

FAQ'S AND TIDBITS FOR SUNRISE RETREATS



WHO ARE WE? Although we officially became an **Idaho** nonprofit 501c3 on January 29th, 2019, Sunrise Retreats has been offering professionally facilitated healing education retreats for widows since 2017. We currently offer two weekend retreats in May and September at the beautiful property of Hidden Paradise, home to Camp Rainbow Gold in Fairfield, Idaho.

WHAT DO YOU DO? Sunrise Retreats creates professionally facilitated experiential education opportunities to enhance the health and wellbeing of individuals navigating life after the death of a partner. Our goal for participants is to find connection, deep understanding, education, resources, and most of all, hope as they live with grief and begin to rediscover life in a new way. Each retreat follows a professional curriculum backed in science, best practices and meaningful ceremonies designed to give participants opportunities to replenish, rejuvenate and reignite.

WHY: According to the 2022 American Community Survey, there will be over 56,000 women in Idaho who will be living without their partner or considered "widowed". Close to 8,000 married people in Idaho became widowed in 2021. Of that population, almost 6,000 identified as women. By providing a retreat experience that supports whole health - mind, body, and spirit - we create positive change around how both men and women within our community live with grief and life after loss. Together we share in our common humanity; finding compassion, strength, wisdom, courage, and inspiration to keep living through the fullness of life after loss. The challenge of living without the one with whom we hoped to spend our future life with is devastating. And yet, losing a loved one is a natural part of the human experience. Although the grief journey is a precious intimate experience, something magical happens when we come together in our healing. Most importantly.....our stories live within the people who have attended the retreats.

ARE MY DONATIONS TAX DEDUCTIBLE? YES! We received our 947 letter on March 7th of 2019 confirming our status as a public charity. "Donors can deduct contributions made to Sunrise Retreats under IRC Section 170." A receipt is provided indicating our EIN number and business information.

I WOULD LIKE TO OFFER IN KIND DONATIONS! Yes, we love in kind donations. Some of the items needed include fabric for our blankets, welcome bag items, experiences for our monthly get togethers (paddleboard rentals/fly fishing, spa days, classes etc.), resources, professional services, and chocolate!

HOW ABOUT VOLUNTEERING? We are a volunteer driven organization. Yes please, we would love your expertise and time. Check out our volunteer page [here](#) for more information.

- 800,000 people are widowed each year in the USA, 700,000 of those are women.
- Research shows that the death of a life partner has adverse effects on a person's overall health including decreased mental health, depressive symptoms, social functioning, and several physical and psychiatric impairments immediately following the loss of their partner and in the long term (Buckley et al., 2012; Carey et. al, 2014; Jacobs, S., 1993; Lee et al, 2001; Parkes, C., 1998; Silva et. al, 2014; Wilcox et al., 2001). *However, targeted health education for bereaved adults has been proven to decrease the likelihood of comorbidity* (Bui, E. et. al., 2017; Buckley et. al., 2012).
- "Death of a spouse" is listed as the #1 stressor on the stress index scale and is considered one of life's most devastating events.
- 60% of those who lose a spouse or significant other will experience a serious illness within 12 months.
- Insomnia is one of the most common symptoms for a grieving spouse.
- The average age of widowhood is 55, and 75 percent of women will be widowed by age 56.