

About Grief

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THIS ISSUE

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BOOK REVIEW

A CHILD'S VIEW

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The Elisabeth
Severance Prentiss
Bereavement Center

Life As We Knew It....

Kathryn R. Harrison, MA, PC

According to the “natural order of things,” our parents will probably die before we do. Although we expect this, the death of a parent can rock the foundation we leaned on for so many years. Whether five years old or fifty, we have the illusion that our parents will be here forever. As children, we rely on them for our most basic needs i.e. food, shelter, clothes, comfort, and support. Parents also build the emotional and social framework which prepares us for our future.

As young adults, we turn to our parents for their wisdom and guidance as we make major life decisions about marriage, childbirth/rearing, and college/career choices. We also want approval for our choices. The role our parents play as grandparents is pivotal in our children's lives.

As we reach middle age, the roles can reverse. Physical changes in the elderly may require more assistance from the children or even a professional. Memory problems can result in poor judgment and lead to safety issues. As we provide more help, we become

more realistic about this role reversal, even though it is difficult to accept.

When one parent dies, children grieve the loss and also must cope with the remaining parent's grief. After both parents die, adult children may feel orphaned despite the presence of their own family. The realization that you are no longer anyone's child can hurt beyond belief. According to Professor Andrew E. Scharlach from USC School of Social Work, “As long as a parent is alive, there is somebody between us and what we fear. We are symbolically protected.” The death of our parents, he emphasizes, forces us to face our own mortality because we are next in line.

Accepting the death of the people we thought would always be here can be overwhelming and intense. Many emotions and feelings surface, all of which are part of the normal grief process. It can help to share your story with someone, whether family, friends, clergy or professionals. If you would like to talk with one of our grief counselors, please call The Elisabeth Severance Prentiss Bereavement Center at 216-486-6838.



Diane Snyder Cowan, MA, MT-BC

One often calms grief by recounting it.

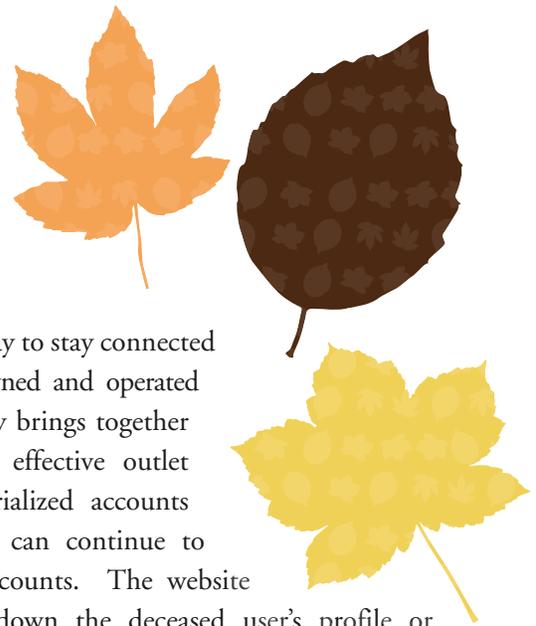
– Pierre Corneille



Visit The Bereavement Center's Blog at:

<http://bereavementcenter.blogspot.com>

FROM THE Editor



Technology has afforded us a wonderful way to stay connected as a community. Facebook, a privately owned and operated global social networking website, not only brings together long-lost friends, but also provides an effective outlet for grief. Facebook hosts many memorialized accounts of deceased users. Friends and families can continue to post photos and comments on these accounts. The website will respect a family's wishes to take down the deceased user's profile or to keep it in a "memorial state." The "memorial state" disables certain features like status updates and allows only confirmed friends to access the profile.

Members who are grieving a death often use their own Facebook profile to announce the death and funeral arrangements. Many individuals post messages, videos and photos about their deceased loved one. They can also create new groups or pages devoted to the deceased or to causes associated with them. Members continue to comment on their loss and talk about how much they miss their loved one. Friends comment back and show their support.

The Elisabeth Severance Prentiss Bereavement Center is a program of Hospice of the Western Reserve, and Hospice of the Western Reserve recently joined Facebook, Twitter and LinkedIn. Please follow us on these sites.

Diane Snyder Cowan, MA, MT-BC
(216) 486-6312 • dscowan@hospicewr.org

Become a fan of Hospice of the Western Reserve on **Facebook**.



Follow us on **Twitter** at **@hospicewr**.

Become part of our **LinkedIn** group.



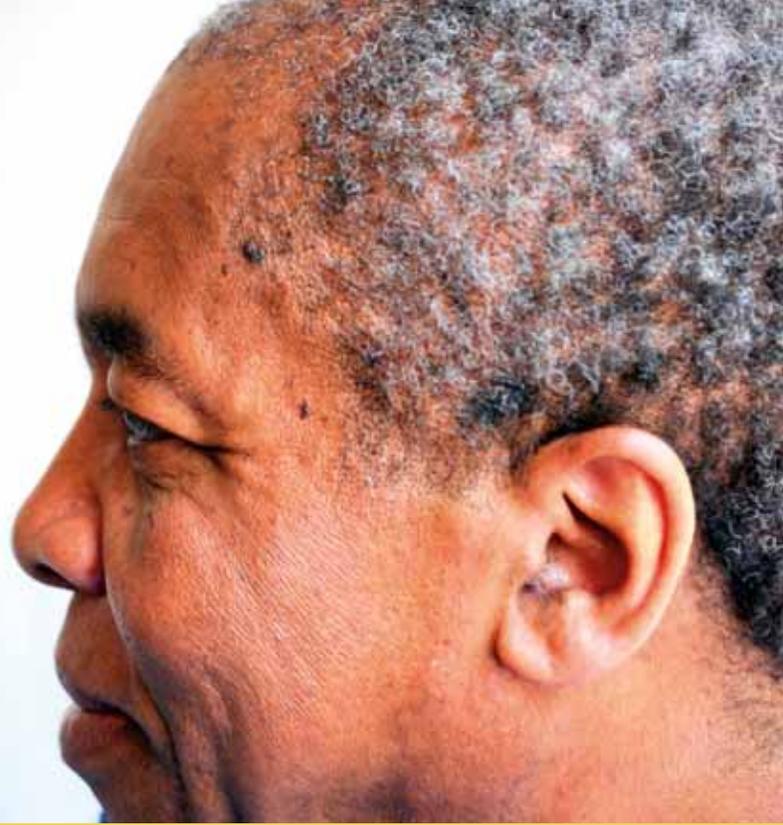
The Vista Walk *Remember Your Loved One*

The Vista Walk is Hospice of the Western Reserve's memorial garden brick pathway located on the shores of Lake Erie at Hospice House. Anyone who wishes to remember their loved one by purchasing a brick with a special inscription is invited to call (216) 383-3712 for more information. The Vista Walk at Hospice House is open for meditation and reflection.



The Language of Grief

Monica Coreman, MA, PCC-S



Grief has its own special language and culture. Sometimes grieving persons feel they have been transported to a foreign land without knowledge of the language or the customs. The planning, funeral arranging, taking care of financial matters, sorting through belongings feels foreign, strange and unwanted.

Then there's the issue of feelings while grieving. Who knew one person could feel so many difficult feelings at one time? Family and friends who provided the most support before the death no longer know what to say. This can lead to feelings of isolation and a sense of being unsure of what was so normal before. What is this strange new language that no one else understands? Former friends and acquaintances avoid eye contact and dart down another aisle in the grocery store. Neighbors drive past the house without even a wave.

What we hear about most often are the stories of unexpected support from the most unlikely sources. The widow from down the street stops by to say hello and offers a hug. The man whose parents have both died sends a card or email. The family who has experienced a suicide offers to come by and talk.

You are not alone. Know that there are other people who speak this new foreign language. Many people say they've

“joined a club I never wanted to belong to.” As you move through your grieving process, you learn the language with each feeling, moment, and tear drop. The only way to learn this new language is by trudging through the pain. You become accustomed to this “new normal.”

Know that wherever you are in mastering the language of grief, there is hope. Some people use their faith. Others develop rituals to honor their deceased loved one; still others attend support groups or individual therapy. Whatever you choose, know that you are not alone. Many have learned this odd new language and through time, patience, and hard work, have developed an understanding of what grief means for them.

If you would like support as you navigate this new language, please call The Elisabeth Severance Prentiss Bereavement Center at 216-486-6838. We speak your language.

Many people say they've
“JOINED A CLUB I NEVER
WANTED TO BELONG TO.”



The Elisabeth
Severance Prentiss
Bereavement Center

Fall 2010 Community Support Groups & Activities

MASSAGE THERAPY

Providing Comfort Through Touch

Stress is a normal part of life. As you move along grief's journey, you may face many challenges. Massage therapy is a tool useful in helping to cope with stress, anxiety and fatigue. To schedule an appointment, call Felicia Dunlop-Stanley at (216) 486-6335. All appointments will be held at The Elisabeth Severance Prentiss Bereavement Center. Basic Fees: \$25 for 30 minutes \$50 for 60 minutes

YOGA MATTERS

Give yourself the gift of time and attention. The practice of Yoga helps you tune into yourself and take care of your physical, emotional and spiritual needs. Classes held at Hospice of the Western Reserve Headquarters. To register please call (216) 486-6838.

On-going Yoga Class designed for caregivers & bereaved.

Wednesdays, 5:30 p.m. to 6:45 p.m.

Fee: \$40/month or \$12 Drop-in (sliding scale fee available)

ALCOHOLICS ANONYMOUS

Headquarters

Wednesdays, 12:45 pm

For more information, call 216-241-7387

Bereavement Support Groups

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Please note, the Westlake groups will be held at St John West Shore Community Outreach Center, 29160 Center Ridge Road, Suite R. Groups are subject to change. Call to verify time and location.

Adult Support Groups

CIRCLE OF HOPE SERIES

A six-week educational support class **for adults who have had a loved one die**. Registration is required. Please call the facilitator listed below for more information or to register.

Ashtabula

Monday, Oct. 11 – Nov. 15 , 3:00 – 4:30 p.m.

Vicki Jackson (216) 383-3737 ext. 3200

The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, Oct. 13 – Nov. 17, 10:00 to 11:30 a.m.

Diana Battles (216) 486-6364

Hospice of the Western Reserve Headquarters

Mondays, Sep. 13 - Oct. 18, 6:00 to 7:30 p.m.

Tensie Holland (216) 383-3741

Lakewood Office

Mondays, Sep. 13 – Oct. 18, 6:30 to 8:00 p.m.

Judy Beckman (216) 383-3737 ext. 3110

Mentor Office

Mondays, Oct. 11 – Nov. 15, 10:00 to 11:30 a.m.

Lisa Florjancic (216) 383-3737 ext. 3041

Warrensville Heights Office

Tuesdays, Sep. 7 - Oct. 12, 2:00 to 3:30 p.m.

Joan Tabaj (216) 383-3737 ext. 3105

Westlake

St. John Medical Center

29101 Health Campus Dr. Bldg 2, suite 455

Mondays, Sep. 27 – Nov. 1, 6:30 to 8:00 p.m.

JoDee Coulter (216) 383-3737 ext. 3440

PIECE BY PIECE *for young widows and widowers*

A four week support group. Registration is required.

Warrensville Office

Wednesdays, Oct. 13 – Nov. 3, 6:00 to 7:30 p.m.

Vicki Jackson (216) 383-3737 ext. 3200

HOPE & HEALING

An on-going monthly support group **for grieving adults**.

Registration is not required. Please call facilitator for more information.

Hospice of the Western Reserve Headquarters

3rd Monday of the month, 6:00 to 7:00 p.m.

April Ratcliffe (216) 383-3782

Warrensville Heights Office

4th Wednesday of the month, 3:00 to 4:30 p.m.

Joan Tabaj (216) 383-3737 ext. 3105

Mentor Office

2nd Tuesday of the month, 1:30 to 2:30 p.m.

or

1st Thursday of month, 6:00 to 7:00 p.m.

Lisa Florjancic (216) 383-3737 ext. 3041

FOR THE YOUNG ADULT (20'S)

The Elisabeth Severance Prentiss Bereavement Center

3rd Wednesday of the month, 6:00 to 8:00 p.m.

Diana Battles (216) 486-6364

Mentor Office

3rd Thursday of the month, 6:00 to 7:30 p.m.

Lisa Florjancic (216) 383-3737 ext. 3041

PARENT LOSS

A monthly group for adults adjusting to life **after the death of a parent**.

Lakewood Office

2nd Tuesday of the month, 6:30 to 8:00 p.m.

Judy Beckman (216) 383-3737 ext. 3110

Comfort | Hope | Healing

SIBLINGS GROUP “New group”

A four-week group for adults who have experienced the death of a sibling. Registration is required.

Lakewood Office

Four Mondays, Nov. 1 – Nov. 22, 6:30 to 8:00 p.m.

Judy Beckman (216) 383-3737 ext. 3110

NEW BEGINNINGS

A monthly support group for young widows and widowers (ages 55 and younger). This group is open-ended and on-going. Registration is not required.

Westlake

St. John Medical Center, Community Outreach

2nd Wednesday of the month, 6:30 to 8:00 p.m.

JoDee Coulter (216) 383-3737 ext. 3440

Warrensville Heights Office

1st Monday of the month, 6:00 to 7:30 p.m.

Vicki Jackson (216) 383-3737 ext. 3200

(no group Labor Day)

NEW JOURNEY

A support group for widows and widowers of any age, adjusting to life without their spouse. This group is open ended and on-going. Registration is not required.

The Elisabeth Severance Prentiss Bereavement Center

2nd Thursday of the month, 10:00 to 11:30 a.m.

Diana Battles (216) 486-6364

Ashtabula Office

2nd Thursday of the month, 6:00 to 7:30 p.m.

Karen Hatfield (216) 486-6042

HORIZONS

A monthly support group for the older adult widow and widower. This group is open ended and on-going.

Mayfield Village Baptist Church

6500 Highland Road, Mayfield

2nd Tuesday of the month, 1:00 to 2:30 p.m.

Kathryn Harrison (216) 486-6331

Lakewood

1381 Bunts Road, Lakewood, 4th floor

2nd Monday of the month, 1:00 to 2:30 p.m.

Judy Beckman (216) 383-3737 ext. 3110

FABRIC AND FEELINGS

A weekly group where participants use fabric techniques such as quilting (sometimes involving clothing from loved ones) or photo transfer to create quilts, pillows, dolls and other types of lasting memories. Sewing expertise is not necessary.

The Elisabeth Severance Prentiss Bereavement Center

Thursdays, 2:00 to 4:00 p.m.

Mollie Postotnik (216) 486-6544

THE WONDER OF ART AND NATURE “New group”

Autumn – a time of harvest and a time to reflect. Come and decorate a flower pot and plant a flower to commemorate your loved one.

The Elisabeth Severance Prentiss Bereavement Center

Two Wednesdays, Sep. 1 & 8, 6:00 to 7:30 p.m.

April Ratcliffe (216) 383-3782

ART FROM THE HEART

A four-week group to create a scrapbook to honor your loved one's life and the relationship you shared. All materials provided; bring your own pictures and memories as we celebrate life, love, and family. All are welcome including children. No experience necessary, and come with creative spirit. Registration required.

Mentor Office

Four Tuesdays, Oct. 5 – Oct. 26, 6:00 to 7:30 p.m.

Molly Kohut (216) 486-6275

Support Groups Continued on Page 6 >>

Save the Date

HOLIDAY FAMILY NIGHT

The Elisabeth Severance Prentiss Bereavement Center

Monday, Dec. 13, 6:00 to 8:00 p.m.

Ashtabula Office

Wednesday, Dec. 15, 6:00 to 7:30 p.m.

HOPE FOR THE HOLIDAYS

Mentor Office

Thursday, Dec. 16, 6:00 to 7:30 p.m.

HOSPICE OF THE WESTERN RESERVE OFFICE LOCATIONS

The Elisabeth Severance Prentiss Bereavement Center

19201 Villaview Road
Cleveland, OH 44119-3064

Hospice House & Headquarters

300 East 185th Street
Cleveland, OH 44119-1330

Ashtabula Office

1166 Lake Avenue
Ashtabula, OH 44004-2930

Cleveland Office

19201 Villaview Road
Cleveland, OH 44119-3064

Hospice Care Center at the Renaissance

26376 John Road
Olmsted Falls, OH 44138

Lorain County Office

2173 N. Ridge Road E., Suite H
Lorain, OH 44055-3400

Lakewood Office

14601 Detroit Avenue
Suite 100
Lakewood, OH 44107-4214

Mentor Office

5786 Heisley Road
Mentor, OH 44060-1830

University Circle Office

10645 Euclid Avenue
Cleveland, OH 44106-2206

Warrensville Heights Office

4670 Richmond Road
Suite 200
Warrensville Hts, OH 44128

Westlake Office

29101 Health Campus Drive
Building 2, Suite 400
Westlake, OH 44145-5268

Healing Arts Workshops, Fall 2010

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to all grieving people. No art experience is necessary. Call Mollie Postotnik at (216) 486-6544 to register no later than four days in advance of workshop date.



Spirit Dolls

Create a Spirit Doll that embodies the personality and spirit of your deceased loved one. Through the use of driftwood, fabric, beads and love, a 'doll' will be created to embrace the essence of the deceased. *This is a TWO PART Workshop: You must attend BOTH DAYS*

St. John Medical Center, Community Outreach
29160 Center Ridge Rd., Suite R, Group Room D
*Tuesdays, Sep. 14 & 21, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
*Thursdays, Sep. 16 & 23, 6:30 to 8:30 p.m.

Stepping Stones

Make a cement stepping stone to commemorate a loved one. Small stones, tiles and glass beads, as well as personal mementos, can be embedded in the wet cement. Names and dates can be stamped.

St. John Medical Center, Community Outreach
29160 Center Ridge Rd., Suite R, Group Room D
Tuesday, Oct. 5, 6:30 to 8:30 p.m.



Honoring the Day of the Dead

Participants will decorate a small skull (as a representation of the traditional sugar skulls) with colors and symbols that depict the personalities of their departed loved ones. The completed skulls will be placed on and around a traditionally decorated altar. A small celebration will follow where participants will be given the opportunity to share beloved memories and stories of their departed loved ones.

Mentor Office
Thursday, Oct. 14, 6:30 to 8:30 p.m.

Lakewood YMCA
16915 Detroit Ave., Community Room
Lakewood, OH 44107
Tuesday, Oct. 19, 6:30 to 8:30 p.m.

The Gifts You Gave Me: An Imaging Journal

Over four consecutive Thursdays, participants will create a journal memorializing their loved ones and the gifts they received from them. Each week will focus on specific components, such as monotyping, blind contour drawing, use of negative/positive space, and watercolor. Personal photographs and other mementoes may also be incorporated into the journal.

The Elisabeth Severance Prentiss Bereavement Center
Thursdays, Oct. 28, Nov. 4, 11, & 18, 6:30 to 8:30 p.m.



Children and Family Support Groups

S.T.A.R.S. (*Supporting Tears, Anger, Remembrance & Sadness*)

A six-week support group for grieving children ages 6-12. While the children are meeting, there is an adult support group to assist parents and family members in dealing with their own grief. The groups are free and open to the public. Registration is required.

The Elisabeth Severance Prentiss Bereavement Center
Mondays, Sep. 20 – Oct. 25, 2010, 6:00 to 8:00 p.m.
Colleen Thompson (216) 486-6316

HELPING HANDS/HEALING HEARTS

A monthly support group for children ages 6-13 and adults, who have experienced the death of a loved one. While the adults are meeting, there is a co-existing support group for the children. Registration is not required.

The Elisabeth Severance Prentiss Bereavement Center
3rd Tuesday of each month, 6:00 to 8:00 p.m.
Colleen Thompson (216) 486-6316.

CONNECTIONS

A six-week support group for families who have experienced the death of a child. After pizza together, parents have a support group while children (ages 6-12) gather for expression through art, music, play and discussion with others who have lost a sibling. Registration is required.

The Elisabeth Severance Prentiss Bereavement Center
Tuesdays, Sep. 14 – Oct. 19, 6:00 to 8:00 p.m.
Andy Getz (216) 383-3737 ext. 3489

Save the Date!

MEMORY WREATHS

Decorate a grapevine wreath, symbolizing unbroken life and love, with personal and seasonal symbols, as well as wishes, memories and prayers.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, Dec. 9, 6:30 to 8:30 p.m.

St. John Medical Center, Community Outreach
29160 Center Ridge Rd., Suite R, Group Room D
Tuesday, Dec. 14, 6:30 to 8:30 p.m.

COMFORTING YOUR MIND, BODY & SPIRIT: AN ADULT BEREAVEMENT RETREAT

Join other adults who have experienced the death of a loved one for a day of reflection, renewal and creativity. The fee is \$25 and lunch will be provided. Registration is required, call Felicia Dunlop-Stanley at (216) 486-6335.

Saturday, Sep. 25, 10:00 a.m. to 4:00 p.m.
Common Ground, 14240 Baird Road
Oberlin, OH 44074



A Child's View

Over the Horizon

In Honor of Her Sister Erin

Over the horizon
 Lies a world so different from our own.
 A world where everyone lives in peace,
 A world where everyone is accepted,
 A world where race doesn't matter
 And where no one cares about how much money you make
 Or what clothes you buy, or how many friends you have.
 A world where little girls and boys run freely,
 And where no child is harmed
 A world in which there are no uncontrollable disasters,
 Or stress over something that's nothing when compared to
 everything.
 A world where the clouds drift over a fresh palette of blue
 And the trees dance to the wind,
 A world where dreams and hopes of a lifetime come true
 Soaring over the horizon,

Carried on rays of sunshine,
 Will be my beloved sister,
 Where she'll sing louder than the roar of a waterfall
 Her voice ringing like bells in the distance
 Where she'll see the unseen
 Notice the unnoticed
 Find the lost
 Love the unloved
 And where she'll dive into a field of yellow poppies
 Peeking down to check on the people left
 On the other side of the horizon
 Who she knows that she'll see again one day,
 But until then, her spirit will linger on
 In the rays of sunshine,
 But most of all
 In our hearts.

-Sarah Smith, age 13 (sister)

Together We Can

Our twelfth **Together We Can** bereavement day camp was a great success. Forty children gathered to spend three days sharing laughter and tears, honoring loved ones, and learning ways to express feelings and cope with their grief. Most importantly, they had a great time and met others who have also experienced a loss. We would like to thank the many paid and unpaid staff who committed their time and talents to make this a great event, as well as the numerous individuals who contributed funds to purchase supplies and provide camper scholarships. Many thanks also go to Kaiser Permanente, the Dominion Foundation, Stuart and Associates, David Tavens of MitzvahPhoto, Buckeye Mountain Coffee and Water Company, Miklus Florists, and our teddy bear ladies, Mary Graham, Margaret Stokes and Gayle Kovach. Your support for our camp is priceless!!





The Elisabeth
Severance Prentiss
Bereavement Center

19201 Villaview Road
Cleveland, Ohio 44119-3064
(216) 486-6838

HOSPICE HOUSE & HEADQUARTERS
300 East 185th Street
Cleveland, Ohio 44119-1330

*Serving Northern Ohio with offices
throughout Ashtabula, Cuyahoga, Geauga,
Lake, Lorain and Summit Counties.*

Hospice Resale Shop in Lyndhurst

Information: 800-707-8922
Hospice Connect: 800-707-8921
hospicewr.org



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The Elisabeth Severance Prentiss Bereavement Center is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.

Karen Kincaid, MA, PCC

Book review

Forgiveness: The Greatest Healer of All

By Gerald G. Jampolsky, M.D.

We've been taught to "forgive and forget." Does this mean condoning what the person has done, saying "it's okay" and going on like nothing ever happened? Why is it so difficult to forgive those who have hurt us?

In his book *Forgiveness: The Greatest Healer of All*, Dr. Jampolsky clarifies what forgiveness, and its accompanying healing powers, is all about. Dr. Jampolsky states, "...forgiveness is the willingness to let go of the hurtful past. It is the decision to no longer suffer, to heal your heart and soul. It is the choice to no longer find value in hatred or anger." He examines "the roots of unhappiness, the unforgiving mind and top 20 reasons why we don't forgive."

This book invites the reader to take a closer look at their own thoughts and beliefs and encourages them to either choose to remain hurting or to let go of their pain. It leads the reader to truly define forgiveness and to move from anger toward inner peace. Easy to read, Dr. Jampolsky's book is a valuable addition to any library.

