

# Cross Currents

## NEWS from BRIDGES

No child will grieve alone™

SUMMER 2014

### Bridges EAST

Each year, BRIDGES: A Center for Grieving Children hears from community members, school personnel and families about the challenges in getting to groups for those who live in East Pierce and South King counties. We recognize the distance some families come to find support after the death of someone significant. We have explored different options to better serve those families who live far away from Tacoma.

We are excited to announce we are piloting a program in Puyallup called BRIDGES East. BRIDGES East will be held in the Children's Therapy Unit in Puyallup beginning in September. Groups will be available for those who are 4-18 and have experienced the death of a parent or sibling. The model will be the same as BRIDGES: A Center for Grieving Children but the groups will not be as specialized as they are in Tacoma.

Through this expansion, we hope to serve families in East Pierce county and South King county closer to their homes. The services offered in Tacoma will not change, so for those looking for more specialized support, Tacoma may be a better option. With the level of growth we experienced early this year, the pilot will allow for an increase in services to families – something we need.

Families can call BRIDGES: A Center for Grieving Children 253-272-8266 to set up an intake appointment for this program or any other program offered by BRIDGES.

How can you help?

**Consider volunteering** – we will need volunteers, especially to fill spaces in Tacoma (but also potentially in Puyallup) as we expand.

**Consider donating** – your continued support of BRIDGES helps keep both the Tacoma and the new pilot in Puyallup running.

Be sure to **refer families** regardless of their address to BRIDGES. We will have our same great program in Tacoma in addition to BRIDGES East and we want to be a resource to all grieving children.

### Donation Suggestions for Bridges EAST

- |                      |                           |
|----------------------|---------------------------|
| Plastic bins         | Napkins                   |
| Markers              | Lemonade or tang mix      |
| Magnetic Dry         | 409 spray                 |
| Erase Boards (3'x4') | Coffee                    |
| Plastic tablecloths  | Creamer                   |
| Paper plates         | Sugar packets             |
| Disposable cups      | Amazon gift cards         |
| 3 pitchers           | to order children's books |

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**Cross Currents is printed four times a year.**

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Phone 253.272.8266, fax 253.305.0868.

**MultiCare**   
**Mary Bridge Children's Hospital**  
**& Health Center**

## Thanks for Giving

Heartfelt thanks for supporting BRIDGES to help children learn how to care for themselves and others in times of sorrow. With kindness and generosity such as these gifts, we help resolve a grieving child's feelings of loss, fear and blame.

Bob Beilke  
 City of Tacoma  
 Crystal Voyage  
 Dande Company  
 Marilyn Fankhauser  
 Patricia Green  
 Phyllis Hayes  
 InFoam  
 Doug Jorgensen  
 Leanne Kennedy  
 Louise King  
 Kiwanis Club of NW Tacoma  
 Mardi Krusemark  
 Mason United Methodist Church  
 Beverly McConaghy  
 Moyer Foundation  
 Mary Neal  
 Outlook, INC  
 Papa John's Pizza  
 Port of Seattle  
 Puget Sound Dairy  
 Puyallup Lions Club  
 Lynn Riegel  
 Agnes Thomsen  
 United Way of Pierce County  
 Margie Williams

### **Camp Erin Financial Support:**

Epic Systems Inc.  
 Korum for Kids (Logo Here Please)  
 The Moyer Foundation  
 Jean Thomson

### **Camp Erin In-Kind Donations:**

Crystal Voyage  
 Dande Company  
 Joan Horn  
 Jerry and Michele Metcalf  
 MOPS hosted by New Bridge  
 Community Church  
 Kathey Goetz  
 Wood to Wonderful  
 Vicki Zimmerman

### **Camp Erin Memorial Donations:**

Bev Hatter- Twinkle stars in memory  
 or her husband Paul Heins  
 Heather Neal- Carabineers in memory  
 of her brother Joey  
 Betty Sheckler- Hats and Shirts in  
 memory of Bob Riegel  
 Korum for Kids  
 Melinda Rudolph- Fleece Blankets in  
 memory of Aaron Michael Craig

## Dates to Remember

**All meetings held at BRIDGES,  
 310 North K Street. Please call  
 253.272.8266 if you cannot attend.**

### **BRIDGES summer support groups**

1st and 3rd Mondays: 6:30 – 8:00 P.M.  
 July 7 and 21  
 August 4 and 18

### **MISSION:**

**No child will grieve alone™**

BRIDGES provides grieving children and their families with support and resources to sustain them through the process of grief toward healing.

**VALUES:** BRIDGES: A Center for Grieving Children and their families is committed to providing a Family-Centered program built on the following enduring values:

- Family-centered
- Strengths based
- Relational
- Educational
- Age appropriate
- Holistic
- Hope-Filled
- Kind
- Honest
- Collaborative
- Community minded

## BOOK REVIEW... *The Death of Ivan Ilyich*

By Leo Tolstoy

In this Tolstoy classic the reader is introduced to Ivan Ilyich, a high court judge who has never concerned himself with the fact that he, like all humans, will eventually die. Ivan is too focused on gaining status and prestige to consider things that really matter in his life. When his own death becomes imminent Ivan is forced to consider his own mortality and consider the choices he has made in life.

Hailed as a masterpiece on the subject of death and dying *The Death of Ivan Ilyich* is a harrowing look into

death. The book itself forces the reader to consider what really matters in life. What are meaningful pursuits and what pieces of life are trivial when we contemplate our eventual death? These types of deep questions are common for those who have experienced grief through illness and death. Children and teens that experience significant loss recognize the fragility of life. Many are more able to identify those things that truly matter to them than others their age. Unlike Ivan Ilyich they will not eventually face the end of their life regretting their pursuit of trivial matters.

## BRIDGES Happenings

### RAINIER FAMILY PHYSICAL THERAPY

**Dog Friendly 5K**  
**Saturday, August 23rd**  
**Registration: 10AM**  
**Start Time: 11AM**

Help Rainier Family Physical Therapy raise money for BRIDGES with the first ever Mugs and Pugs Dog Friendly 5K run. The race takes place at Sunrise

Village in Puyallup (On Meridian East at 156th). Registration is taking place online from now until August 21st at [MySunriseVillage.com](http://MySunriseVillage.com). The registration fee is \$20.00 and includes a t-shirt. 10% off food at the Ram and other deals from Sunrise Village Merchants are part of the festivities. We hope to see you and your dog (if you would like) at this great new event!

### 4TH ANNUAL JOESEPPI'S RESTAURANT TAKEOVER FOR CAMP ERIN AND BRIDGES

**Tuesday, November 11th, 5 PM to 8 PM**

Mark your calendars and spread the word! Joeseppi's Restaurant is allowing us to come in and takeover the place! BRIDGES will get a percentage of the profits from all who eat in or order out the evening of Tuesday, November 11th. All you have to do is say, "We're here for the BRIDGES takeover!"

Not only will we have a great time and enjoy good food, there will also be baskets and auction items to win! All

of the money raised at this event will go to support both BRIDGES and our very own Camp Erin Pierce County. Please consider creating a basket to donate for the auction (we need approximately 15 baskets).

We hope you can join the BRIDGES and Camp Erin staff and volunteers on Tuesday, November 11th for this exciting event! Joeseppi's is located at 2207 North Pearl St. Call us at BRIDGES with any questions! 253.272.8226.

### Summer Facilitator Training

If you have ever thought about volunteering at BRIDGES but never have been able to attend the full 32 hours of training in the winter now might be a good time for you to consider participating in training. For the third consecutive year BRIDGES will be offering our full training in August! All who attend summer training can begin co-facilitating in support groups either in Tacoma or at our new location in Puyallup in September and will only need

to attend a day and a half of training in the winter.

**Date: Thursday, August 7th-10th 9-4PM**

If you are a good listener, compassionate, have a desire to support families who are grieving and are available on Monday or Wednesdays nights please consider joining our volunteer team.

Call Lisa or Darren at BRIDGES to register 272.8266

### Support BRIDGES When You Shop At Fred Meyer

#### *Fred Meyer Community Rewards Program*

You are now able to link your Fred Meyer Rewards Card to BRIDGES thank to the community rewards program recently introduced. At the end of a yearly quarter Fred Meyer will make a donation to BRIDGES based on the accumulated spending of shoppers who have linked their rewards card to BRIDGES. To link your rewards card go to the following website: [fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards) and choose Mary Bridge BRIDGES as your option for linking your card. BRIDGES is grateful for all who choose to support our program in this way!

## Camp Erin® - You Are Not Alone

Sixty Six children ages 6-17 found themselves surrounded by others who were grieving at the 10th annual Camp Erin. For three days and two nights this June, campers played, laughed and grieved together at Camp Erin hosted by YMCA Camp Seymour in Gig Harbor. Through this experience children and teens are given a chance to feel normal, find meaningful ways to cope, and recognize qualities they possess that will help them in the future. Camp Erin brings together children and teens with trained volunteers to help provide needed support to campers who have experienced a significant death in their families. Camp Erin is supported and funded in part by the Moyer Foundation.

While carrying difficult stories of grief and loss the children and teens at Camp Erin 2014 bravely shared their stories with other campers and with trained volunteers who were ready to listen. In addition to sharing their stories campers identified personal qualities that help them cope and participated in activities that helped them to remember those who had died.



Many people wonder if campers can really have fun while grieving. The answer is yes. They make new friends who can relate to their grief and experience all the simple joys of a camping experience. Through silly games, arts and crafts, courage-building activities like the climbing wall, meals together and grief-specific activities, Camp Erin children and teens had a blast, while learning they are not alone. They shared with other campers and adult volunteers what it is like to be a child or teen

who is not only grieving a significant loss, but also living in the present and trying to experience all that life has for them.

*This year many kids at camp were seen:*

- Scrambling around Camp Seymour trying to find secret agents with grief concept clues.
- Exploring the Puget Sound by boat or canoe. (A few even experienced the Puget Sound up close and personal after tipping their canoe!)
- Sharing stories and pictures of the person who had died in their lives at the campfire.
- Receiving understanding looks from others who could relate.
- Crying or feeling sad and knowing it was okay.
- Having an epic snowball fight in June!
- Beaming on the last day of camp as they received recognition by their cabin Big Buddies.
- Planning ways to stay in touch with other campers as they said farewell to Camp Erin.
- Camp Erin was a highlight again for BRIDGES this year. More than 40 volunteers facilitated Camp Erin, serving in a variety of roles and responsibilities. Many sacrificed sleep, family time, and their smart phones for an unforgettable weekend! We are grateful to each one of these compassionate and caring individuals and recognize that we couldn't do Camp Erin without you!



Camp Erin® 2014

## Just for kids

# Some final thoughts from kids about what they learned at Camp Erin 2014:

- ★ Grief comes in waves
- ★ It's okay to cry
- ★ Grief comes from different emotions
- ★ I am not alone
- ★ It can be bittersweet
- ★ You can't hid from it and it is like a crazy train
- ★ I can do breathing exercises that help
- ★ Do your best to find a healthy way to get grief out of your body
- ★ Grief can lead to empathy



*"It made me know I'm not alone. I didn't know there was so many people who had someone die. We weren't always doing grief things. We also got to do fun things." – Age 8*

*"I learned that plenty of people are looking out for me and that it's okay to grieve as well as have fun and connect with others who understand my situation." – Age 15*

*"Camp Erin helped me because I did stuff to remember my loved one that has passed." – Age 8*

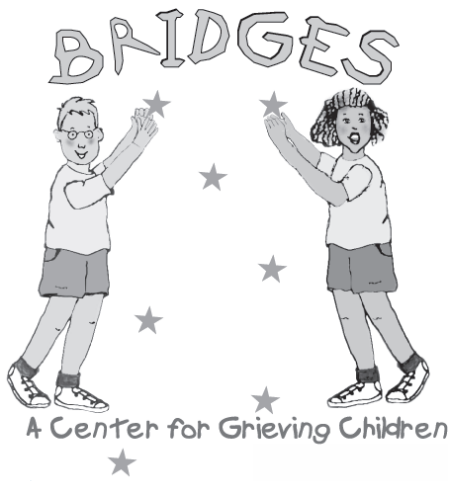
*"I felt all alone because I lost my mom and dad right after my birthday. When I came here, I wasn't all alone. Sending the stars into the water, I sent it to my mom and it made me feel good." – Age 7*

*"It helped me by helping me understand the ways of grieving. It also helped me by letting me know that I am not alone." – Age 12*

*"Thank you for helping me. My life has been really hard and you guys helped me find light." – Age 14*

**You might write a story, draw a picture, or listen to your favorite music when you need time to remember. If you think of new ways to teach others to remember, we would like to know. Please send in your writings and drawings for the next newsletter.**

**Perhaps this is the year to try something new and fun. Start a new tradition.**



If you are moving and wish to continue receiving our newsletter, call the office at 253.272.8266 and let us know your new address. The Post Office does not forward bulk mail. Please let us know of any address change, name change or change in your desire to receive *Cross Currents*.



**MultiCare**   
**Mary Bridge Children's Hospital & Health Center**

**MultiCare Health System**  
**BRIDGES**  
 PO Box 5299 MS: 310-2-BRID  
 Tacoma, WA 98415-0299

RETURN SERVICE REQUESTED

## BRIDGES Wish List

### SUPPORT GROUP NEEDS

Someone to prepare/buy a meal  
 Host/Hostess to Welcome Families

### ART SUPPLIES

Multiple packs of: Pentel 36036 Color Pen Set  
 Assorted Colors Fine, 36 ct

### BRIDGES BOOKS

Gift Certificates from area book stores  
 Check our Wish List on Amazon

### RECREATIONAL SUPPLIES

Foos Ball Table  
 Air Hockey Table



BRIDGES is a non-profit, tax-exempt, non-sectarian program that is part of Mary Bridge Children's Hospital and Health Center and MultiCare Health System.

United Way, City of Tacoma, Mary Bridge Children's Foundation, Pierce County Community Services, City of Lakewood, grants, fees for service and donations support BRIDGES.

BRIDGES utilizes trained volunteers to work with children and families. Volunteers come from all walks of life and enable BRIDGES to provide effective, low-cost grief support services to the south Puget Sound region.

**Cross Currents is looking for guest columnists — kids and parents welcome!**

'Kids' drawings, journal pieces, poems, stories, book reviews, jokes and cartoons