


# Grief Awareness Month May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Grief Wall:</b> Participate all month, UH 2 <sup>nd</sup> floor windows	2 <b>Schwartz Rounds:</b> When Life Doesn't Unfold as Expected: Caring for Varieties of Grief 12-1p	3	4 <b>Paw-ffice Hours:</b> Pet a Dog and Recharge!  C&W 11:30a-1:30p	5 <b>Community of Compassion:</b> How to Support Colleagues through Difficult Times at Work 9-10:30a	6	7
8	9 <b>A Space for Healing:</b> Honoring our Experiences with COVID 5-6p	10	11	12 <b>Gifts of Arts Presents:</b> Comfort Legacy Kits 12-1p	13	14
15	16	17 <b>Paw-ffice Hours:</b> Pet a Dog and Recharge!  Med Inn 6a-8a	18 <b>2022 CONFERENCE</b> Demystifying Postmortem Care Acknowledging Loss, Supporting Resilience 1-5p	19	20	21
22	23	24 <b>OPE Presents: Cultural Humility as a Lens into Grief &amp; Loss</b> 1-2:30p	25 <b>The Value of Rituals:</b> Holding Spaces for Our Patients and Ourselves 10:30a-12p	26 <b>"Holding a Space for You":</b> Communication and Coping in Reproductive Loss 2-3p	27	28
29	30 <b>Paw-ffice Hours:</b> Pet a Dog and Recharge!  CVC 12-2p	31 <b>A Space for Healing:</b> Honoring our Experiences with COVID 12-1p	<b>Honoring Life and Loss: Grief Awareness for Staff and Faculty</b>  Since 2013, Michigan Medicine has made a commitment to honor and recognize grief and loss in the workplace.	<div data-bbox="1522 1104 2047 1485" data-label="Complex-Block"> <p>Honoring Life and Loss:</p> <p><b>MICHIGAN MEDICINE</b></p> <p><b>GRIEF AWARENESS FOR</b></p> <p><b>FACULTY AND STAFF</b></p>  </div>		

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**NEW FOR 2022: 200 randomly selected attendees will receive a free self-care kit courtesy of The Grief Awareness Initiative**

## ALL EVENTS ARE VIRTUAL WITH A DETAILED LIST BELOW

***“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, Honoring Life and Loss: Grief Awareness for Faculty and Staff has been recognizing grief and loss in the workplace since 2013. This year, however, brings us to a more poignant moment – our losses have been pronounced and our need to grieve immense. Our collective grief has permeated most aspects of our lives this year. What are we carrying in our bones? What can we do to help ease the burden? 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.

**05/02/22 Schwartz Rounds: When Life Doesn't Unfold as Expected: Caring for Varieties of Grief 12p-1p** (1.0 CEs offered for nursing and social work)

**05/5/22 Community of Compassion: Support Colleagues through Difficult Times 9-10:30a** (1.5 CEs offered for nursing and social work)

**Register in advance for this meeting:**

[https://umich.zoom.us/meeting/register/tJMtceGhazltHdb7qL51\\_Dky8TMUXWAUTRmF](https://umich.zoom.us/meeting/register/tJMtceGhazltHdb7qL51_Dky8TMUXWAUTRmF)

After registering, you will receive a confirmation email containing information about joining the meeting.

Jillian Dronfield, LaToya Freeman, Kelcey Stratton will present this workshop, which aims to increase the capacity of attunement and response for attendees. The healthcare setting is often challenging and traumatic for healthcare workers and the best course of action is often a known person offering support in the moment. Through didactic presentation and utilizing discussion prompts and first-hand accounts, attendees will be able to fulfill the learning objectives and learn how to support the mental health and wellness of the fellow members of their units and departments.

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### **5/12/22 New Offering from Gifts of Arts Presents: Comfort Legacy Kits 12-1pm**

The Bedside Art program of Gifts of Art has created new Comfort Legacy Kits for families and guests to assist with delicate and sacred end-of-life moments. We hope that they provide a meaningful offering for you and those in your care by helping families and guests preserve precious memories of loved ones in the time of transition.

Gifts of Art has created several options to introduce staff to the Comfort Legacy Kits.

STAFF MAY:

- Sign up for a Zoom presentation on May 12, 2022, from 12-1 PM. An informational video will be shown during the presentation, and there will be a Q&A. Please email [Bedsideart@med.umich.edu](mailto:Bedsideart@med.umich.edu) by May 10 to reserve your spot.
- Watch informational video, <https://michmed.org/legacy-kits>, that includes instructions on how to request a sample Comfort Legacy Kit.
- **Michigan Medicine inpatient care staff with a campus mail address** may request a single Comfort Legacy Kit as a sample (chosen randomly). Requests may be made during Grief Awareness Month (all of May) by emailing [Bedsideart@med.umich.edu](mailto:Bedsideart@med.umich.edu).

PLEASE INCLUDE:

- Name
- Hospital unit
- Campus address
- Phone number

### **5/18/22 Conference Event: Discovering Compassion in Loss: Building Sustainability for All 1p-5p** (4.0 CEs offered for nursing and social work)

This ½ 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.

**Register in advance for this meeting:**

[https://umich.zoom.us/meeting/register/tJUldu6hqT8sE9KTRh1D013tQGExg6mfQ3\\_](https://umich.zoom.us/meeting/register/tJUldu6hqT8sE9KTRh1D013tQGExg6mfQ3_)

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- Demystifying Postmortem Care – Lisbeth Harcourt LMSW
  - This presentation will provide an overview of the Office of Decedent Affairs, clarify roles and staff responsibilities, increase bereavement resource utilization in order to reduce discomfort with postmortem care. Attention will be drawn to the potential pitfalls of caring for grieving families. A virtual tour of the morgue and viewing room will be provided.
- Acknowledging Loss, Supporting Resilience – Sharon Gold-Steinberg, PhD and Carryn Lund, LMSW, RYT
  - Frontline healthcare workers have witnessed and experienced unprecedented loss over the last 2 years: the suffering and deaths of patients, personal experiences of illness, isolation, lack of social support or childcare, short-staffing and overwhelm on the job, in sum—profound changes and challenges both to your way of life and to how you work. All this stress takes a toll. Burnout, vicarious trauma, and grief all are inevitable. This workshop will acknowledge this suffering, affirm it is not your fault, and demonstrate small and evidence-based, mental, physical, and communal strategies to help. This workshop will offer didactics and practice, all offered with the aim to offer a nurturing way to process stress and loss.

**5/24/22 Culture as a Lens into Grief and Loss (In collaboration with Mott Bereavement Program Manager, Office of Patient Experience & Interpreter Services) – 1p-2:30p** (1.5 CEs offered for nursing and social work)

Registration will be provided by Office of Patient Experience

A brief overview of cultural humility in healthcare will be the foundation of the presentation. Participants will also view a video recorded interview with a hearing-impaired bereaved family member followed by a panel discussion. After completing the course, the attendees will be able to explore cultural differences related to end-of-life events and grief/loss situations, examine the basics of medical interpretation and discuss how to contact and interact with Michigan Medicine interpreters and LEP/ASL patients. The target audience is all faculty, staff, and learners at Michigan Medicine.

**5/25/22 The Value of Rituals: Holding Spaces for Our Patients and Ourselves 10:30a-12p** (1.5 CEs offered for nursing and social work)

**Register in advance for this meeting:**

<https://umich.zoom.us/meeting/register/tJAKce-trTliHdPb4aNhNPdKp9oMyJqGDQAT>

After registering, you will receive a confirmation email containing information about joining the meeting.

Debbie Mattison, LMSW and Toulia Saratsis will describe how rituals can be effective in facilitating expression of deep feelings that have no words, to commemorate meaningful transitions and to provide a space for reflection and renewal. The focus of this workshop is to support practical skill-building regarding the intentional use of therapeutic ritual with

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individuals, families, and health care providers. Participants will leave the session with an evidence-based rationale for use of rituals as well as ideas for rituals to use both with patients as well as in one's own professional practice to promote meaning and resilience.

**5/26/22 "Holding a Space for You:" Communication and Coping in Reproductive Loss 2-3p** (1.0 CEs offered for nursing, physician, and social work)

**Register in advance for this meeting:**

<https://umich.zoom.us/meeting/register/tJlkc-mpqDkjE91jTDyQRRZwwmV4eAuM2Y2X>

After registering, you will receive a confirmation email containing information about joining the meeting.

Ashley Hesson, MD, PhD is an Obstetrician and current Maternal Fetal Medicine fellow with a background in healthcare communication. She will be discussing her personal experiences caring for patients suffering from reproductive loss. She will also review recent literature and highlight best practices for communicating with patients as well as supporting provider mental health. As a part of this presentation, a new tool for teaching and practicing in reproductive loss will be introduced. Attendees will be encouraged to reflect on their own experiences in loss care. They will develop skills to become advocates for reproductive loss care in their respective clinical spaces, By the end of the activity, learners will be able to 1) apply best practices in reproductive loss communication, 2) describe resources for obtaining self-care and mental health support while caring for reproductive loss patients, 3) serve as a leader and role model for reproductive loss care in their respective clinical spaces.

**A Space for Healing: Honoring our Experiences with COVID** (Multiple dates)

**Register in advance for this meeting:**

<https://www.eventbrite.com/e/a-space-for-healing-honoring-our-experiences-with-covid-tickets-147851248063>

Michigan Medicine Faculty and Staff are invited to participate in this session to acknowledge our experiences and connect with others who have endured losses over the past year, including the deaths of loved ones, loss of stability, job changes, and loss of connection. This session will include mindful moments and time to recognize our emotional landscape during the pandemic, as well as ways to cope with loss and build resilience.

Please register for one session from the dates below. Number of participants per session will be limited to encourage discussion and interaction. The Zoom Link will be sent from the facilitator after registration.

**Monday May 9 from 5p-6p**

**Tuesday May 31 from 12-11p**

We look forward to sharing a space with you. For any questions, please contact: [counseling@med.umich.edu](mailto:counseling@med.umich.edu).

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**Paw-ffice Hours: Pet a Dog and Recharge!** (Multiple dates)

Take a break with Anna, our lovable facility dog from Spiritual Care, as she provides hugs to all.

Our Recharge Rooms are a space for peace, calm, and rejuvenation. In these spaces we pause, offer compassion and kindness to ourselves, cultivate quiet and stillness, practice presence, share in the moment with colleagues, and honor our experiences. The Recharge Rooms are open 24/7 for all staff and faculty to take moments for themselves.

**Wednesday May 4 from 11:30a-1:30p - C&W 7-321**

**Tuesday May 16 from 6a-8a - UH Med Inn C626**

**Monday May 30 from 12p-2p - CVC 5331A**

**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. Despite our distance, 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 virtually. Your messages will be collected and displayed by Gift of Arts volunteers and staff on the 2nd Floor in UH during of May. Click here to enter your message [grief wall](#). You may also use the QR code provided here.

