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## **Tree of Remembrance Ceremony Hosted December 4** ***Author Kris Francoeur to Speak on Living with Grief***

**RUTLAND, VT (November 15, 2018)** –The Visiting Nurse Association & Hospice of the Southwest Region (VNAHSR) will host its 30th Annual Tree of Remembrance ceremony at the Franklin Conference Center, Howe Square in Rutland on Tuesday, December 4 at 6pm. The event is free and open to the public.

The Tree of Remembrance ceremony is a way for community members to reflect, honor and celebrate loved ones and friends who have passed away. The ceremony will feature special guest speaker, Kris Francoeur, author of, “*Of Grief, Garlic and Gratitude Returning to Hope and Joy from a Shattered Life,*” music by the Hospice Trillium choir, remarks by Hospice medical director Allan Eisemann, MD, recitation of loved ones’ names, the lighting of the tree, refreshments and fellowship.

“This ceremony is about families who have lost a loved one and their legacy,” says Nicole Moran, MSN, BA, RN and director of the Hospice program. “Our caregivers, volunteers and staff care deeply for the families of our patients and offer a variety of services to them to help deal with grief and loss. This ceremony is a beloved annual event and is just one of the many ways we want to honor and remember their loved ones for years to come.”

To add a loved one’s name to the wall of remembrance, to RSVP or for event questions, please call 802.775.0568.

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### **About *Of Grief, Garlic and Gratitude***

*Of Grief, Garlic and Gratitude* follows the first thirty months after Sam Francoeur’s death from an accidental opiate (prescription) overdose. His mother, Kris Francoeur, shares her journey from the first crushing days to her eventually being able to find light, joy, and hope again through the practices of conscious and deliberate gratitude, unconditional acceptance of others, and making strong connections to the natural world. Her story helps grieving families feel that hope and joy will return, no matter how devastating and permanent the loss. *Of Grief, Garlic and Gratitude* approaches grief with both a very clear understanding of the realities of the process, and also shares a very personal and honest account of living with grief. It presents healing and hope

without relying on religion, formal psychotherapy, or pharmaceutical resources. Kris's story reminds readers that even as people struggle with mental health issues and addiction, they can still bring joy and love to the world, and everyone is worthy of love and acceptance.

## **Biography**

Kris Francoeur, writer and educator, is a grieving mother who has found joy and light again through the practices of conscious and deliberate gratitude, unconditional acceptance and connection with nature. With Master's degrees in both Counseling Psychology and Educational Leadership, Kris writes with authority about grief and moving forward in our very busy and stressful world. A published author of fiction, Kris has published three romance novels (*More Than I Can Say*, *That One Small Omission* and *The Phone Call*) with Solstice Publishing using her pen name Anna Belle Rose. Kris lives in beautiful Addison County, Vermont with her husband and youngest son, a small herd of alpacas, a flock of chickens and several hives of bees. Kris loves to spend time with her family (including older son, daughter and grandchildren), spending time in the garden and spinning the alpaca fiber for yarn for knitting.