

Grief Awareness: April + May 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|----------|
| APRIL | 15 | 16 National Healthcare Decisions Day: Death Over Lunch <i>Virtual</i> 12-1p | 17 | 18 | 19 | 20 |
| MAY | 6 Compassionate Care Rounds: Grief and Loss Topic TBD <i>Virtual</i> 12-1p | 7 Grief Support for Those Who have Lost a Child Support Session <i>Virtual</i> 1-2:30p | 8 | 9 Grief Support for Those Who have Lost a Parent Support Session <i>Virtual</i> 10-11:30a | 10 | 11 |
| 12 | 13 | 14 | 15 2024 CONFERENCE Weber's Inn - Ann Arbor 8a-4p Registration at 7a | 16 Life Sciences Orchestra Hill Auditorium 7:30p Free Admission | 17 | 18 |
| 19 Grief Wall: Participate all month: UH and Mott 2 nd floor windows | 20 | 21 The Slow Goodbye Workshop on the Grief associated with Dementia <i>Virtual</i> 1p-2p | 22 | 23 | 24 | 25 |
| Honoring Life and Loss: MICHIGAN MEDICINE GRIEF AWARENESS FOR FACULTY AND STAFF | | 27 | 28 | 29 Honoring Life and Loss: Grief Awareness for Staff and Faculty Since 2013, Michigan Medicine has made a commitment to honor and recognize grief and loss in the workplace. | 30 A Breath of Fresh Air Guided Nature Experience Nichols Arboretum 12-1p | |



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet. This sort of denial is no small matter. The way we deal with loss shapes our capacity to be present to life more than anything else. The way we protect ourselves from loss may be the way in which we distance ourselves from life. We burn out not because we don’t care but because we don’t grieve. We burn out because we’ve allowed our hearts to become so filled with loss that we have no room left to care.” ~ Rachel Naomi Remen, MD

As an established Michigan Medicine tradition, the *Honoring Life and Loss: Grief Awareness for Faculty and Staff* initiative has been recognizing grief and loss in the workplace since 2013. This year's events will cover the breadth of loss that one experiences in a healthcare setting and in life. We invite you to pause with us and honor the impact of grief and loss from this past year and build resilience as we move forward.

4/16/24 National Healthcare Decisions Day: Death Over Lunch 12p-1p (1.0 CEU for Social Work approved) National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning. This presentation will look at ethical principles, value-based decision-making, and how to navigate conflicts between patients' autonomy and healthcare professionals' obligations to beneficence and non-maleficence. In addition, specific content regarding state of Michigan Funeral Representative Law will be presented reinforced by case examples and discussion. A review of strategies to educate patients about the benefits of preparing these documents will be provided.

Register at the link below:

https://umichumhs.qualtrics.com/jfe/form/SV_1Lb2XjNTflraHYy

5/6/24 Compassionate Care Rounds: Grief/Loss Topic TBD 12p-1p (1.0 Nursing Contact Hour and 1.0 CEU for Social Work approved)

This month's Compassionate Care Rounds discussion will focus on a grief and loss topic to be determined. Open dialogue for all members of the Michigan Medicine community is encouraged. If you do not already receive the email from the Compassionate Care Rounds Planning Committee, please email Talia Brunson for webinar registration information: tbrunson@med.umich (alternately, you can email Madeline Lagina at laginam@med.umich.edu).

5/7/24 Grief Support for Those Who have Lost a Child Virtual: 1-2:30p

May and June bring us Mother's Day and Father's Day, designed as celebrations for those of us who are parents and caring for our children. But when we have a lost a child, no matter their age, it can be complicated to grieve during these times as others are celebrating in ways that differ from ours. Our grief may need more space in these moments. In honor of Grief Awareness Month through the *Honoring Life and Loss: Grief Awareness for Faculty and Staff* initiative, please join staff from the Office of Counseling and Workplace Resilience as we talk about grief, loss and how to cope as it relates to the loss of a child. We will provide some education

and information, while also creating a space for your stories. We look forward to sharing these heartfelt moments with the Michigan Medicine community. Please register at the link below:

https://umich.zoom.us/meeting/register/tJErcO6orDorEteJz4SlxPM7Lo_nkGhETY5p

5/9/24 **Grief Support for Those Who have Lost a Parent** Virtual: 10-11:30a

May and June bring us Mother's Day and Father's Day, designed as celebrations of those who raised us. But when we have a lost a parent, it can be complicated to experience our feelings surrounded by marketing related to brunches and barbecues. Our grief may require more expansiveness during this season. In honor of Grief Awareness Month through the *Honoring Life and Loss: Grief Awareness for Faculty and Staff* initiative, please join staff from the Office of Counseling and Workplace Resilience as we talk about grief, loss and how to cope as it relates to the loss of a parent. We will provide some education and information, while also creating a space for your stories. We look forward to sharing these heartfelt moments with the Michigan Medicine community. Please register at the link below:

<https://umich.zoom.us/meeting/register/tJAuc-ytrj4oHdJSFWkOukbPR4oX1AYIRtfC>

5/15/23 **Conference Event - Discovering Compassion in Loss: Building Sustainability for All** 8a-4p, with registration and continental breakfast from 7a-8a

Weber's Inn, Ann Arbor

This full-day conference is a way to recognize professional grief, which is frequently experienced but often hidden, while also building knowledge and skills in grief and loss related to death and non-death loss. By embracing healthy coping behaviors and a supportive work culture, we hope to decrease compassion fatigue, mitigate occupational stress and burnout, and increase the joy and fulfillment in this type of work. Breakfast and lunch included with \$50 conference fee (payable by credit card or short code).

Selected Topics for the Event:

Grief Happens: Let's Talk about it Already – **Lisa Keefauver MSW**

Panel Presentation focused on How to Accompany Difficult Emotions

Self-Reflection and Community Dialogue to Promote Collective Support and Share Wisdom

The Healing Power of Grief: Creating your Own Grief Practice Plan – **Raina LaGrand LMSW MPH CYT**

Compassionate Closure: Enhancing Postmortem Care in the Hospital Setting – **Lisbeth Harcourt LMSW**

Register in advance for this event:

<https://rsvp.umich.edu/IDvbxP>

University of Michigan Health Nursing Professional Development & Education is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

6.5 Nursing Contact Hours will be provided.

7.0 Social Work CEs will be provided.

5/16/24 **Life Sciences Orchestra Spring Concert** 7:30-9:30p

Hill Auditorium, Ann Arbor

The Life Sciences Orchestra (LSO) is made up of members of the University of Michigan Medical, Health Science and Life Science community. Led by Music Director, Nicholas Bromilow, the LSO will perform a free concert featuring:

- **Neils Gade – Echoes of Ossian, Op. 1**
- **Jean Sibelius – En Saga, Op. 9**
- **Camille Saint-Saens – Symphony No. 3 “Organ” in C minor, Op. 78**

This concert will be preceded by a lecture from the Music Director in the lower level of Hill Auditorium at 6:45pm.

Open to the public; no tickets required.

The LSO will follow any health-related protocols put in place by Michigan Medicine and the School of Music, Theatre & Dance at the time of the performance. We ask that audience members say home if not feeling well.

5/21/24 **The Slow Goodbye** 1-2p (1.0 CEU for Social Work approved)

Speaker: Leslie Dubin LMSW

Persons experiencing dementia ultimately lose all of their abilities over a prolonged period of time. Their care partners bear witness to these changes as they slowly see how these changes affect the cognition, actions, and personality of the person they love. Learn more about this journey and how care partners can navigate the challenges with this particular health condition. Please register at the link below:

<https://umich.zoom.us/meeting/register/tJ0td-Gpqjs0Htw8Krl0TtDz2WPvDg33rcr6>

5/30/24 **A Breath of Fresh Air - Guided Nature Experience** 12-1p

Staff, faculty, and medical learners are invited to participate in a unique and energizing nature break. This session will introduce the positive effects of being in nature on our social and emotional well-being. You will practice mindful attention and appreciation for the natural environment and learn how to refresh your energy and reduce stress by being outside. You will also learn how to use the Nature Rx resources in the Michigan App, in order to take advantage of nearby nature spots for taking breaks, restoring, and for mental and physical health and wellbeing.

Meet at the Nichols Arboretum Reader Center, 1610 Washington Heights, for a guided nature experience in Nichols Arboretum.

The guided experience will begin at approximately 12:15pm and conclude around 12:45pm. Facilitated by Kelcey Stratton and Katie Stannard.

Please note that this session requires moving or walking outdoors over a distance of approximately a half-mile. We will learn how to appreciate nature in all its forms, and sessions will be held rain or shine. Please wear comfortable attire and dress for the weather.

RSVPs requested: <https://forms.gle/6NVVQ1ni8MyUm9p46>

For Information: Katie Stannard (kstannar@umich.edu)

Grief and Healing Wall: All Month Long

Honoring Life and Loss: A special project to encourage staff, faculty, patients, families, and all caregivers to share expressions of grief, loss, healing, and hope. We all have universal experiences of loss and finding new ways to connect is important. Please share your thoughts, messages, and other expressions of grief and hope. You can share those messages directly on the windows on the 2nd Floor in UH and Mott during the month of May.

For further information about the Grief and Healing Wall, please read more in this Headlines article from December 2023.

https://umhealth.sharepoint.com/sites/MM_Headlines/Lists/PostEvent/Customdetailview.aspx?FilterField1=ID&FilterValue1=18885

Giving Library: Available while supplies last

Staff can choose one title to keep – designed to support staff, promote healing, and build resiliency. The books are available to staff by inter-office mail or arranged pick-up.

Titles include:

- ***Five Invitations: Discovering What Death Can Teach Us About Living Fully*** by Frank Ostaseski
- ***Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*** by Laura van Dernoot Lipsky
- ***Healing Secondary Trauma: Proven Strategies for Caregivers and Professionals to Manage Stress, Anxiety, and Compassion Fatigue*** by Trudy Gilbert-Eliot
- ***What's Your Grief? Lists to Help You Through Any Loss*** by Eleanor Haley and Litsa Williams



To select a title (limited to first 400 staff and one title per request), please email

socwk-oda@med.umich.edu, or complete the following Qualtrics Survey:

(https://umichumhs.qualtrics.com/jfe/form/SV_9Y7rLgj16EkdsW2)

or scan this QR code.

**If you are interested in joining our efforts in this important work and contributing to next year's activities, please email socwk-oda@med.umich.edu to be added to the Planning Committee. We look forward to hearing your perspectives and ideas!