



FOR IMMEDIATE RELEASE

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## **Hospice of The Gorge Presents ‘Surviving the Holidays’ Bereavement Seminar**

***Offered as part of National Hospice/Palliative Care Month***

*October 15, 2007 - Hood River, Ore.* - For the third year, Hospice of The Gorge offers a free two-hour bereavement seminar to the public, entitled, “Surviving the Holidays: Grief-Management Strategies” (dates and times listed below). This program is Hospice of The Gorge’s official event to commemorate National Hospice/Palliative Care Month, a nationwide effort to confront end-of-life issues in a healthy, constructive manner.

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, Ph.D., will present information about holiday-specific coping skills, and use hand-outs and a video entitled *Ray of Hope* to support his presentation. Participants will be encouraged to discuss their feelings and ideas.

“Most people have worked through their grief for a few months, and then WHAM! Thanksgiving brings memories that trigger their grief,” says Lusk. “It can help to be proactive, anticipate the challenges and make a plan for the holidays before they arrive. It can also help to know that one isn’t alone in this struggle.”

“Surviving the Holidays” is offered free of charge as a public service and as an activity of National Hospice/Palliative Care Month, sponsored by the National Hospice and Palliative Care Organization, whose motto is “It’s about how you live.” Hospice of The Gorge is a member of the NHPCO and supports National Hospice/Palliative Care Month; the bereavement seminar embodies the NHPCO tenet of supporting quality of life for all.

“Hospice is not just about our patients,” says Hospice of The Gorge executive director Sharon Mulford, “it’s about their families, and it’s about *all* families. This seminar reflects our dedication to the entire community—you are welcome to attend this seminar whether or not your loved one was a patient of Hospice of The Gorge.”

[sidebar]

### **“Surviving the Holidays”**

- Saturday, Nov. 10, 9:30 a.m.: Northern Wasco Cty. Public Utilities Dist. Bldg. (2345 River Road, The Dalles)

- Saturday, Nov. 10, 2 p.m.: Hospice of The Gorge (1630 Woods Court, Hood River)
- Sunday, Nov. 11, 2 p.m.: United Methodist Church (341 N Main Ave., White Salmon)

This seminar is free of charge and open to anyone in the public. For more information or to register (please register by Nov. 5), phone either Hospice of The Gorge office: 1-866-680-6449 in Hood River and 1-866-680-4684 in The Dalles.

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**Hospice of The Gorge** is a nonprofit, Medicare-certified public-benefit agency that since 1981 has provided comprehensive and compassionate care to those who face life-limiting illness and to their families. From offices in Hood River and The Dalles, Hospice of The Gorge serves eight counties: Skamania and Klickitat in Washington, and Hood River, Wasco, Sherman, Gilliam, Morrow and Wheeler in Oregon. Hospice of The Gorge receives support from United Way. 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).