

Grief Support Available in Three Forms at Franklin VNA and Hospice

Two different groups, or individual sessions

Press release

“Grief is personal, maybe one of the most personal things there is,” says Sharolyn Fortin, Grief Coach at Franklin VNA and Hospice. “That’s why we developed different grief supports.”

Franklin VNA and Hospice is currently holding three different grief support meetings: a walk-in grief group each month; individual bereavement sessions every Wednesday; and now a

VNA from page 16

“Engaging the residents to create the poppies was very significant to them,” she reports. “It was a beautiful reminder of the ways we can engage with those around us in a truly meaningful way. We were glad to work with the Franklin VNA and Hospice to honor these veterans in our communities.”

To learn more about Peabody Home, visit PeabodyHome.org or call 934-3718. For more information about Franklin VNA and Hospice, call 934-3454 or visit FranklinVNA.org.

Tuesday group for those who have lost someone due to substance abuse.

Fortin says, “We recognized the need in our surrounding communities for free grief counselling that will meet people where they are. Some people aren’t ready to be in a group; those people might best benefit from our one-on-one or group meetings. For those who are affected by the substance abuse crisis, our Gone Too Soon group includes specific information and help that deals with that very complex issue.”

Certified Master Grief Coach Sharolyn Fortin, has engaged in training for those special situations. With her continuous training and work, Fortin accepts that grief, and the deaths that cause it, are continuing to evolve as we face different societal norms and challenges.

Franklin VNA and Hospice is also holding a series of holiday-focused grief meetings Mondays through January 13 to address and support the needs of grieving individuals during the winter holidays.

For more information, visit FranklinVNA.org or its Facebook page, or call 934-3454.

Hopkins from page 19

cyanobacteria.

While DES testing in November revealed that cell counts had dropped to below critical levels, earlier reports indicated counts far above that level. According to DES, it issues advisories for cyanobacteria when cell counts reach 70,000 per milliliter, and samples from Hopkins Pond were as high as 3.55 million per milliliter in early October. A milliliter is less than 1/25th of an ounce.

As a result, advisory signs were posted at the Hopkins Pond parking lot on Elbow Pond Road and the boat put-in area at the pond, but then removed when the cell count dropped.

As the advisory sign notes, “Exposure to blue-green algal scums may

cause various symptoms, including nausea, vomiting, diarrhea, mild fever, and general malaise. Anyone who comes in contact with algal scum should rinse off with freshwater.”

The causes of the bloom have not been determined, according to DES Beach Program Coordinator Amanda McQuaid, so it is difficult to predict what the future holds. Meanwhile, she says, “In any waterbody, always be wary of green turbid water or, in this case, clay-colored. If the water is not very clear, be wary.

“And if you see anything like this developing next year, please take a photo and call me at 848-8094 – the cyanobacteria hotline – and I’ll respond immediately. And keep your dogs out of anything you are suspicious of.”



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