

# GOOD GRIEF SPEAKER SERIES

CAMP SHERMAN COMMUNITY HALL



**FREE**  
FOUR  
SESSIONS  
MAY 2025  
**COME TO ONE OR ALL**

**Sat May 3 | Community Connector Program | 9:30-12pm**

Learn how to support yourself and others through life's toughest moments, and come together as neighbors to build a more compassionate community.

Peaceful Presence Project training co-facilitated by Elizabeth Johnson and Karen Sheldahl

**Wed May 14 | What Really Matters | 1-2pm**

Speaker Jane Boyd shares her story of what it's like to live with a serious cancer diagnosis

**Wed May 14 | Art in the Hall | 2-3:30pm**

Explore how art can transform your experience of grief with local artist Wendy Bachmeier

**Wed May 21 | Living Well with Dementia | 10-11:30am**

Join Debbi McCune, LWWD Founder, for a meaningful conversation about dementia support

**Wed May 28 | A Reflection | 5-6:30pm**

Sweet Medicine of Camp Sherman offers "A Daughter's Journey: The Last Cycle," a reflective conversation that explores her mother's final months and experiences of dying.

*The Good Grief Speaker Series is organized by Karen Sheldahl, community member and end-of-life doula, and offered in collaboration with the Peaceful Presence Project & Camp Sherman Community Association.*

Series also includes a mosaic workshop for Black Butte School students with art therapist Victoria Boucher.

# GOOD GRIEF SPEAKER SERIES

## CAMP SHERMAN COMMUNITY HALL



### **Sat May 3 | Community Connector Program | 9:30-12pm**

Community Connector Program for Serious Illness Care is a free, interactive training designed for residents of all ages who want to learn how to support themselves and others through life's toughest moments. This is a chance to come together as neighbors, learn valuable skills, and build a more compassionate community - where no one has to go through illness or loss alone. Karen Sheldahl, community member and end-of-life doula, will serve as host and co-facilitator for this event - joined by Elizabeth Johnson, Co-founder and Executive Director of The Peaceful Presence Project. Please register at [info@thepeacefulpresenceproject.org](mailto:info@thepeacefulpresenceproject.org)

### **Wed May 14 | What Really Matters | 1-2pm**

Jane Boyd was enjoying a holiday with her husband in December 2023 when suddenly, she fell ill. A few weeks later, she received devastating news: she had a serious cancer diagnosis. Despite the grim prognosis, Jane bravely completed the initial recommended treatment, including chemotherapy. As a dedicated teacher, she believes that sharing her journey through art and journaling could not only benefit herself but also inspire others facing similar challenges.

### **Wed May 14 | Art in the Hall | 2-3:30pm**

"Making art and helping people" have been lifetime pursuits and a guiding light for Wendy Bachmeier. She began painting in 2002, and she loves using any media she can to appreciate the beauty and color of the world. She has also completed training in art therapy and in pastoral care, pulling her love for art and people together. While she has led grief groups and counseled individuals experiencing grief, it's her personal walk through divorce and as a caregiver that have formed her spiritual perspective on life and loss. During her session, participants will learn simple art techniques to help process difficult emotions, as well as complete a grief collage project and discussion. Come experience the power of art to assist and transform us through our grief.

### **Wed May 21 | Living Well with Dementia | 10-11:30am**

Join us for an inspiring talk by Debbi McCune, founder of Living Well With Dementia (LWWD.com). Debbi is a passionate advocate for sharing information and knowledge about Dementia/Alzheimers. She'll be visiting CS Community Hall while also preparing a future 8-part series, focusing on dementia, care partners, denial, grief, and acceptance. Come and learn from Debbi, also a doula, and be a part of this meaningful conversation.

### **Wed May 28 | A Reflection | 5-6:30pm**

"A Daughter's Journey: The Last Cycle" this is a reflective conversation that explores the mother's final months and experiences of dying. Sweet Medicine of Camp Sherman and Guatemala, delves into the observations and critiques of the various caregivers, including EOL doulas, a network of neighbors and family, and hospice. Sweet Medicine offers suggestions for enhancing the care-giving experience for individuals and their families.

Series also includes a mosaic workshop for Black Butte School students with art therapist Victoria Boucher.