

The Intern

OutReach

HEALING • LEARNING • GROWING

Henry Ford SandCastles Grief Support Program, a division of Henry Ford Hospice



GRIEVING THROUGH THE HOLIDAYS HOW TO DEAL WITH CHANGE THIS TIME OF YEAR

The holidays can be a trying time for people and families in grief. The columnists and contributors of "What's Your Grief?" have been through experiences like ours. They offer some valuable tips and insights for grieving through the holiday season.

The contributors advise anticipating our grief triggers so they cannot catch us off guard; we can manage our triggers better in the moment if we are aware of them before they creep up on us. Seeking gratitude keeps us conscious of the positives around us – it prevents us from getting bogged down in negative feelings. "What's Your Grief?" recommends that we plan for some alone time to recuperate and self-care, because it can be very hard to be with our families when we are emotionally depleted

ourselves. Finally, in creating something that reminds us of our loved one, we get the dual benefit of entertaining our creative side and memorializing our person who died. Using our creativity can



help to reduce stress, and making a memorial item, or a small ceremony, can help us keep the memories alive in a constructive way.

All of this and more at <https://whatsyourgrief.com/>

We hope these tips help you as we head into the holidays.

WHAT'S INSIDE?

Grieving Through Holidays

Grief Podcasts

20th Anniversary

Giving Back

Kroger Community Rewards



Grief Support Program
for Children and Families
Henry Ford Hospice

GRIEF PODCASTS

In the midst of day-to-day life, it can be hard to find resources that help us navigate grief. These podcasts draw from many years of stories and wisdom from grieving children, teens, and adults.

Click on a title to be directed to the website. Most podcasts can be downloaded to your computer, tablet, or phone to listened to at any time that works for you.

HANDLING HOLIDAYS

[How to Handle Holiday Tradition After a Death](#) *(WhatsYourGrief.com)*

By far one of the hardest outcomes to accept about the holidays after the death of a loved one is if a tradition needs to be changed or skipped. It's risky to set your holidays on autopilot and hope things work themselves out. Not only might you be majorly blindsided by your grief, but it also takes away from your traditions. This podcast discusses how to handle holiday tradition after the death of a loved one.

[Grief and the Holidays](#) *(WhatsYourGrief.com)*

This time of year can be particularly difficult for people grieving the loss of a loved one. Spouses, parents, children and siblings muddle through parties, presents and merriment and confront the gut wrenching presence of an empty chair at their holiday table.

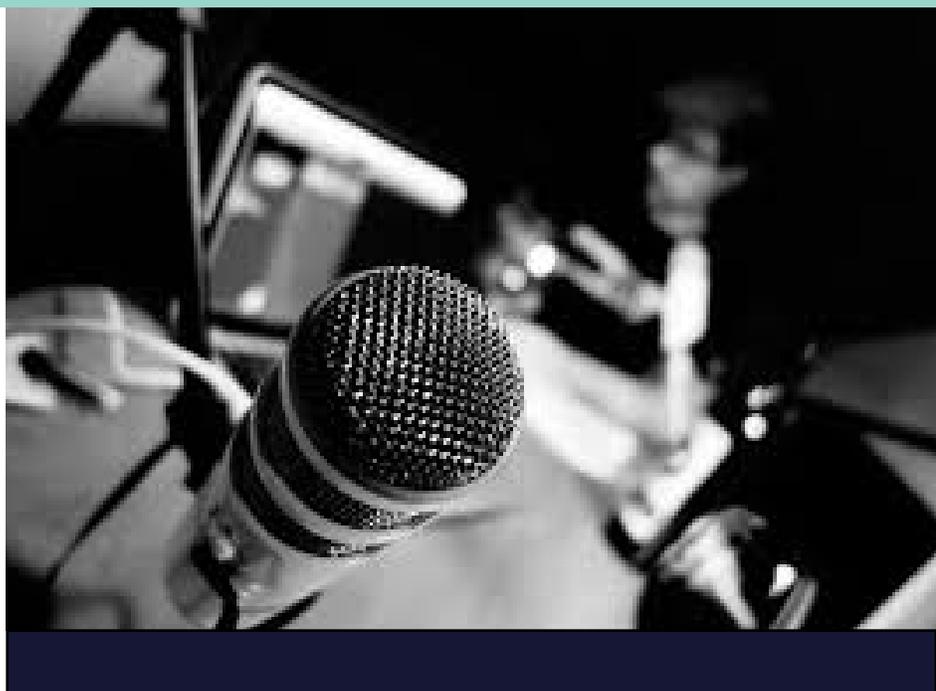
SUPPORTING OTHERS

[Supporting a Grieving Teenager](#) *(WhatsYourGrief.com)*

Supporting a grieving teenager or young adult can be confusing for parents and professionals. Although teens are a lot like adults when it comes to grief, there are a few key differences due to personal history, social support, and stage of life. This podcast talks about specific considerations for supporting a grieving teen.

[When Grief Gets Awkward: Navigating Everyday Social Interactions](#) *(Dougy.org)*

Interacting with others while grieving can be wildly confusing and tricky. In this episode, Caitlin Sweeney, whose mom died of



a pulmonary embolism in 2015, talks about these potentially awkward social interactions in the midst of grief. A great podcast to share with others who haven't yet experienced the death of a loved one and want to offer more than just platitudes.

LIVING & COPING WITH GRIEF

[Returning to Work After the Death of a Loved One](#) *(WhatsYourGrief.com)*

Many people have to return to work within days after experiencing the death of a loved one. Others have a little more flexibility, but must eventually take the step to return to the workplace and workforce.

This podcast discusses returning to work after the death of a loved one. It addresses some of the common barriers and offer suggestions for reducing stress during this transition.

[Self-Compassion As Self-Care In Grief: An Interview](#) *(Dougy.org)*

Heather Stang, author of *Mindfulness & Grief: With Guided Meditations To Calm Your Mind & Restore Your Spirit*, talks about cultivating self-compassion as a powerful avenue for self-care while grieving. She shares an accessible technique that you can use anywhere to get connected to your emotional and physical needs and bring ease and understanding to the some of the most painful aspects of grief.



There were lots of things to do at the 20th Anniversary Celebration for SandCastles on October 21, 2017. Some of the activities that have been done at Camp Erin over the years were available for children, families, volunteers, and donors to participate in. There were lots of shirts and items to purchase, and there were photographs of SandCastles functions over the years displayed. The afternoon ended with a memorial celebration followed by donuts and cider! Thank you to all of the people who came out to celebrate with us!

GIVING BACK:

HONEYBAKED FUNDRAISER

We are excited to announce that we have partnered with HoneyBaked for an online gift card fundraiser, with 20% of the proceeds to benefit Henry Ford SandCastles Grief Support Program for Children and Families. As our winter holidays and special events approach, this is a perfect way to support SandCastles. HoneyBaked gift cards can be used at any HoneyBaked location nationwide, to shop online, or to order from the HoneyBaked catalog. They never expire and there are never any additional fees. In addition to Ham, HoneyBaked offers other delicious entrees like Turkey, BBQ and Pot Roast, Ham or Turkey by the slice, side dishes, desserts, and even lunch and party platters. To participate, follow the instructions below. You can also visit our Facebook page at www.Facebook.com/HenryFordSandCastles to share our post with your family and friends.

- Go to: https://honeybakedfundraising.com/fundraisers/SandCastles_Healing_Grieving_Hearts_Fundraiser
- Select desired gift cards to purchase and follow the Checkout Instructions for completing your purchase
- 20% of gift card sales will benefit Henry Ford SandCastles Grief Support Program
- Share the link with your family and friends while you wait for your gift card to ship to you!



FOLLOW US

Click the icon to see our latest Facebook updates! Or search for SandCastles Grief Support on Facebook.



STAY UPDATED

Click the icon to see our latest Twitter updates! Or search for Henry Ford Health on Twitter.



SPREAD THE WORD

Click the icon to see our latest Youtube updates! Or search for SandCastles content on YouTube.



GET CONNECTED

Click the icon to visit our website! Or visit us at www.aboutsandcastles.org

The bi-weekly support groups are facilitated by volunteers from the community. SandCastles is looking for caring individuals who would be interested in helping grieving families. The SandCastles Facilitator Training is four sessions and covers grief and loss education, group facilitation techniques and awareness.

Our sites include: Clinton Township, Detroit, Livonia, Riverview, Rochester, Southfield, St. Clair Shores, and West Bloomfield.

You can also support SandCastles by posting our flyer at your workplace or in a coffee shop, by promoting our current fundraisers, and by helping us secure sponsors for events.

There are so many ways to support SandCastles. Call the office to register for a volunteer orientation or to find out more information at

313.874.6881



Shop at Kroger?

SandCastles is now part of Kroger's Community Rewards Program!

Register your Kroger card today and SandCastles will receive a percentage of the sale.

1. Register online at: krogercommunityrewards.com
2. Enter NPO number: 61682 or select Henry Ford SandCastles

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