

Janet Vashon RN  
Short Bio

My name is Janet. I was married to Peter for 39 years and together we have nine children. I became a widow in 2019. Since then, I have learned to navigate the overwhelming grief attached to widowhood. I have continued to finish raising the children, with now only one 16 year old left at home in the town of Topsham. I started my journey by attending a griefshare program early in loss. Today, I am helping co-lead a griefshare group to support those on that same journey at the church I attend, Central Church of Augusta. This past summer, I took the training from National Grief Institute called Helping Children Grieve.

I have also reentered the nursing field at a nearby assisted living facility where we care for the elderly and many hospice situations. My prior life included a 25 year part-time nursing life.

I am currently in the process of publicizing my grief story. Right now a manuscript is ready to take the next step. The title of the story is Be Kind, Be Still. A blog exists online with the same name, Be kind Be still, living after loss.