

# LIFT

*Grief is a process, not a state. –Anne Grant*

June 2023  
Bereavement Newsletter

Living Is For Today  
West Texas Rehab's Hospice of San Angelo

***PLEASE JOIN US!***

## **ARTISTRY OF LIFE: A CELEBRATION**

**Tuesday, June 6, 2022**

**6:00 – 7:30 p.m.**

**West Texas Rehab's Conference Center  
1925 University Avenue, San Angelo**

The Artistry of Life Celebration is a fun-filled event that provides an opportunity to remember and celebrate the lives of our loved ones via creating pieces of art. "Art expression is a natural way of expressing our thoughts and feelings when words are not enough," explains Karen Schmeltekopf, Director of Bereavement. "Working with our hands also helps us move grief from the inside to the outside, which helps with the healing process."

This year's theme is "Boxes of Love", and each participant will have the opportunity to create a box of love in which to hold keepsakes, pictures, and other treasures of their loved one.

Artistry of Life is designed for people of all ages and free of charge. Light refreshments will be served. For more information, call HOSA Bereavement Department at 325-658-6524.

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## **Art Therapy for Grief**

By Maggi, [columbusarttherapy.com](http://columbusarttherapy.com)

Things will never go back to the way they were, but you can find a new normal and live again.

It may sound strange now, but on the other side of your grief journey, you can create a greater appreciation of life and a deeper understanding of who you are.

You can choose what memories you hold, forever dear to you, what to memorialize, and what to put to rest.

Life is calling you to make new memories, cultivate and protect special moments, and answer the call to savor new experiences.

Imagine not just surviving, but thriving. Tiny pinpoints of hope grow and become larger. The dawn fills the sky. You connect in relationships, old and new. You experience the joy of the brilliant uniqueness of a sunrise. You see each of these experiences as precious, for they will never come the same way again.

It's possible, and art therapy for grief can be your gateway....

Art is about creation—whether it's creating meaning of what was or what will be.

Through art therapy, you are encouraged to literally make something of the pain you are feeling and then let it go....Art therapy for grief can help you find your unique path toward healing and wholeness.

Using Art As a Coping Tool  
Accessed at [bythebayhealth.org](http://bythebayhealth.org)

From scribble drawing with a carefully selected color to more elaborate mixed media sculptures, there are a variety of creative activities that may support our grief work and a variety of benefits we may experience from working with art. For instance, art may help us find a bit of *comfort* in our grief, as it can be a safe place of refuge and a container for overwhelming emotions like anger, fear, and anxiety. It may create space that provides *relief* from the intensity of loss or help us transform challenging feelings into more manageable (or at least comprehensible) ones....The act of making art can be physiologically *soothing*, calming our nervous system and inviting our bodies to relax....Art can also help us *integrate* our experiences...help us *make sense* of inner feeling states....and may even support us in shaping a new self when we feel ready to do so. On top of these many benefits, art can be incredibly *empowering*, giving us a sense of control when everything in our lives seems so out of control and a *sense of accomplishment* when we may be struggling to make the bed in the morning. We may even find it to be *life-affirming*, to provide a renewed sense of beauty in our day, or reveal a connection to something larger than ourselves.

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Additional June Events

Grief Education Support Group  
Will not meet due to Artistry of Life  
Please join us for Artistry of Life!

Monthly Luncheon  
Tuesday, June 20, 11:00 am  
WTRC/HOSA IDT Room  
1933 University Avenue

For more information about any of HOSA’s bereavement offerings, including individual counseling, support groups, and/or memorial services, please call the Bereavement Department at 325-658-6524 or email Karen at [kschmeltekopf@wtrc.com](mailto:kschmeltekopf@wtrc.com).

June 2023

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Hospice of San Angelo, Inc.  
3001 S. Jackson Street  
San Angelo, Texas 76904