

## Partners in Care

Hospice of The Gorge is a partner in care with patients, families, health care providers and other organizations throughout the Mid Columbia region. We offer help and hope to people suffering from the changes in life that matter most, and we provide the care and support needed to help people gain perspective and closure at the end of life.

## Helping People Heal

Death and loss is a normal part of the human condition. Still, the death of a loved one leaves its toll on those who are left behind.

Grief is individual in the way it affects people and how long it lasts. Some people find they have periods of intense and overwhelming sadness immediately following a loss, while others don't feel the significant effects of a loss until long after the death. Grief is also highly personal, and it is not uncommon for people in grief to feel as if there's nowhere to turn.

That's not true ... there is help.

Hospice of The Gorge has helped thousands of people in the Mid Columbia region begin the recovery process. We help people have good endings, we help caregivers learn how to care for loved ones who are dying, and when the time comes, we provide a forum for safe and open communication where grief can be shared with people who can help.

There's no need to suffer alone.  
We can help, just give us a call.



## When it Matters Most

Hospice of The Gorge is a dedicated team of health care professionals, bringing help and hope to people who are suffering from the changes in life that matter most.

We are a non-profit organization that has been helping people in our communities with end-of-life needs and related challenges since 1981.

The oldest and largest hospice in the region, we serve eight counties, including Hood River, Wasco, Sherman, Gilliam, Morrow, Wheeler, Skamania, and Klickitat.

Hospice of The Gorge is certified by Medicare and the State of Oregon, and we are licensed in the State of Washington. We are also members in good standing with state and national hospice associations.

## Give us a call

We can help. Please call us for a consultation or to attend our "Coping with Loss" sessions. As a non-profit organization, we offer our services at no charge to people in the communities we serve.



**In Hood River: 541-387-6449**

**In The Dalles: 541-296-3228**

To learn more about us, visit our website at  
<http://www.hospiceofthegorge.org>

# HOSPICE *of The Gorge*

**With Love, Since 1981**



**Bringing  
Help & Hope**

**Coping  
with Loss**

## Grief Takes Time

Many people are poorly equipped to cope with grief. Worse, some think that grief is a sort of weakness that should be avoided. Some people may even lose patience with people who are grieving, and urge them to “get over it” or to “snap out of it.”

The bereavement team at Hospice of The Gorge knows that people in grief can't just bounce back. They need time, and they need a safe and supportive environment where they can process their grief.

We know that grief is a normal reaction to loss, but that it doesn't feel “normal” to be in grief. We know that people need time to grieve, and that people grieve in different ways.

We also know that quite often, people in grief can benefit from help by organizations like ours.

## People Grieve in Different Ways

There's no “right way” to grieve. Each person is unique. The range of symptoms can include physical, emotional, behavioral, psychological, social, and even spiritual changes. Here are some examples:

- Feeling “grouchy” or angry
- Staying too busy
- Lack of energy
- Feeling “strange”
- Fatigue
- Anxiety
- Apathy
- Depression
- Being overly sensitive
- Lack of motivation
- Inability to concentrate
- Withdrawal from others or from activities



## Let us Help

No one can “fix” your grief, but we can certainly help. You don't need to go it alone. We offer support, we offer tools for learning to cope, and we offer hope.

We facilitate several support groups in our service area, and in certain instances, we offer one-on-one consultations. We offer a safe environment, we act as a guide, and we support you whether you need to laugh or cry.

There can be no doubt that healing from a loss is a difficult journey. But, it is possible, and we're happy to help.



artwork by louise harris emerson

## Other Help Available

Occasionally, factors beyond “normal” grief may complicate a person's situation. Depression, alcoholism, pre-existing medical conditions and other complications may require more clinical forms of therapy than we are prepared to offer. If our experienced staff assesses that you or a loved one is experiencing grief that is complicated by these types of factors, we will be pleased to provide information for counselors and/or medical practitioners more appropriate for your situation.

## Support Sessions

Support sessions are attended by people who are experiencing the loss of someone or something significant in their lives. Anyone living in or visiting our service area is welcome to attend.

We offer this service at no charge, and we thank the many donors who make this service possible.

If possible, please call in advance to let us know if you plan to attend.

### Hood River

Meetings take place on the second and fourth Thursday of each month, at 9 a.m.

1630 Woods Court  
(On The Heights, off Pacific Avenue)  
541-387-6449  
or toll-free, 1-866-680-6449

### The Dalles

Meetings take place on the first and third Wednesday of each month, at 10 a.m.

751 Myrtle Street  
(off West Sixth Street)  
541-296-3228  
or toll-free, 1-866-680-4684

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The **Tree of Life** is featured in this brochure, because it is recognized by cultures around the world as a symbol for death and rebirth. Its roots are grounded in the earth, its branches reach for the sky, and its seeds form the basis of new life. We hope that reflections on this Tree of Life may help to comfort you in your time of loss.

