"You matter...to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die!"*

*Dr. Cicely Saunders,  
Founder of the first modern Hospice.*

- *As a community supported hospice, Hospice of Ukiah, Inc. is not required to be licensed and is not regulated by the State Department of Health Services.*
- *If you have any complaint against Hospice of Ukiah, please call us first and we will make every effort to resolve it.*
- *Unresolved complaints should be directed to the local district attorney or to Consumer Affairs at (800) 952-5210*

## Who Funds Hospice of Ukiah

Our local program is supported completely by the generosity of the community through donations, memorial gifts, bequests, endowments, and fundraising events, as well as the proceeds from our Thrift & Gift Store.

Hospice of Ukiah, Inc.  
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Please visit our Hospice Gift & Thrift Store at 401 South State Street, Ukiah. Phone: (707) 462-3141

# Hospice of Ukiah, Inc.

*Community Supported  
Hospice and Palliative Care*



## Grief & Bereavement Program

*Serving the Greater Ukiah Area Since 1980:*

Ukiah  
Calpella  
Redwood Valley  
Potter Valley  
Hopland  
Talmage  
Anderson Valley  
Willits

## What is the Role of our **Chaplain**?

Hospice of Ukiah has a Chaplain on staff trained to help you when you are touched by loss and grief of any kind.

Our Chaplain is not a “minister”, nor is she/he affiliated with any religion or sect. The mission of the Chaplain is to support you through your grief and beyond, so that you can get on with the business of life.

Death is a normal part of life, but facing your own death or experiencing the passing of a loved one naturally brings uncomfortable feelings and changes. We have to leave our the life we know, as well as our loved ones, and they have to say goodbye. It is challenging to prepare ourselves for the process of dying or losing a loved one and Hospice of Ukiah offers assistance in many ways.

**Asking for help is a form of Self Care**

The Chaplain is part of the Team approach when a client is enrolled in Hospice of Ukiah for end of life or palliative care.

They become a trusted friend before the crisis, helping the client and loved ones prepare for a peaceful transition.

After death the Chaplain is there to minister to the spiritual and emotional needs of those facing the loss.

Our Chaplain can offer a caring ear, the wisdom of experience, and strategies to help you cope.



## After the Loss

Sadness and depression are natural responses to significant loss and can intensify into depressions with lack of energy, sleep disturbance, loss or gain of appetite, loss of sexual drive, and lowered self esteem. Depression can affect memory and judgment leading to unwise decisions, and alcohol and drugs may seem attractive.

Grief can make us vulnerable to physical illness, as our usual defenses are lowered. Grief cannot be rushed or pushed aside—it takes time and support to go through the healing process.

## What can I do to cope?

- Express your feelings
- Pamper yourself with massage, spa visit, or special gift
- Get a physical check up
- Talk to friends, your minister or a spiritual guide
- Join a Grief Support Group
- Take up a hobby or volunteer
- Exercise—walk, ride a bike, yoga
- Have a good cry whenever you want
- Remember the good times
- Celebrate special times with family and friends

## Do I have to be a Hospice client or family member?

Grief counselling is not limited to those enrolled in the Hospice program. Our Chaplain is available whenever someone has faced or is facing a loss.

Grief is individual and caused by many lifetime traumas:

loss of a job, divorce, death of a beloved pet, or grief over a loss many years in the past.

**Do not compare Yourself to others**