



The Elisabeth Severance Prentiss
Bereavement Center

300 East 185th Street
Cleveland, OH 44119-1330

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About Grief emailed to you, please send your
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DSCowan@HospiceWR.org*



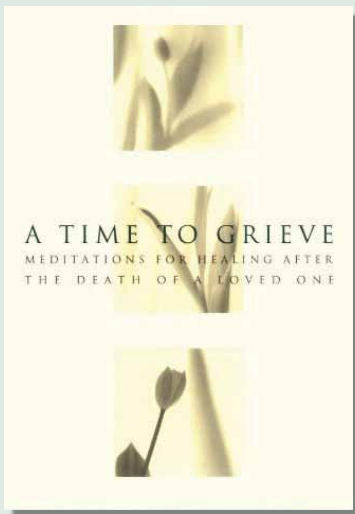
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The Elisabeth Severance Prentiss Bereavement Center is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.



A Time to Grieve By Carol Staudacher

In *A Time to Grieve*, author and grief consultant Carol Staudacher offers a useful companion for the newly bereaved. Each page includes a well chosen quote and a short essay addressing a common grief experience. At the end of each essay is a meditation to help strengthen the reader's resolve to manage that issue in a positive way. The book is organized to identify the phases of grief: Retreating, Working Through, and Resolving.

A Time to Grieve is not meant to be read all at once or in order; the reader can pick and choose the issues which speak to his own need. Examples of pages are “I miss the way she made me feel about myself” and “When I’m alone, I just keep reviewing the same things.” The author also offers insight into issues not often found in grief books, such as “We didn’t always get along” or “It’s like the bad things never happened.” Staudacher understands the complex layers of relationships that don’t evaporate when grief lessens.

The short quotes on each page—some ancient proverbs, some from famous people and a variety of other sources—are worth exploring to find one that captures the griever’s mood that day. For example: “You don’t heal from the loss of a loved one because time passes, you heal because of what you do with the time.” The meditations are short and help reframe the struggles we all face in confronting a loss.

This book is available in paperback and would be a good gift for someone newly coping with grief.

Book review

By Susan Lakin, LISW-S

About Grief

Compassion for the CAREGIVER

By Mary Murphy, M.Ed., LPC

As a Bereavement Coordinator, I am honored to work with amazing caregivers. They tell their stories of diagnoses, treatment, and eventual death of their loved (and sometimes not-so-loved) ones. Because they have been so focused on caring for others, sometimes for decades, it is no wonder that in grief, they may have a difficult time identifying how they feel and what they need.

Long-term caregivers are often numb, exhausted, emotionally and physically drained, and confused by mixed emotions. These reactions are influenced by many factors: the relationship between caregiver and loved one; the length of time spent caregiving, support received, balancing care with employment and other family life, financial stressors, demands of the illness, limitations of the caregiver, and the ability of the caregiver to practice self-care.

We like to think that caring for someone we love will be easy. Under the best of circumstances, it is challenging. Constant attention to another person's current and future needs causes many caregivers to nearly abandon themselves in the process. In my work, I try to help the bereaved caregiver

first recognize and honor the beautiful gift they have given another person: being the person entrusted to end-of-life care. Many caregivers brush this aside saying, "Well, who else would do it if I didn't?" This always surprises me because many people cannot take on that responsibility. Even more surprising is the number of caregivers who have had complicated relationships and yet are able to heroically and "perfectly imperfectly" walk the path with their family member.

As the bereaved tell their stories and are given the space to talk about the many facets of caregiving, there are tears. There is anger. There is fear. There is wonderment about what they will do with their lives now. They are encouraged to talk, write, read, and begin to have awareness of their own needs. Breathing techniques, guided imagery, and meditation to quiet the mind are offered and they are encouraged to take walks in nature or attend one of the many support groups we provide.

At Hospice of the Western Reserve, our bereavement team supports caregivers and honors their deep work. We are privileged to be of service to you.

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HOSPICE
OF THE
WESTERN
RESERVE

The Elisabeth Severance Prentiss
Bereavement Center



Diane Snyder Cowan, MA, MT-BC

From the Editor

Summertime provides us with an opportunity to spend time outdoors. While grieving the death of your loved one, you may want to consider a gardening project. Working with the earth is a great way to connect with nature, expend energy in a positive way, and create something beautiful. A remembrance garden is a wonderful tribute. It's an undertaking that can be done individually or by the whole family. The garden becomes a quiet relaxing retreat, a space for reflection and remembering.

- Decide on your budget. This will determine the size and type of garden decor. It can be as small as one bush or tree or as big as a baseball field.
- Choose plants that are suited to your area. If your area is shady, pick plants that are hardy in the shade. Your local gardening/landscape supplier will be helpful in selecting appropriate plants.
- Choose plants that have special meaning to your loved one, or that have colors or scents that evoke memories.
- A wooden bench or metal chair strategically placed provides the visitor a place for reflection and comfort.
- Purchase large river rocks that could be inscribed with your loved one's name, or collect large stepping stones that can be placed to honor the deceased.
- If your garden is in a sunny location, consider an arbor covered with climbing vines or roses to provide some shade for the visitor.
- Water fountains help create a serene, relaxing and calming atmosphere. There are many to choose from and they vary in shape, materials and sizes.
- Visit your remembrance garden often and maintain it with pride.

This issue of *About Grief* includes a number of ideas on ways to honor and remember your family member. Consider sending your children to one of our camps. For yourself, think about attending one of our Healing Arts Workshops or support groups. The fall *Walk to Remember* at the Cleveland Metropark Zoo is another venue to celebrate your loved one.

We continue to be here with comfort, hope and healing.

Diane Snyder Cowan

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Visit The Bereavement Center's Blog at:
hospicewr.org/bereavement-center-blog

*Warm summer sun,
Shine kindly here,
Warm southern wind,
Blow softly here.
Green sod above,
Lie light, lie light.
Good night, dear heart,
Good night, good night.*

—Mark Twain



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Online Discussion
Groups at:

[hospicewr.org/
discussions/grief](http://hospicewr.org/discussions/grief)



Grants Sustain the School Crisis Response Program

Hospice of the Western Reserve is grateful for continued grant funding for its School Crisis Response Program from The Ridgecliff Foundation (\$25,000) and The Pentair Foundation (\$5,000). Both Foundations have provided annual support since 2007. This continuity has enabled the Elisabeth Severance Prentiss Bereavement Center to develop deep staff expertise and strong, trusting relationships with area schools.

The School Crisis Response Program supports students and school staff when death-related crises occur, such as suicides, shootings, accidental deaths, unexpected sudden deaths, and anticipated deaths due to serious illness. The counselors provide timely on-site support. Each crisis has unique circumstances; each response is carefully planned in coordination with the school's staff, to fit the specific needs of the impacted school community.

The response team helps the students develop a normalized view of the grief process, find appropriate ways to express their feelings and memorialize the deceased. After the initial response, many schools invite the counselors to lead follow-up activities such as grief support groups and classroom presentations.

The Elisabeth Severance Prentiss Bereavement Center's School Crisis Response Program is designed to supplement the programs and services already available in schools without further straining school budgets. We are available to provide proactive consultation with school administrators. For more information about the program, please call the bereavement center at 216.486.6838.

Walk to Remember

**Join us on Sunday, September 15
at the Cleveland Metroparks Zoo for
the 2nd Annual Walk to Remember.**

It will be a great day as we celebrate the lives of our loved ones, and raise money to support our unique services including community bereavement, pediatric and palliative care and expressive therapies.

Registration includes entrance to the Zoo and Rainforest for the whole day, a hearty breakfast and a t-shirt.

**Register online at
hospicewr.org.
For more information,
call Shawna Hofstetter
at 216.383.3715.**

*We hope you will join us
for this very special event!*

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The Vista Walk and Tribute Walks Remember Your Loved One

The gardens at David Simpson Hospice House and Ames Family Hospice House offer beautiful outdoor spaces for meditation and reflection. We invite you to add your own memory to the Vista Walk on the eastside, or to the Tribute Walk in Westlake by purchasing a paving brick and writing your own personal dedication. For more information, please call the Development Team at 855.475.0245 or visit our tribute page online at tributes.hospicewr.org.



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 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 Lakeshore Campus. For more information please call 216.486.6838.

On-going Yoga Class designed for caregivers & bereaved.

Wednesdays, 5:30 pm to 6:45 pm

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

Bereavement Support Groups

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Groups are subject to change. Call to verify time and location.

Adult Support Groups

CIRCLE OF HOPE SERIES

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

The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, June 5 – July 10, 10:00 to 11:30 a.m.

Diana Battles 216.486.6364

Lakeshore Campus

Tuesdays, July 9 – August 13, 6:00 to 8:00 p.m.

Mary Murphy 216.383.2222 ext. 1732

Lakewood Office

Mondays, August 5 – September 16, 6:30 to 8:00 p.m.

(No group on September 2)

Judy Beckman 216.383.2222 ext. 1114

Warrensville Heights Office

Wednesdays, July 10 – August 14, 2:00 to 3:30 p.m.

Vicki Jackson 216.383.2222 ext. 1197

CIRCLE OF HOPE:

Art Therapy Edition

**The Elisabeth Severance
Prentiss Bereavement Center
Art Therapy Studio**

Six consecutive Wednesdays, beginning July 17 and ending August 28. *(No group on August 7)* 10:00 a.m. to noon. Call Mollie Postotnik at 216.486.6544 or email her at mpostotnik@hospicewr.org to register.

HOPE & HEALING

An on-going monthly support group **for grieving adults**. Registration is not required. Please call facilitator for more information.

Lakeshore Campus

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

April Ratcliffe 216.383.3782

Mentor Office

3rd Tuesday of the month, 10:30 to 11:30 a.m.

Lisa Florjancic 216.383.2222 ext. 1052

PARENT LOSS

A monthly support 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 216.383.2222 ext. 1114

HOPEFUL HEARTS

A monthly grief support group for anyone age 60 and over who has experienced the death of someone special in the past two years.

Holy Spirit Family Center

410 Lear Road, Avon Lake

4th Tuesday of the month, 1:00 to 2:30 p.m.

JoDee Coulter 216.383.2222 ext. 1301

Spousal Loss Groups

Workshop

SPOUSAL LOSS

A workshop for women who have lost a partner, spouse or significant other. Come for support, discussion and coping tools. Registration is required.

Lakewood Office

Monday, July 8, 6:00 to 8:00 p.m.

Judy Beckman 216.383.2222 ext. 1114

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, Westshore Professional Building
29160 Center Ridge Road, Suite R
2nd Wednesday of the month, 6:30 to 8:00 p.m.
JoDee Coulter 216.383.2222 ext. 1301

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.
Marie DeHaas 440.997.6619

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 Brown 216.486.6331

Lorain County Community College

Spitzer Conference Center, Room 113
1st Friday of the month, 10:30 a.m. to 12:00 p.m.
Laurie Mason 216.383.2222 ext. 1359

Children & Family Support Groups

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

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

Funded in part by residents of Cuyahoga County through Cuyahoga Arts & Culture



Healing Arts Workshops, Summer 2013

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary. Call Mollie Postotnik at 216.486.6544 or email her at mpostotnik@hospicewr.org to register no later than four days in advance of workshop date. Suggested \$5.00 donation for supplies.



MEMORY JEWELRY

Jewelry has been used to symbolize betrothal, marriage, educational and spiritual affiliation, friendship, and other associations since ancient times. Create a necklace, bracelet, or a rearview mirror hanger in memory of your loved one. You may incorporate a 1" photo or jewelry items that belonged to your loved one if you wish.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Tuesday, July 16, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, July 18, 6:30 to 8:30 p.m.

Warrensville Heights Office

Wednesday, July 24, 6:30 to 8:30 p.m.



ART FOR RELAXATION:

Landscapes of the Heart

Painting a natural landscape can sometimes help reveal one's emotional landscape. Come and paint a scene from our grounds along the lake if weather permits, or from a photograph to express mood and feeling.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, August 22, 6:30 to 8:30 p.m.



POETRY COLLAGE

Cinquains are structured five-line poems. Instructions come with each line, so anyone can write one! Create a collage that celebrates your loved one's life and incorporates the cinquain you write about them.

Warrensville Heights Office

Wednesday, August 14, 6:30 to 8:30 p.m.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Tuesday, August 20, 6:30 to 8:30 p.m.

Healing Arts Workshops (continued)



MONTHLY SCRAPBOOK NIGHT

Remember that scrapbook of your loved one(s) that you never got around to finishing? No matter where you are in the process or if you haven't yet begun, come join us! Bring your photos (copies of originals are recommended), handwritten notes, poetry, etc. Scrapbooks and some embellishments provided.

The Elisabeth Severance Prentiss Bereavement Center
First Thursday of every month, 6:30 to 8:30 p.m.



LGBT ART THERAPY GROUP

This group is for members of the Lesbian, Gay, Bi-Sexual, Transgender Community. Whether you have lost a partner or other family member, you are welcome in this group. Your loved one need not have been a patient of the Hospice of the Western Reserve. We explore a variety of art media and techniques.

The Elisabeth Severance Prentiss Bereavement Center
Last Tuesday of every month, 6:30 to 8:30 p.m.



Father's Day Ice Cream Social

For those who have lost a father or father figure, please join us for a summer afternoon of activities honoring their memories. Guests are welcome to enjoy the grounds after the event.

Ames Family Hospice House
Saturday, June 8, 1:00 – 3:00 p.m.
Call Felicia Dunlop at 216.486.6335
to register by May 31

SAVE THE DATE



POCKET BUDDIES

Sometimes it helps to have something to hold onto when you're missing your loved one. Create a Pocket Buddy that embodies the personality and spirit of your loved one and is small enough to carry in your pocket or purse. Bits of your loved one's clothing or other small items may be incorporated if you wish.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Tuesday, September 10, 6:30 to 8:30 p.m.

Warrensville Heights Office
Wednesday, September 11, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, September 19, 6:30 to 8:30 p.m.

HOSPICE OF THE WESTERN RESERVE OFFICE LOCATIONS

DAVID SIMPSON HOSPICE HOUSE AND LAKESHORE CAMPUS
300 East 185th Street
Cleveland, OH 44119-1330
216.383.2222 or 800.707.8922

THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER
216.486.6838

AMES FAMILY HOSPICE HOUSE
30080 Hospice Way
Westlake, Ohio 44145-1077
440.414.7349 or 835.281.5727

ASHTABULA OFFICE
1166 Lake Avenue
Ashtabula, OH 44004-2930
440.997.6619

HEADQUARTERS
17876 St. Clair Avenue
Cleveland, OH 44110
216.383.2222 or 800.707.8922

LAKEWOOD OFFICE
14601 Detroit Avenue, Suite 100
Lakewood, OH 44107-4212
216.227.9048

LORAIN COUNTY OFFICE
2173 N. Ridge Road E., Suite H
Lorain, OH 44055-3400
440.787.2080

MENTOR OFFICE
5786 Heisley Road
Mentor, OH 44060-1830
440.951.8692

SUMMIT OFFICE
150 Springside Drive, Suite A-100
Fairlawn, OH 44334
330.800.2240

WARRENSVILLE HEIGHTS OFFICE
4670 Richmond Road, Suite 200
Warrensville Hts, OH 44128-5978
216.454.0399

WESTLAKE OFFICE
29101 Health Campus Drive
Building 2, Suite 400
Westlake, OH 44145-5268
440.892.6680

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A Child's View

Blooming *and* Growing in Your Grief

Hi kids,

School is out and it is time to play! Everything that was planted in the spring is beginning to bloom. The weather is nice and it's time to relax and have fun! However, for some of you this may be your first summer without your loved one and you're not having that much fun. You no longer have the daily routine of school to keep you busy and you find yourself spending more time thinking about your loved one who has died, and that's okay. To remember your special person, there are a lot of fun activities you can do by yourself, with a friend or a family member.

Things to try:

- Dig in the dirt or play in the sand at the beach.
- Write a message to your loved one; tie it to a balloon and release it in the sky.
- Make a memorial garden square in memory of your special person; you can outline your loved one's name or initials, and date of birth, with rocks, stones or marbles to represent what they meant to you!
- Go to the cemetery to visit the grave site of your special person.
- Read, Read, Read...
- Float a flower in a pond, lake or stream in your loved one's memory.



- Watch a funny movie.
- Decorate a t-shirt that symbolizes the special moments you shared with your special person.
- Take an energetic walk or ride your bike to release energy.

Grieving is hard and every day is different. Give yourself time to heal and remember the times you shared with your loved one. The memories you have of them will bring you warmth and comfort like the summer breeze. Grief is like the summer season. Most days are bright and sunny but occasionally we have days that are dark and gloomy. Remember to talk about your sad and gloomy feelings with a trusted adult or friend. It is okay to cry and feel those "big feelings" of grief but like summer you will have sunny days again!

Enjoy your summer,

Dominique Butler, MSSA, LSW
School Liaison

CHILDREN'S BEREAVEMENT CAMPS

Riding Through Grief: The Healing Power of Horses

For children ages 8-12 who have experienced the death of a loved one.

July 15-19, 9:00 - noon

Fieldstone Farm, Chagrin Falls

For more information and an application call Lesley Dials at 216.486.6702



A three day camp for grieving children ages 6-14; August 6 through 8 from 9:00 a.m. to 3:00 p.m. at Red Oak Camp in Kirtland (transportation available from 3 convenient locations); call Karen Hatfield at 216.486.6042 for information and registration materials.