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A Modern Take on Loss with Humor and Practical Advice

We confirmed firsthand that a discussion on grief and loss does not have to be somber or depressing at our “Modern Loss” event on November 2. Held at the Weston Community Center and attended by more than 60 people from all over MetroWest, this lively and poignant conversation on grief, healing and resilience was headlined by Rebecca Soffer, author of two books, most recently “The Modern Loss Handbook: An Interactive Guide to Moving Through Grief and Building Your Resilience.” She is also co-founder of the modernloss.com community, a collection of personal essays and creative ideas from people who have experienced all kinds of loss.

Based on her own experience with the sudden deaths of her parents, Rebecca brought humor and honesty to this difficult topic, along with unique and practical advice for effectively moving through life after a loss and how to better support others who are grieving. At the end of the program, audience members shared moving personal stories of loss, courage and resilience, sparking discussions around compassionately supporting others experiencing the deaths of loved ones under many different circumstances. Event moderator, Ken Barringer, M.A., LMHC, founder of the H.E.A.L.I.N.G. grief support program in Newton, MA, added insight and thoughtful anecdotes to the program.

A Great Day at the Sudbury Doing Good Fair!

We were thrilled to be a part of the Sudbury Doing Good Fair on November 5, along with 50 other wonderful nonprofit organizations, community groups, and town departments. We always enjoy the opportunity to have face-to-face conversations and receive valuable input from our community
members. Thank you to The Sudbury Foundation for organizing this terrific event.

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**Tackling Grief in the Workplace**

In these two new videos, Ken Barringer, M.A., LMHC of H.E.A.L.I.N.G. in Newton, MA describes how to foster a compassionate work environment and provides advice for managers to help them communicate with grieving employees who are grieving and guide their teams on how to support coworkers who are struggling.

For more adult bereavement videos and resources, please visit our site: [parmenterfoundation.org/adult-bereavement-resources](http://parmenterfoundation.org/adult-bereavement-resources)

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**Introducing our newest grantee: Lucy’s Love Bus**
Lucy's Love Bus helps children with cancer by providing free integrative therapies such as massage, yoga, meditation, acupuncture, and music therapy, to help ease pain and anxiety during and after traditional medical treatment. Our grant provides funding for a pilot respite care program for families with children who have cancer.

Each month, we partner with a business to share a special offer with our Parmenter friends. You must "Follow" or "Like" The Parmenter Foundation, on Facebook or Instagram, to take advantage of these deals and make sure not to miss them as they come up.

This month's business partner, Elephant Books, is a monthly book club for kids that delivers brand new, hardcover children's books to your door. The entire experience - from the books wrapped in exclusive, fun and colorful packaging to the engaging reading tools for children and parents -- is designed to create special reading moments for families and deliver life-long memories that generations can enjoy. Give the gift everyone feels good about this holiday season!

Follow us on social media to take advantage of a special Comfort in Commerce offer from Elephant Books!
Navigating Grief and the Holidays: HEARTplay Holiday Workshop, November 15th: Register here!

Talking About Grief with Anderson Cooper: The New Yorker


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