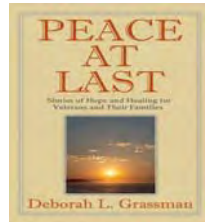


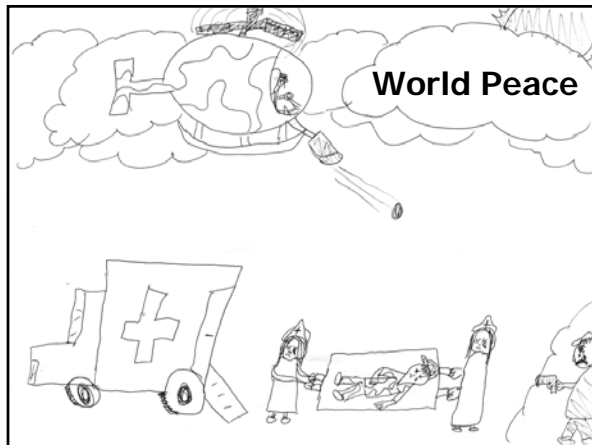
Peace at Last:  
Stories of Hope and Healing for  
Veterans, Families, & Ourselves

Deborah Grassman ARNP  
[www.DeborahGrassman.com](http://www.DeborahGrassman.com)



When the power of love  
Overcomes the love of power  
Then, and only then,  
Shall we have peace.  
-Anonymous

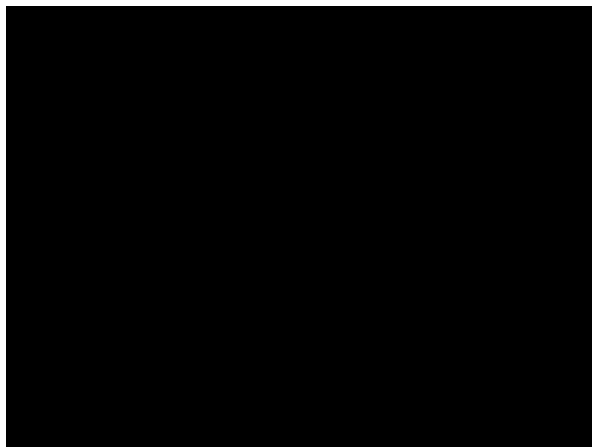
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Peace for Veterans



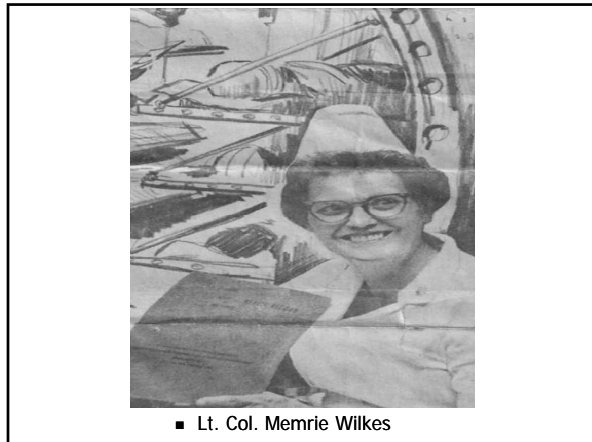
5



Forgiveness at the Wall



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### Integrative Letter Writing: Peace within Ourselves

### INTERVENTIONS: Combat Vets

("Burning Vision". Artist: Tommy Bills)

8

### Successful Suffering?

Grant me the Serenity  
to accept the things I cannot change,  
The Courage  
to change the things I can,  
And the Wisdom  
to know the difference.

Living one day at a time,  
Enjoying one moment at a time.  
Accepting hardships as the pathway to peace.

(-Reihold Niebuhr)

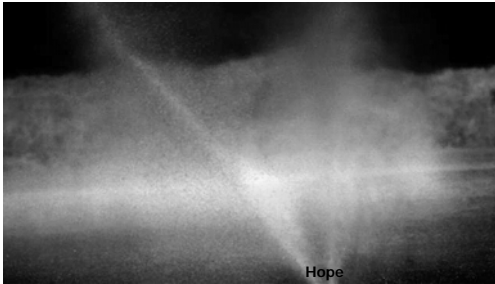
### Never too Late to Say, "I'm Sorry."

9

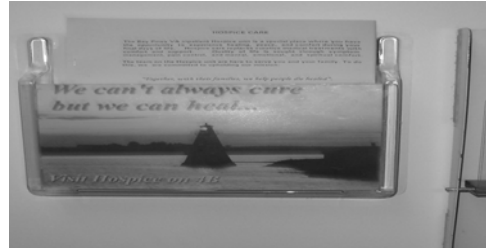
*"Maybe it's exactly the experience of loneliness that allows me to describe the tentative lines of solitude.  
Maybe it is precisely the shocking confrontations with my hostile self that give me words to speak about hospitality as a real option.  
And maybe I'll be courageous enough to speak about prayer as a human vocation without the disturbing discovery of my own illusions."*

**-Henri Nowen**  
(Wounded Healer)

### Beholding Peace at the End of Life



### Display Rack in Waiting rooms



Together, with their families,  
we help people die healed.

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Death is part of the  
healing process.

### Current Death Rate?

1 per  
person



17

### Healing vs. Curing?



15

### 7 Tasks of Living and Dying Healed

Forgive me  
I forgive you  
I love you  
Thank you  
Good-bye  
Let go  
Open Up



**"Pretend like you died today. What would be left unsaid and undone?"**

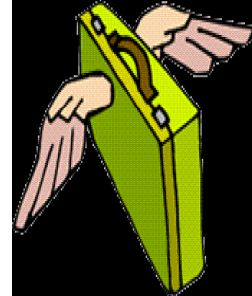


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### Outcome Measures

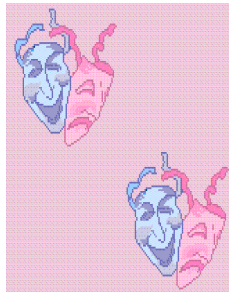
**"I'm packed up, prayed up, and ready to go".**

- Hospice patient



22

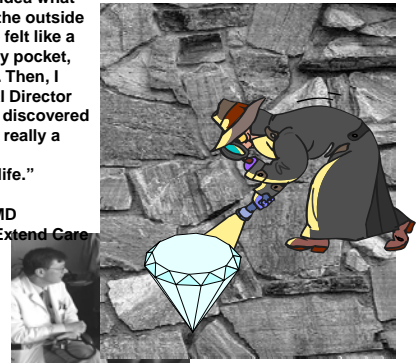
**What if dying isn't the worst thing that could happen?**



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**"I had supervised Hospice for years, but I had no idea what they really did. On the outside looking in, Hospice felt like a stone I carried in my pocket, weighing me down. Then, I became the Medical Director for Hospice. What I discovered was that stone was really a precious gem. Hospice saved my life."**

-John Frutchey MD  
Chief Geriatrics & Extend Care  
Bay Pines VAMC



**Prognosis is important because we live our lives differently when we are given one.**

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### A Room with a View







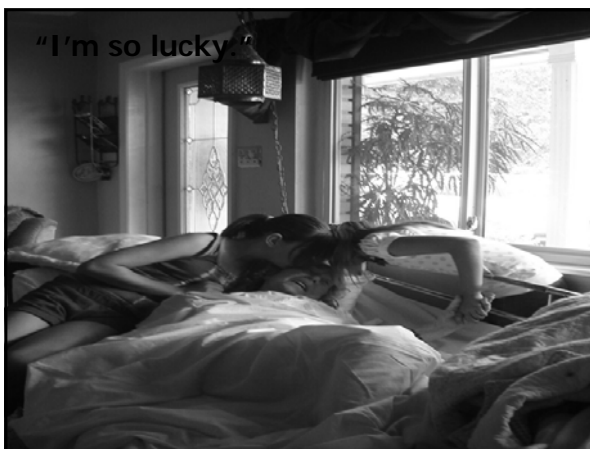
Drawing Pictures for Mimi



"You're going to make a good nurse."



Singing a Song to Mimi

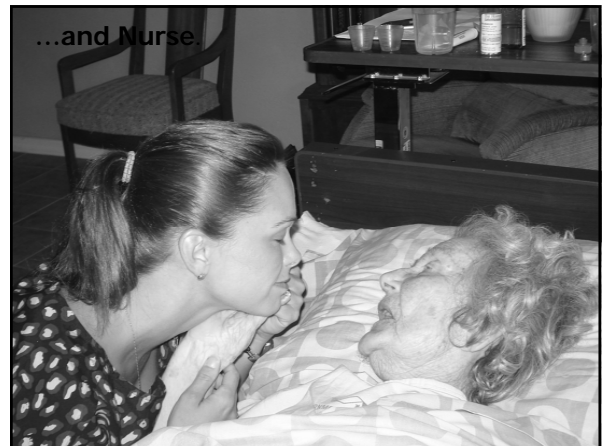


"I'm so lucky."










**You only get to die once.  
Don't miss the opportunity  
to be present.**

**HEALING PROCESSES:**

**Abiding:** Opening up to things we'd prefer to run from

**Reckoning:** Confronting difficult issues honestly and courageously

**Beholding:** Shifting/Breakthrough Hope for a different future without fear.




**Lorraine Acompora  
LPN**

**Suffering Redeemed...  
Suffering Waiting to be Redeemed**

**COUPON**


Redeem your suffering  
and experience healing  
in your life.  
Then you will have Peace  
at Last.

**Personal Reflections**

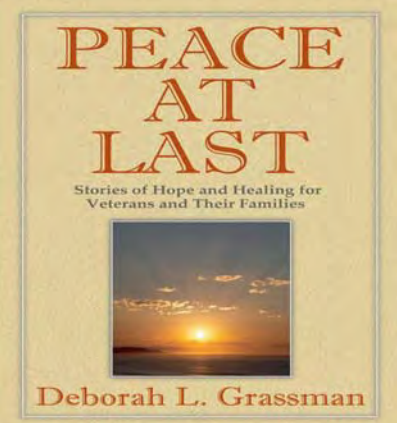


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**Forgiveness at the Wall**



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**PEACE  
AT  
LAST**

Stories of Hope and Healing for  
Veterans and Their Families

**Deborah L. Grassman**

### Paradox

Talking about death gets us freed up rather than running from it and letting fear control us.



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### Dying People are fertile ground for healing.



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"When we are no longer able to change a situation, we are challenged to change ourselves".

Viktor Frankl

(Corollary: If we are unwilling to change, we will vainly attempt to change unchangeable situations)



### HEALING



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Sorrow is better than laughter, because a sad face is good for the heart. The heart of the wise is in the house of mourning.

- Ecclesiastes 7:3-4



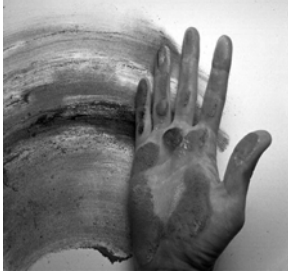
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### "I don't want to take their hope away."

How does lying to people increase their hope?  
Are there adverse effects to enabling denial?  
How many here hope to be prepared for their death so nothing is left unsaid or undone?  
How many here hope to die healed?  
Are these hopes legitimate?  
When someone is nearing the end of life, which is a more legitimate hope: to prepare yourself and your family for your death or to pretend that death is not going to come?

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End-of-life Strategy:  
What's Yours?



We all have a chronic, FATAL illness...