

## Employee Spotlight



**Kriston Wenzel**  
*Bereavement Supervisor*

Kriston is a licensed social worker and certified in Thanatology, the study of dying, death and grief. She has worked at Hospice of the Red River Valley for more than 15 years.

“For each person grief work is very different. For some it might be hanging out with friends and for others it may be reaching out to doing volunteer work. Grief work is something you have to do now or later. Some people aren’t ready to do grief work at the beginning of their loss because they have so many other stressors. Grief work can be coming to a support group, educating yourself on what it’s supposed to look like or reaching out to others. One of the things that I find so important and powerful with some of the people I have worked with is that they find the most happiness and relief when they are helping others.”

**“Nothing is ever really lost to us as long as we remember it.”**

*– LM Montgomery*

## Mandala Maze

