

COMFORTING CARE

A newsletter offering connection and education around grief



*What we have once
enjoyed deeply we
can never lose. All
that we love deeply
becomes a part of us.*

-Helen Keller



UPCOMING EVENTS

- * **Coffee and Conversations**
Tuesday, March 10th
Topic: Everyday Grief - The Moments No One Sees
- * **Coffee and Conversations**
Tuesday, April 14th
Topic: Finding Steady Ground

GET INVOLVED!

Interested in supporting our grief support programs or becoming a hospice volunteer, please visit our [website!](#)



When the Seasons Shift, So Do We

As the seasons begin to shift and early signs of spring appear, many people experience a subtle sense of movement and change. For individuals who are grieving, these seasonal transitions can bring up a complex mix of emotions. While longer days and the promise of renewal may be present, grief does not simply fade with the change of season. Instead, grief often continues alongside daily routines, shaped by memory, ongoing connection, and the gradual process of adapting to loss.

In everyday life, grief may surface unexpectedly, sometimes gently and sometimes with intensity. It is common for individuals to experience ever-changing emotions, moving between moments of hope and periods of heaviness. This is a normal and healthy part of grief. Seasonal change does not erase grief, nor does grief prevent growth. Both can coexist as individuals learn to integrate loss into daily life. Understanding this can help professionals and support systems offer care that is patient, compassionate, and responsive as grieving individuals move forward at their own pace.

TIPS FOR HOLDING STEADY AS SPRING UNFOLDS

Notice small changes - Longer days and early signs of spring can offer quiet moments of grounding.

Allow emotional shifts - Feeling lighter one day and heavier the next is a normal part of grief.

Spend time outside when possible - Fresh air, natural light, or a short walk can help create steadiness during change.

Stay connected - Share memories or spend time with people who feel supportive.

We are **proud** to celebrate **Art Tombs**, one of our chaplains, who was honored with a **Lifetime Achievement Award** from the Texas New Mexico Hospice and Palliative Care Organization, recognizing more than 20 years of dedicated hospice service and leadership.



Congrats Art!



TEXAS - NEW MEXICO
HOSPICE & PALLIATIVE CARE ORGANIZATION

DID YOU KNOW?

We are the **ONLY hospice in our coverage area** that employs a full-time child life specialist.



A role **not required** or reimbursed by Medicare, but one we choose to provide because children deserve **specialized support**.

From the day a loved one is admitted, our child life specialist supports **children** and guides **parents** through conversations about illness and death. *Support continues for 13 months after a loss.*

ABOUT ALĒVCARE HOSPICE

AlēvCare Hospice is a **locally** owned and operated hospice agency serving families across North Texas for more than 10 years. Hospice care is 100% covered by Medicare for eligible patients, allowing families to focus on *comfort, connection, and quality time*.

Guided by our **“Grow Small”** philosophy, we prioritize a hometown feel, personalized care, and decisions rooted in what’s best for each family. AlēvCare is proud to be recognized nationally as a **Hospice CAHPS Honors ELITE Award** recipient and a **Medicare Five-Star Hospice**.

Whether you’re exploring hospice care or seeking a trusted local partner, our team is here.

FOR MORE INFORMATION ABOUT ALĒVCARE’S PROGRAMS OR TO BEGIN RECEIVING THIS NEWSLETTER PLEASE VISIT OUR WEBSITE AT WWW.ALEV CARE.COM

GRIEF SUPPORT OFFERINGS

COFFEE & CONVERSATION

A monthly, open gathering designed to offer connection, conversation, and community for those impacted by loss. This informal setting creates space for sharing, listening, and support.

Meets on the 2nd Tuesday, 11:30 - 1pm
Nolan River Coffee House

209 N. Caddo St, Cleburne, TX 76031
Registration NOT Required

GRIEF & THE HOLIDAYS WORKSHOP

A supportive workshop offering practical tools for navigating the holidays while grieving for the whole family.

Children and Adults Welcome

November 10th at 6 pm - Mansfield Territory

November 12th at 6 pm - Cleburne Territory

Location to be released at later date
Registration Required

If you’d like to be added to the invite list for our holiday workshop, please email us at griefhelp@alevcare.com



RESOURCES FOR THE GRIEVING HEART

GRIEF SHARE

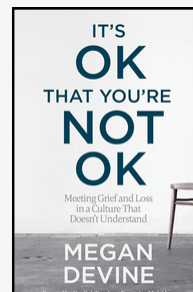
IN PERSON AND ONLINE SUPPORT GROUPS
DALLAS/TARRANT/JOHNSON COUNTIES

THE WARM PLACE

IN PERSON & VIRTUAL SUPPORT FOR CHILDREN AND FAMILIES

WHAT’S YOUR GRIEF

AN ONLINE SPACE FOR COMMUNITY AND ALL THINGS GRIEF



IT’S OK THAT YOU’RE NOT OK MEGAN DEVINE

A compassionate guide that validates the depth of grief and reminds readers that healing isn’t about “fixing” pain, but learning to live alongside it with honesty and gentleness.