

June 2021

Dear Friend,

The pandemic has prevented so many people from having the support they need to grieve. It has deprived people from participating in the rituals that help us to process and normalize our grief.

In these challenging times, Madawaska Valley Hospice Palliative Care and the St. Francis Valley Healthcare Foundation are pleased to invite you to participate in our **Virtual Memorial Butterfly Release on Sunday, July 25, 2021** as a way of honoring the memory of a special person who has died.



Butterflies are an international symbol for hospice/palliative care because they symbolize change, hope and life. Although we will not be able to gather in person this year, we have modified our event to ensure your safety. We are pleased to invite you to **reserve, pick up and release your own live butterfly at a special place of your choosing and watch our memorial video on-line** as you celebrate the life of your loved one.

In these strange pandemic times, you might like to create a healing ritual that helps you to express emotions, connect with family to share memories and comfort one another or perhaps let go of difficult feelings. You could make this a family event by enjoying a favourite meal of the person who died, playing special music, writing a note to the person and end with the releasing of your butterfly in your sacred place.

Since it takes time to raise the butterflies, pre-registration is required. The **deadline to reserve a live butterfly for release is July 9<sup>th</sup>**. The cost to reserve a butterfly is \$35 each or 3 butterflies for \$100. **Butterflies can be picked up from one of four locations on July 25<sup>th</sup> from 11 am to 12 pm.** Please note your preferred pick-up location on the enclosed form and return it along with payment to the SFVH Foundation (PO Box 129, Barry's Bay, ON K0J 1B0) or call us at 613-756-3045 ext. 217. Alternatively, butterflies can be ordered online at [www.sfvhfoundation.com](http://www.sfvhfoundation.com).

Participants will be emailed a link to watch a special memorial video that will feature music and guest speakers, including a healing message from Dawn Cruchet, Grief Educator & Counsellor. If you would like your loved ones name included in the tribute portion of the video, please include it on the form as well as your email address.



**When you pick up your butterflies, it is very important that you bring an ice pack and an insulated lunch bag or cooler to keep your butterfly cool and dormant during transport.**

As part of our grief and bereavement program, we hope that this event will provide an opportunity for you to honour your losses during this challenging time.

Your support of Hospice Palliative Care services in our community is appreciated.

Warm regards,



Lisa Hubers; Exec Director  
MV Hospice Palliative Care



Erin Gienow; Exec Director  
SFVH Foundation

P.S. Please help us spread the word and share the event details with your family and friends.

P.P.S. We would also like to extend sincere appreciation to our event sponsors: Royal Canadian Legion (Barry's Bay Branch 406), Greg Kelly Insurance Brokerage Ltd., Zohr Family Funeral Home, Campbell Monument, Heubner Funeral Home and Madawaska Valley Lions Club.