

FOR IMMEDIATE RELEASE

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## Hospice of The Gorge Offers Holiday Coping Strategies for Those Who Have Lost a Loved One

### *'Surviving the Holidays' offered as part of National Hospice Month*

*October 24, 2006 – Hood River, Ore.* – Hospice of The Gorge will offer a two-hour bereavement seminar to the public, entitled, “Surviving the Holidays: Grief-management Strategies,” which will take place on Saturday, November 18 in The Dalles at the Northern Wasco County Public Utilities District Building (2345 River Road) at 9:30 a.m., and in Hood River at the Hospice Center (1630 Woods Court) at 2 p.m. This seminar is Hospice of The Gorge’s event to commemorate National Hospice Month.

From greeting cards to decorations to television commercials, the holidays can be rife with painful reminders of a loved one who has died. Because negotiating the holiday season’s many family and social traditions can be difficult—even traumatic—Hospice of The Gorge chaplain Stephen Lusk, PhD, will present information about holiday-specific coping skills, and use hand-outs and a video entitled, “Ray of Hope,” to support his presentation. There will also be opportunity for participants to discuss their feelings and ideas.

“Most people enter the holiday season pushing their grief away and trying to survive,” says Lusk. “It’s better if one is proactive; anticipates the challenges; and plans how they want to handle the holidays before they arrive.”

This seminar is offered free of charge as a public service, and also as an activity of National Hospice Month. The motto of the NHM is, “It’s about how you live!” Hospice of The Gorge supports National Hospice Month, and feels that this seminar embodies the tenet of supporting quality of life for all.

“Hospice is not just about our patients,” says Hospice of The Gorge executive director Deborah Jaques. “It’s about a patient’s ‘care circle’—his or her family and friends. They may need help long after their loved one has died.”

This seminar is free of charge and open to anyone in the public. For more information or to register (please register by Nov. 15), phone either Hospice office: 1-866-680-6449 in Hood River and 1-866-680-4684 in The Dalles.

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**Hospice of The Gorge** provides comprehensive care to those who face life-limiting illness. Hospice of The Gorge is a nonprofit organization that provides ethical, professional and compassionate care while respecting personal, cultural and spiritual values. From offices in Hood River and The Dalles, Hospice of The Gorge serves seven counties: Skamania and Klickitat in Washington, and Hood River, Wasco, Sherman, Gilliam and Morrow in Oregon. Please visit the website for more information: [www.hospiceofthegorge.org](http://www.hospiceofthegorge.org).

More information about National Hospice Month is available at [www.nhpco.org](http://www.nhpco.org).