



MINNESOTA COALITION FOR  
DEATH EDUCATION AND SUPPORT

**March 2023**

Vol. 45 Since 1977

# COALITION NEWS



*The 2022 MCDES Board  
with special guests*



*Board members & guests  
enjoyed an evening together*

Dear Readers,

I'm not sure about you but I know that I am ready for SPRING! It's always been one of my favorite times of the year. The change from white to brown to green, the birds chirping, people out walking/running/biking, the pretty flowers. Growth and new beginnings!

There is something comfortable, predictable, and secure about functioning in our routine way. The MCDES Board felt all of that with Verla Johansson (Administrative Coordinator), Sharon Dardis (Coalition News Editor), and Peter Thoreen (Treasurer) in their MCDES positions. On December 7th, we celebrated their contributions and bid them a fond farewell. Through their retirements, we are embracing CHANGE, GROWTH and NEW BEGINNINGS. This is evident in the addition of Stephanie Becken (Administrative Coordinator), Bob Furniss (Treasurer), and several board members who have formed a newsletter committee.

This newsletter edition will most likely not be our final product for the future but rather a "bridge" to where we will be going. It will be a process of discovery and we are excited about what it can become. We'd like to thank you in advance for your patience as we work to create a final product. We invite you to come along with us on this transformational newsletter journey! Please consider sharing your personal or professional wisdom and learnings through an article contribution. Email us at [info@mcdes.org](mailto:info@mcdes.org) if you are willing and interested in sharing an item or article for publication consideration.

One thing that remains constant at MCDES is the quality of our conferences at an affordable price. May 5th is our virtual Spring Conference, Attachment Informed Grief Therapy: Interventions to Create Safety, Strengthen Self Capacities and Promote Re-engagement with Speaker, Phyllis Kosminsky, PhD, LCSW, FT. We look forward to having you join us for what is sure to be another great day dedicated to the care and support of dying and grieving persons.

On behalf of the board, I would like to extend our sincere gratitude to all of our members. It's been a "wild ride" the past few years. I would also like to extend gratitude to this volunteer board who continues to focus on our mission of providing education, networking opportunities and support to professionals and volunteers who are involved in the care of dying and grieving persons.

All the best, Vice-Chair Kay Johnson

## **In this Issue**

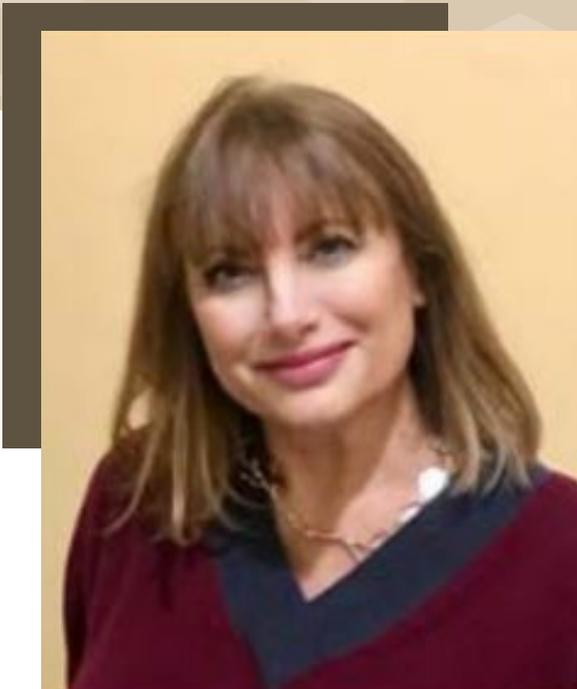
**Greeting from Vice Chair**  
**May 5, 2023 Conference Info**  
**Sundries & Self Care**  
**Save the Date**  
**Resources**





## May 5, 2023 Virtual Conference

### Coalition News



### **Phyllis S. Kosminsky** **PhD, LCSW, FT**

Phyllis Kosminsky is a psychotherapist, author and educator with twenty-five years of experience in helping people cope with loss and change. Along with her clinical work, she conducts trainings for professionals and speaks to lay audiences about living with loss in everyday life, coping with life transitions, and learning to manage difficult emotions. She is the author of two books, many book chapters and journal articles. Her goal, in all of her work, is to expand and deepen our understanding of the infinite varieties of ways that people are affected by death and non-death loss, and how, individually and collectively, we can better respond to the suffering of others.

### **Attachment Informed Grief: Interventions to Create Safety, Strengthen Self Capacities and Promote Re-engagement** *Sessions Include:*

- \*Attachment and Loss: How Our Relational Style is Reflected in How We Grieve
- \*Looking at Problematic Grief Through the Lens of Attachment Theory
- \*Using What We've Learned About Attachment and Loss to Provide the Best Services Possible to Bereaved People
- \*Case Examples of Attachment Informed Grief Therapy

### **Register Today**

Current MCDES Members: \$100

Non Members: \$125

[LINK](#)

*Interested in our Scholarship Program? Learn more about applying for scholarships and also supporting our scholarship fund. [LINK](#) visit our [MCDES website for more information](#)*

[www.mcdes.org](http://www.mcdes.org)





## Sundries & Self Care

### Coalition News

### Sundries

\*Grief is universal but mourning differs from culture to culture. Read more [Here](#)

\*Grief themed children's books teach children and adults about complicated emotions. List [Here](#)

\*From Psychology Today, here are tips on helping children with their grief. Tips [Here](#)

\*Death doulas can provide peace in dying. Article [Here](#)

\*Kevin Young has compiled an anthology of poems on grief and loss. More info [Here](#)

\*This author reflects on grief overload. Reflection [Here](#)

In case you never heard Krista Tippet's interview with Rachel Naomi Remen on living with loss, this is one of her best! Interview [Here](#)

Kate Bowler interviews Julia Samuel about family histories of loss. Interview [Here](#)

*Are you reading a printed newsletter? Check out all the links provided on our digital version online.*



### What are you Listening to?

Do you have a podcast you enjoy? Something lovely? Something challenging? Share your favorite podcasts with [info@mcdes.org](mailto:info@mcdes.org)

### Spring Self Care

It is said if March comes in like a lion, it goes out like a lamb. Living in Minnesota and having just navigated a double digit snow fall, I am looking forward to these "white winter days that melt into spring." Tulips, early green grass, the buds popping on the trees...all these are among my "favorite things" and each brings a smile to my face. The beauty-to-come is, however, usually preceded by mud, brown snow and flooding, not the most beautiful time of the year, but those harbingers are needed to bring the warm weather we are all waiting for.

We hope for "beauty" in our lives, the things that put a smile to our face - healthy families, the yard mowed, the garden weed-free. (Ok, maybe that is my list, but you get the idea...) Before these arrive, they usually are preceded with work, sweat, tears and a few blisters here and there. We sense the beauty, in whatever fashion it arrives, is worth traipsing through the "mud" to get there.

As we move closer toward Spring, what beauty would you like to invite into your life? What would you like to plant in the soil of your heart? Perhaps extra time to take a walk in nature, to read a book or have lunch with a friend. Choose just one thing you'd like to nurture to life in this next season. As you set your practice, remember there will be days of "mud and brown snow," and while messy, they have the potential to lead to a new ritual of caring for yourself and those whom you love.

Happy Spring my friends!  
Andrea Tatley



## Save the Date

### Coalition News

#### **April 14, 2023**

Responding to Racism Workshop

Info at <https://mnhpccon.memberclicks.net/>

#### **April 25-29, 2023**

ADEC 2023 Annual Conference

Includes pre-conference date

Info at <https://www.adec.org/page/2023-Conference>

#### **May 5, 2023**

MCDES Spring Conference

Attachment Informed Grief Therapy: Interventions  
to Create Safety, Strengthen Self Capacities and

Promote Re-engagement

Register [www.mcdes.org](http://www.mcdes.org)

#### **May 23-24, 2023**

Hospice Nuts & Bolts

Info at <https://www.mnhpc.org/nuts-bolts>

#### **June 5-7, 2023**

Loss, Death, Grief, Cultural and Ethical Contexts

Info at <https://www.uwlax.edu/ex/dgb/>

#### **October 6, 2023**

MCDES Fall Conference, TBA

### Join the Team!

Are you the friend with the best book and podcast suggestions? Or maybe you have an eye for editing and photography. Join the MCDES newsletter team. Please contact [info@mcdes.org](mailto:info@mcdes.org) for more information.



Follow us on [Facebook](#)  
[MCDES: Minnesota Coalition for  
Death Education and Support](#)



## Resources

## Coalition News

Jewish Grief Education/Support Group:

[www.jfcsmpls.org](http://www.jfcsmpls.org)

Pathways—A Healing Center:

[www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org)

North Metro Grief Support Coalition:

763-354-7828

Allina Support Groups: “grief support”

[www.allinahealth.org](http://www.allinahealth.org)

Capitol City Grief Coalition:

Lois Knutson, 651-227-4430

Downtown Coalition for Grief Support:

[www.mplsgriefsupport.com](http://www.mplsgriefsupport.com)

MN Network of Hospice & Palliative Care:

<https://www.mnhpc.org/grief-support>

Children’s Grief Connection:

[www.childrensgriefconnection.com](http://www.childrensgriefconnection.com)

Compassionate Friends:

<https://www.compassionatefriends.org/>

Essentia Health-St. Mary’s (Duluth):

[www.Essentiahealth.org/griefsupportduluth](http://www.Essentiahealth.org/griefsupportduluth)

West Suburban Coalition:

[www.westsuburbangriefmn.org](http://www.westsuburbangriefmn.org)

The Grief Club of Minnesota:

<https://griefclubmn.org/>

Edina Coalition for Grief Support:

[www.edinagriefsupport.org](http://www.edinagriefsupport.org)

Dakota County Grief Resources:

<https://www.co.dakota.mn.us/>

HealthFamily/MentalHealth/Training/

Documents/GriefLossSupportServices.pdf

Youth Grief Services, Fairview:

<https://tinyurl.com/2vcfu3mp>

The Young Widowed Support Group:

[mcaem@parknicollet.com](mailto:mcaem@parknicollet.com)

Center for Grief, Loss & Transition:

<http://griefloss.org> or 651-641-0177

South Mpls Coalition for Grief Support:

[www.trustinc.org/programs/grief-support](http://www.trustinc.org/programs/grief-support)

Bloomington-Richfield Grief Coalition:

<https://brgriefcoalition.com/>

Prince of Peace Grief Support, Burnsville:

<https://popmn.org/mission/support-groups>

Weathering Life’s Losses—Adult Support

Group, and Kids in Grief Support Group

Thurs., Stillwater, 651-430-4586

The Grief Project:

[www.griefproject.org](http://www.griefproject.org)

Brighter Days Family Grief Center:

[www.brighterdaysgriefcenter.org](http://www.brighterdaysgriefcenter.org)

Crisis Text Line: Text “MN” to 741741

National Suicide Prevention Lifeline: Call

1-800-273-TALK (8255)

The Trevor Project: Suicide prevention line

for LGBTQ. Text “START” to 678678



### Board Members

**Florence Wright, Chair**

**Allison Chant**

**Kay Johnson, Vice-Chair**

**Kelli Kinney**

**Eunie Alsaker, Secretary**

**Christine Lewis**

**Bob Furniss, Treasurer**

**Andrea Tatley**

**Diane Bauer**

**Tim Thorpe**

*MCDES membership does not imply certification or accreditation of its members.*