

The Lineup of Articles



NICHE’s 6-issue series of newsletters provides a varied and carefully orchestrated mix of about 40 features, taking families from patient admission through their 1st year of bereavement.

HOSPICE ISSUE

(Distributed by you in days after patient admission)

- ❖ Hospice Is About Patients *and* Families
- ❖ A Dozen Ways You Can Help Yourself Move Forward
- ❖ What Exactly *Is* Grief?
- ❖ The Broader Role of the Chaplain
- ❖ What If You Encounter a Crisis of Faith?
[Alternate hospice-specific piece: On your hospice’s in-patient facilities, on the hospice’s foundation, on camp for kids, etc.]
- ❖ A Newsletter to Help You Through the Year

TRANSITION ISSUE

(Distributed by you in days after patient’s passing)

- ❖ Experiencing Numbness and the Dream
[Part 1 of 5-Part “Through Your 1st Year” series]
- ❖ Is Bereavement a Process, a Task, a Journey, or What?
- ❖ Adjusting Back to Work and Life
- ❖ 5 Basics for Handling the Stress of Losing a Loved One
- ❖ A Message as You Take on This Phase of Your Journey

COMMUNITY ISSUE (variant of HOSPICE ISSUE)

Lead article is “What Hospice Care Is and Is Not”

SUPPORT/OUTREACH ISSUE (variant of TRANSITION ISSUE)



QUARTERLY ISSUES

Each Issue also includes a “Through Your 1st Year” lead article and a “Message from Your Hospice” (see below).

WINTER ISSUE (Delivery: early February)

- ❖ Anniversary Reactions Throughout the Year’s Cycle
- ❖ Keep a Journal—Written, Spoken, Photos, or Video
- ❖ Books About Grief That You May Find Worth Reading
- ❖ Music Can Heal

SPRING ISSUE (Delivery: early May)

- ❖ When a Family Loses a Loved One
- ❖ How Pets Help You Heal
- ❖ Meet the Challenge of the Spring Holidays

SUMMER ISSUE (Delivery: early August)

- ❖ Take Care of Yourself by Thinking Creatively
- ❖ Get Outside! Move Around! Take Advantage of the Season
- ❖ Does Time Heal All Wounds? It’s Not That Simple
- ❖ Watching Grief Expressed Onscreen

FALL/HOLIDAY ISSUE (Delivery: early November)

- ❖ Consider the Candle Ceremony
- ❖ Greetings of the Season
- ❖ Helping Kids Through a Challenging Time of the Year
- ❖ 11 Things You Can Do to Handle the Holiday Stress

SPECIAL HOLIDAY ISSUE (variant of FALL/HOLIDAY ISSUE)



“THROUGH YOUR 1ST YEAR” SERIES

A 5-part series of lead articles timed to each family’s phase in the bereavement process

- ❖ **PART 1:** Experiencing Numbness and the Dream
[always appearing in the Transition Issue]
- ❖ **PART 2:** Into the Thick of Your Many Feelings
- ❖ **PART 3:** Simple Sadness & Grief versus Depression?
- ❖ **PART 4:** Attaining Acceptance and What That Means
- ❖ **PART 5:** Taking Your Journey Beyond the First Year

“MESSAGE FROM YOUR HOSPICE” LINEUP

- ❖ **Transition Issue:** As You Take on This Phase of Your Journey
- ❖ **1st Mailed Issue:** A Message About Redefining Your Time
- ❖ **Last Mailed Issue:** A Message About How You Can Help
- ❖ **Articles that may appear in 2nd and 3rd mailed issues:**
 - ❖ A Message About Renewal (Winter, Spring)
 - ❖ A Message About Gardens (Spring, Summer)
 - ❖ A Message About the Holidays (Fall/Holiday)