



MOMENTS



MATTER



Coping with Father's Day

TRACEY ANDERSON, Bereavement Coordinator, MSW, MA

Father's Day can be difficult for those who have lost their fathers. This can be a day when we remember them with love, thankfulness, and honor them on this special day. Even though they may not be here with us physically, we still have their memories, their love, their lessons, and everything they've brought to our lives. Our fathers don't have to be alive for us to remember and honor them on this special day. Father's Day can be a day to look back and reflect on all the special moments

and memories shared with them that we hold so dear. Our fathers helped make us who we are today. We carry with us the lessons they've taught us, the love they've shown us, and the example that they've set before us. May we take the time to pass along these gifts to our own families, friends, and loved ones. Happy Father's Day to all the fathers, whether here or in heaven.

On this day, we celebrate and love you all!

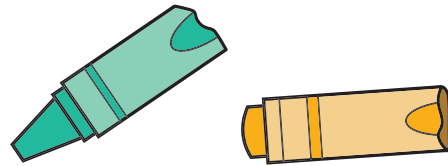


The loss of my father will always sting. But now, everything that I do is in honor of him and celebrates his life."

ADRIENNE C. MOORE

Broken crayons still color

BEN WEBB, Guest contributor



Traveling down the interstate, I noticed a billboard that I had passed many times before, yet I had never really read. Its message was simple but brilliant. Bold, white words stamped on a baby-blue background, stating, “Broken crayons still color.” I smiled and continued driving, but then, in the same way a warm breeze can transport you to somewhere you have long forgotten, those big, white words carried me away to a memory that I’d almost forgotten.

In my mind, I immediately found myself sitting at a wooden table across from a boy who had recently lost his father. When I was a Kids Path bereavement counselor, I often joked that I was paid to play, or that I was the only person in our agency allowed to document in crayon. But the truth is, I learned some valuable lessons about life, love, and loss while coloring submarines and drawing dragons. One particular visit provided a lesson that lives on even after the event has been laid to rest.

I remembered when a child and I were sitting in a dimly lit dining room, rummaging through my box of crayons, and looking for specific colors to complete our masterpieces. We discovered that many of my crayons were bent and broken. I had a bad habit of leaving my coloring box in the car on hot days. I should have remembered from my childhood discovery that crayons do not react well to heat. I had learned this the hard way as I scraped splattered crayons from the roof of my grandmother’s

microwave after attempting to make finger paint by heating my crayons in a Styrofoam bowl.

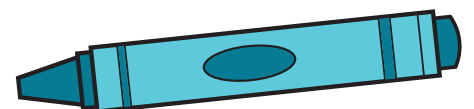
I apologized to the young man that my crayons were in such poor shape. He selected a broken cherry-red Crayola that was missing its wrapper and, before returning to his picture, said with a childish grin, “It’s okay! Broken crayons still work.” I did not think much of his statement at the time, but today at the intersection of past and present, the deep truth concealed in his words spread a childish grin across my face, much like the one I had seen on his face that night after his dad’s death. True, people are not crayons, but I think there’s a lesson about grief to be learned from crayons bent by heat and broken by pressure.

Great beauty can rise from great brokenness when placed in the hands of a skilled artist

Broken crayons still color, and broken people are still useful. People often feel useless and sometimes even worthless after a loss. It’s as if death strips away some part of their identity, leaving

them bare like a crayon whose label has been peeled away by a piddling child. In times of grief, questions surface that are sometimes difficult to answer: “Who am I now that I have lost the person who was so much a part of who I am?” “What do I have to live for when what I lived for lives no more?” Those questions and many more can be summarized in the question, “What good is a broken crayon?” I don’t have the answers to all the questions that a grieving person asks, but I do know this lesson that I learned from a little boy with a broken red crayon in his hand: Great beauty can rise from great brokenness when placed in the hands of a skilled artist.

Looking back, I remember the final strokes added to the picture by my little friend. I can still see him hard at work, his tongue slightly sticking out of the corner of his mouth as he completed his masterpiece. He proudly held it up for my approval, and I have to say that it may have just been the most beautiful red rose a 6-year-old boy ever imagined onto paper. As I write these words, a broken red crayon lays beside my computer as a reminder to appreciate the beauty that can come from brokenness. I hope I never again associate brokenness with uselessness. Brokenness isn’t hopelessness; it’s simply a chance to find a new use for an old object. I’ve learned not to be so quick to throw away the broken ones — they may be the ones needed to produce perfection in the artist’s masterpiece.

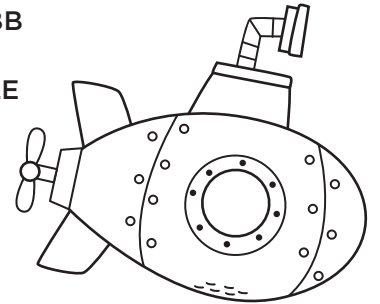
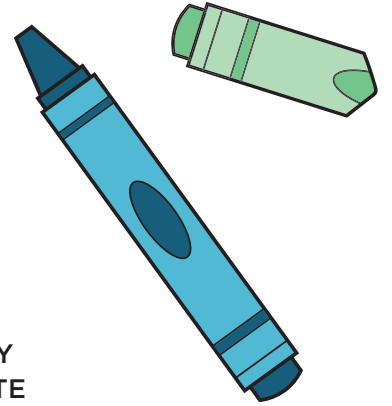


WORD SEARCH

Find words from Ben Webb's article. Good luck!

N N L H V N B J F S U Q W G O D J Z L P
 A P P R E C I A T E V D K F O A J V D F
 D R M M P V H A P C R A Y O N S E V V O
 R Y U C I A P S A J N C H L V L S A R F
 K H G E Z I Z Q O P S D O E W O T L B H
 G H X H R B S L A H L T I J Q V G U S H
 B Y Y B J A U I H I A D T S Q E J A Q I
 Y N B M C V B H H W Q U O P C X N B J T
 E R H Z U J M C O A F E R L J O R L D N
 M O O H R R A N E A J C I D Q K V E H Y
 A W N M T A R Y G K U V X V D F S E K F
 G V P Q E W I J X U E M Q J T B L A R N
 N P K R M M N O G H X B C T U B F V P Y
 O Z Z B Y N E J I H G W I E W K H Y T A
 G J W Q T F B N C J N W Y I O A I B H D
 A P B L U Y M I B L Q S H U B S L I N V
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 D F S V E N I X C B B E W N E B V M S B
 Z A O X B Q Z P I M N A X Z F M G S O G
 M Y O V M J H U C N L W I R N D D T Y K

- LOVE
- CRAYONS
- DISCOVERY
- APPRECIATE
- DRAGON
- CHILDHOOD
- BEAUTY
- SUBMARINE
- BEN WEBB
- MEMORY
- VALUABLE
- LIVE





Love's PEAK grief camps for kids

JESSICA SIMANDLE, Bereavement Coordinator

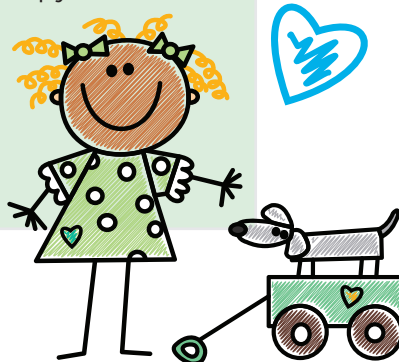
Mountain Valley will host a one-day Love's PEAK Grief Camp for children ages 5 to 16. Our camp will take place on Friday, July 12, 2024, at Jack Dalton Park in Collinsville, VA, and one on Friday, July 19, 2024, in the facilities of Dobson First Baptist Church, in Dobson, NC.

Our grief camps are free to all children who attend who've experienced the death of a parent, sibling, or primary caregiver. Our camps are also open to community children who have suffered a similar loss, but whose family did not receive hospice services.

Love's PEAK camps offer a safe environment where kids can explore their grief, break the isolation they may feel with their non-camp peers, and have a whole lot of fun. We combine the best elements of a summer day camp overseen by Family Services staff who normalize grief and allow kids to connect with other children who "get it," creating a sense of community that lasts long after the day is over. Play is at the center of our bereavement activities, designed to develop coping skills, sharing opportunities, and expressions of grief.

Our day will culminate with a Remembrance Walk for the children and their families followed by refreshments. This will allow us all to pause and reflect on the impact grief has in our lives and, ultimately, that healing comes from the difficult experiences we bravely face together.

If you're interested in a child in your life attending grief camp, please visit our website mtnvalleyhospice.org to complete an application or call (888) 789-2922 to request a copy of the application to register your child.



A Father's Love

DAN COPPERSMITH

A father's love
Is gentle and strong
A place where you know
You'll always belong
A steady beat
In life's changing song

A mentor, a teacher
A guide, and a fan
Providing support
Best he can

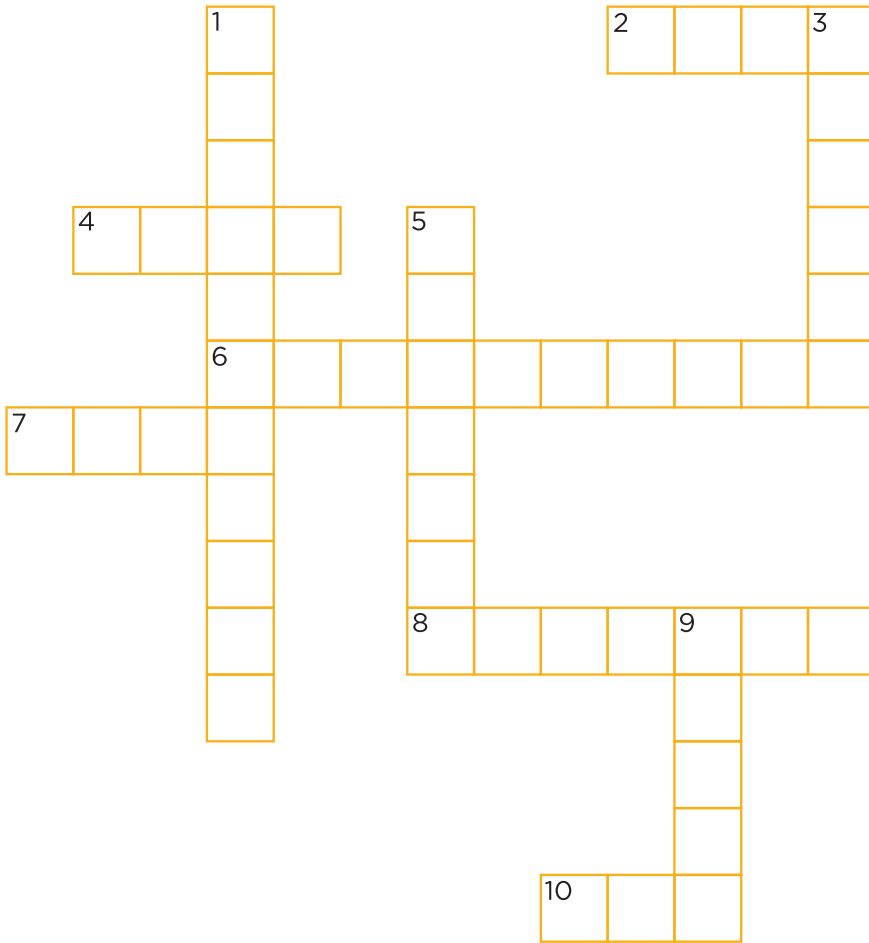
Sometimes close
Sometimes from afar
Holding the truth
Of who you are

Wisdom to share
Or nothing to say
Even in silence
He lights the way

A father's love
An eternal bond
A stable rock
In a familial pond
The freedom to grow
And sail beyond

CROSSWORD

Enjoy our Father's Day themed puzzle!



ACROSS

- 2. Often considered the sport for dads
- 4. Sixth month of the year
- 6. Annual holiday celebrating fathers
- 7. Biggest of the three bears
- 8. A narrow piece of fabric worn around a man's neck
- 10. Another word for father

DOWN

- 1. Father of one's mom or dad
- 3. Close-knit group of relatives
- 5. Which President issued the first proclamation honoring fathers
- 9. Father's Day is on the _____ Sunday

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		7				3	2	
7		1					4	
				3		2		9
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		8	5				3	
3			8		4			7
5		6			3		9	

SUDOKU

The rules for sudoku are simple: A 9x9 square must be filled in with numbers from 1 to 9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3x3 squares marked out in the grid, and each of these squares can't have any repeat numbers, either.



Grief support groups

NORTH CAROLINA

STOKES COUNTY

1st Monday of each month @ 6pm

June 3rd

Slate Funeral Home
132 E Dalton Rd, King, NC 27021
Melissa Causby: (336) 679-2466

SURRY COUNTY

2nd Thursday of each month @ 11:30am

June 13th

Union Hill Friends Church
2315 Red Brush Rd, Mount Airy, NC 27030
Fonda Younger: (336) 789-2922

2nd Thursday of each month @ 11am

June 13th

Mountain Valley Elkin office
968 N Bridge St, Elkin, NC 28621
Tracey Anderson: (336) 526-2650

4th Monday of each month @ 10am

June 24th

Mountain Valley Pilot Mountain office
129 Veterans Dr, Pilot Mountain, NC 27041
Jessica Simandle: (336) 583-8589

4th Thursday of each month @ 6pm

June 27th

Mountain Valley Elkin office
968 N Bridge St, Elkin, NC 28621
Tracey Anderson: (336) 526-2650

YADKIN COUNTY

1st Thursday of each month @ 11am

June 6th

SECU Hospice Care Center
243 N Lee Ave, Yadkinville, NC 27055
Melissa Causby: (336) 679-2466

3rd Thursday of each month @ 6pm

June 20th

SECU Hospice Care Center
243 N Lee Ave, Yadkinville, NC 27055
Melissa Causby: (336) 679-2466

WILKES COUNTY

3rd Monday of each month @ 6pm

June 17th

Reins-Sturdivant Funeral Home
270 Armory Rd, North Wilkesboro, NC 28659
Tracey Anderson: (336) 526-2650
Melissa Causby: (336) 679-2466

VIRGINIA

HENRY COUNTY

1st Wednesday of each month @ 2pm

June 5th

King's Grant Retirement
350 Kings Way Rd, Martinsville, VA 24112
Shannon Roberson: (888) 789-2922

2nd Tuesday of each month @ 10am

June 11th

The Community Fellowship
2674 Virginia Ave, Collinsville, VA 24078
Shannon Roberson: (888) 789-2922

PATRICK COUNTY

3rd Thursday of each month @ 2pm

June 20th

Stuart United Methodist Church
101 E Blue Ridge St, Stuart, VA 24171
Shannon Roberson: (888) 789-2922

GRAYSON COUNTY

3rd Monday of each month @ 2pm

June 17th

Mt Olivet United Methodist Church
Community Building
(gray building next to church)
6926 Carrollton Pike, Galax, VA 24333
Jessica Simandle: (888) 789-2922

No RSVP needed

Please attend the group nearest you.
Meeting dates and times are subject to change

For more information, please call
the group's bereavement coordinator

Mountain Valley
THANKS
OUR SPECIAL
PARTNERS



IN AFFILIATION WITH



Grief camps for kids

Love's PEAK staff lead a day of fun and reflection
for kids 5 - 16 who've experienced loss

Art + music + activities

Our grief camps are a fun, free day for children and teens who've experienced a loss or are expecting a loss in the near future. Through art, music, and other fun activities, kids come together in a therapeutic environment, learning that mourning is not a process of forgetting but a way of remembering with less pain



SCAN
for the Love's PEAK grief camps
registration page



Jack Dalton Park
130 Jack Dalton Rd
Collinsville, VA 24078

Registration closes July 5

Register at
mntvalleyhospice.org/camp2024



Dobson First Baptist
204 S Crutchfield St
Dobson, NC 27017

Registration closes July 12

For questions or late registration, call Kristie Byrd at (888) 789-2922



The Humble Have
BENEFITING
MOUNTAIN VALLEY
HOSPICE SERVICES

VISIT OUR PREMIER NONPROFIT SHOPS

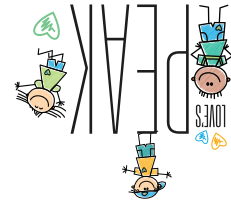
705 West Pine Street
Mount Airy, NC 27030
(336) 789-1230
Tues - Sat, 10 - 5

38 East Cheek Street
Sparta, NC 28675
(336) 372-4545
Tues - Sat, 10 - 5



**BENEFITING
MOUNTAIN
VALLEY
HOSPICE
SERVICES**

**GRIEF CAMPS
FOR KIDS
JULY 2024**
INFO: (888) 789-2922



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+ June 2024 grief support group schedule

to the NEW Moments Matter, our bereavement newsletter

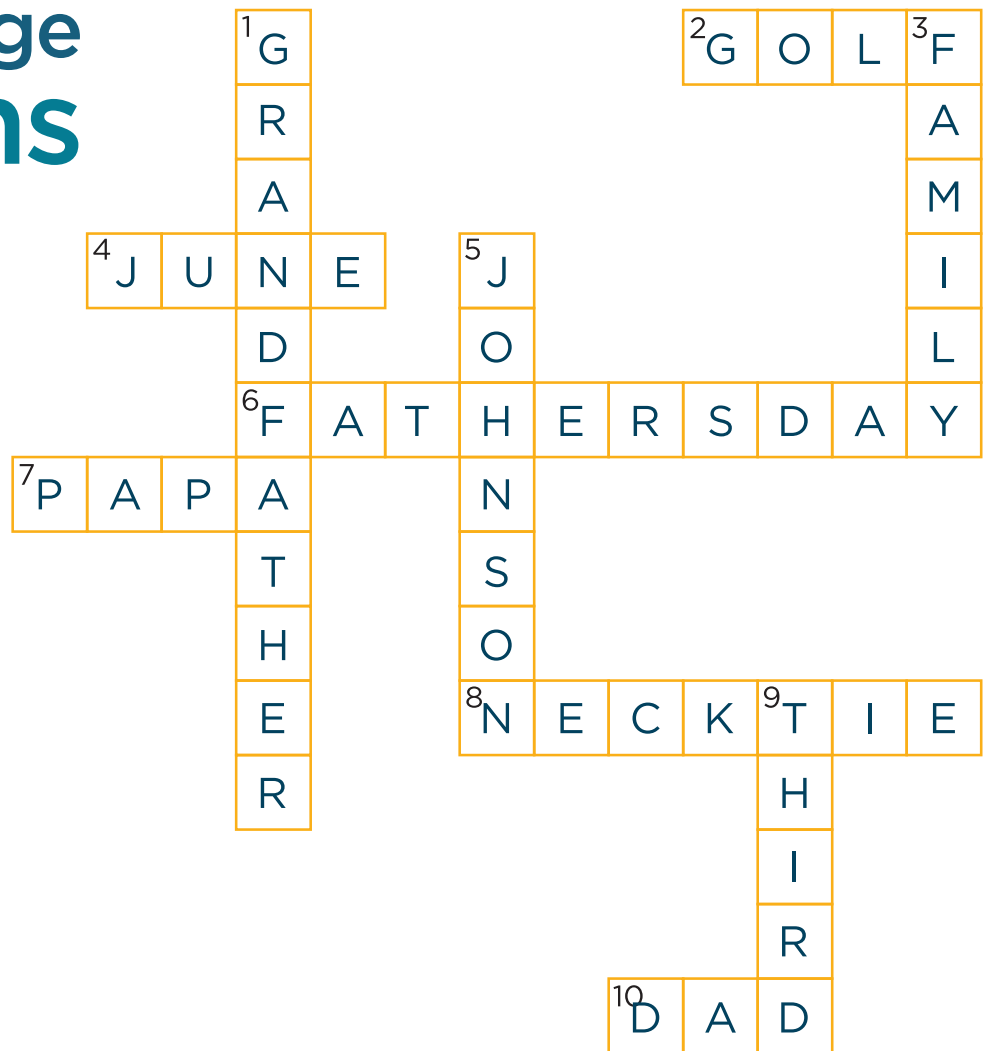
WELCOME

PO Box 325
Dobson, NC 27017



Nonprofit Org.
US Postage
PAID
Elkin, NC
Permit #82

Activity page solutions



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Z	A	O	X	B	Q	Z	P	I	M	N	A	X	Z	F	M	G	S	O	G
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