



UPCOMING EVENTS



Greetings Donor Families

The summer has brought new experiences for LifeNet Health donor families! Many of you attended our family baseball game events in Virginia and Seattle. New memories and new connections were made. For some, this was the first LNH event attended (but we were told it would not be the last!) We hope you will make plans to join us in future events in your area as we expand to include more families across Virginia, Florida, and the Northwest.

On your grief journey you may experience a range of emotions – sadness, pain, anger, loneliness, happiness, hope. As a “new normal” is found there will be a mix of many emotions. This is normal. Our hope is that through a balance of supportive experiences – workshops, ceremonies, family events – you will allow that mix of emotions to occur so they can eventually soften over time. By allowing emotions to occur, acknowledging they are there and understanding there will be a “back and forth” of emotions, you will be doing the work of mourning

“Grief is like the ocean; it comes in waves, ebbing & flowing. Sometimes the water is calm, & sometimes it is overwhelming.

All we can do is learn to swim.” *Vicki Harrison*

With hope,

Debbie Hutt

Fall 2019
EX-19-277-01

Healing the Spirit

**Northwest Area Events
In Celebration & Remembrance**

RSVP Requested for Each Event
Contact: Noreen Sutton at 425-981-8918
noreen_sutton@lifenethealth.org

September 22
12:00 – 4:00 p.m., Pybus Market
Wenatchee, WA

**Florida Events
In Celebration & Remembrance**

RSVP Requested for Each Event
Contact: Louanne White 800-847-7831 ext. 3430

September 29
4:00 – 6:00 p.m., Pensacola Yacht Club
Pensacola, FL
Online RSVP: <http://www.cvent.com/d/syq16r>

October 18
12:00 – 4:00 p.m., Palms Presbyterian Church
Jacksonville Beach, FL
Online RSVP: <http://www.cvent.com/d/8yq1yj>

FL Tree of Life Ceremonies

December 3
6:00 p.m., Bay Medical Center
Panama City, FL

December 5
6:00 p.m., North Okaloosa Medical Center
Crestview, FL

Healing Tears



Dear Dr. Leary:

My husband died suddenly and unexpectedly, but as I recall our last week together, I am struck remembering the number of times he mentioned being “visited” by old friends and relatives who had died. I did not pursue the conversation with

him and wonder now why he was telling me this and if it means anything. Can you give me any guidance?

Needing Comfort

Dear Needing Comfort,

Apparitions of deceased friends and loved ones have been reported and researched for decades. These reports are not the delusional or the fantasies of movies. They are common and comforting reassurances that happen across all nationalities, religions, and cultures...to both adults and children. There has been extensive research about these accounts and there are themes or similarities across the experiences.

If the conversation continued with your husband he, like others, would probably have told you that these visitations changed his attitude about death and lessened any fear of dying. Though neither of you knew that his death was imminent, I hope that you can take comfort in knowing that he had direct experience knowing that death is not the end of relationships, as he witnessed when his loved ones reconnected. You can also take comfort in the meaning and message of these visitations, that there are loved ones on the “other side” who come to support and companion a person as they die.

Research shows that people having these experiences are not hallucinating or in an altered state of consciousness; rather, they are aware of their surroundings and conditions and not afraid. People having these visions report that the loved ones in these visions communicated that they were there to help them; the person had no fear of the visiting vision; and the experience happened whether they were religious or believed in an afterlife. Their most consistent reaction was of reassurance, peace, and acceptance of death.

Some people do not dream of or see their deceased loved ones but have a strong urge to “get ready for a trip”. This may be a metaphor for the transition of death. People with these dreams or visions see different places that relate to their lives and reference points. However, not

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HONORING AND REMEMBERING

Virginia Tree of Remembrance Ceremonies

Winchester, VA

Nov. 15th

2:00 – 4:00 p.m.,

Winchester Medical Center

Contact: Linda Roberts

linda_roberts@lifenethealth.org

Mary Washington Hospital

Holiday Angel Tree Celebration

Nov. 22nd

6:30 – 8:00 p.m.

The Fick Conference Center

Fredericksburg, VA 22401

Contact: Amy Dahart

540-840-8444

Virginia Beach Ceremony

December 3rd

6:00 – 8:00 p.m.

LifeNet Health Corporate Office

1864 Concert Drive

Contact: Taresha Bryant

757-609-4671

taresha_bryant@lifenethealth.org

Richmond Ceremony

December 5th

6:30 – 8:30 p.m.

UNOS Building

Contact: Taresha Bryant

757-609-4671

taresha_bryant@lifenethealth.org

Roanoke Ceremony

December 10th

5:30 – 7:30 p.m.

The Hotel Roanoke &

Conference Center

Contact: Taresha Bryant

757-609-4671

taresha_bryant@lifenethealth.org

everyone has these pre-death visions or visitations, or they may not share for fear of being judged or ridiculed, or they may be too ill or medicated to fully express their experience.

All of this means that your husband had a deeper sense of peace about death, whether he talked about it with you or not. He may also have had the understanding that loved ones can return to comfort those left behind to grieve.

If you would like additional information about pre-death visions and end-of-life experience you can find it at:

- New York Times Article: https://www.nytimes.com/2016/02/02/health/dreams-dying-deathbed-interpretation-delirium.html?_r=0
- Article by Carla Will-Brandon at near-death.com <http://www.near-death.com/experiences/triggers/deathbed-visions.html>

I hope this comforts you.

Blessings,
Lani

Lani Leary, Ph.D., specializes in work with chronically ill, dying and bereaved clients. Dr. Leary has worked for the past 25 years as a psychotherapist in private practice and in six hospices across the country.

Have a question for Dr. Leary? Contact Debbie Hutt at deborah_hutt@lifenethealth.org.

Donor Family Story

Allen Acree, A True Hero

When Allen Acree was in third grade, he knew he wanted to be a firefighter when he grew up. He was a towheaded boy who was a natural athlete in every sport. He was a good student and a bit shy. When he grew up, he worked two jobs to save enough money to attend fire school—even sleeping in his truck and forgoing on a hotel to save money to make it happen quicker.

Allen did become a firefighter, and a good one. He loved his job at the Navarre Fire Station and also earned the moniker “Hercules” or “Herc” because not only was he very handsome, but fitness and a healthy lifestyle were a top priority. He dreamed of taking his lifelong dream to the next level by becoming a Fire Chief. Unfortunately, Allen was killed in a motorcycle accident on May 19, 2013. He was only 30 years old.

Allen was liked by everyone and would do anything for anyone who asked. “He was a very loving person who had a big heart,” said his mother, Lujuana Pickett. Allen did not leave this earth without one more final selfless act. Because Allen was registered as a donor, he was able to help 77 people through the gift of tissue donation. “I am so glad he wanted to donate so others could have a better life. He was all about helping someone else,” adds Lujuana. “I am a donor because of my hero/son Allen. May he rest in peace knowing the positive outlook on life he left us with.”

Allen always said, “Through pain, comes strength.” He even had this phrase tattooed on his arm. “I never realized the impact of these words until I lost him,” adds his mother. “They are so very true.” Lujuana knew

that he was a donor and remembers when he learned more about donation. When he was old enough to start driving, he was asked “do you want to be an organ donor?” He did not know how to answer, so he did not sign up. Afterwards, he talked to his mom about it and asked her what she thought of donation. “I told him that it was a personal preference and it was his decision. When he got his driver’s license the next time, he changed and registered as a donor.”

Allen was able to help others through the gift of donation and his family is so very proud of him. He not only lives on through restoring the health of so many others, but he is remembered through an annual “Allen Fest” in Jacksonville and a “Celebration of Life” in his honor at the place that was such a big part of his life—Navarre Fire Station.

The Journey



Camp Erin 2019 – Gig Harbor, WA - *Bringing hope and healing to grieving children and teens*

Over Father’s Day weekend, Noreen Sutton, LifeNet Health’s Donor Family Advocate based in Renton, WA, was among more than 50 volunteers to support Camp Erin at the YMCA Camp Seymour in Gig Harbor, WA. Camp Erin is the largest national bereavement program for youth grieving the death of a significant person in their lives. This program is a high-energy, three-day experience for children between the ages of 6 and 17 who have experienced the death of a loved one.

Camp Erin is under the Eluna network which was created in 2000 by former Major League Baseball pitcher Jamie Moyer and child advocate Karen Phelps Moyer. What started as a small nonprofit in Seattle, WA, with a broad mission to help children in distress, has grown into a national organization with signature programs reaching thousands of children impacted by grief or addiction in their family in cities across the U.S. and in Canada each year. Camp Erin is offered in every Major League Baseball city as well as additional locations across the U.S. and Canada. Eluna partners with hospices and bereavement organizations to bring hope and healing to thousands of grieving children and teens each year.

The weekend festivities combine traditional camp activities with grief education and emotional support, free of charge for all families. Led by grief professionals and trained volunteers, Camp Erin provides a unique opportunity for youth to increase levels of hope and enhance self-esteem. Some of the many activities included: arts and crafts, boating, drama, campfires, music, outdoor games, swimming and wall climbing.

Noreen was joined by three other counselors known as Big Buddies in the Yellow Girls Cabin. As a team, they offered a safe place for their campers who worked and played at healing their losses, but also showed them that they aren’t alone in their grief.

For more information about Camp Erin and Bridges Program at MultiCare Mary Bridges Children’s Hospital: <https://elunanetwork.org/camps-programs/camp-erin/>