



About *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

SUMMER 2016

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STAY IN TOUCH

 Facebook
facebook.com/ESPBCenter
facebook.com/hospiceWR

 Online Discussion Groups
griefdiscussions.hospicewr.org

 Western Reserve CareLink
hospicewr.org/
western-reserve-carelink

OUR MISSION

Hospice of the Western Reserve provides palliative and end-of-life care, caregiver support, and bereavement services throughout Northern Ohio.

In celebration of the individual worth of each life, we strive to relieve suffering, enhance comfort, promote quality of life, foster choice in end-of-life care, and support effective grieving.

Grief Survival Kit

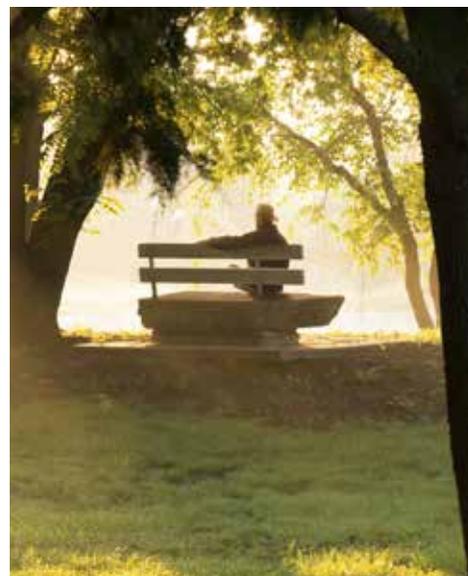
By Tensie Holland, LSW, CT

After the death of a loved one, our initial concern may be, “How will I survive? How will I make it without my loved one?” Your whole world changes, nothing is the same and things just don’t seem to fit. It’s as if your coping and stress management skills vanish or just don’t work anymore. You’re now in the “grieving zone.” It is an unfamiliar and uncomfortable place to be.

You may experience many symptoms of grief which include feelings of sadness, anger, fear, guilt, loneliness or even relief. You may have headaches, stomach upsets or a lump in your throat or chest. Some of your changes in behavior can include low motivation and decreased ability to concentrate. You may also notice changes in your eating patterns such as poor appetite or a desire to overeat. You may not be able to sleep or sleep too much.

Grief is as individual as you are. Adjusting to a loved one’s death means exploring ways that are helpful to you in your unique circumstance. You may decide to try new or unconventional ways to cope. There is no right or wrong way to grieve – only healthy or unhealthy ones. Above all, it is important to let yourself feel. It’s not healthy to bottle up feelings. They are a part of the grieving experience.

To provide some relief, find what is helpful or comforting for you, and use those to promote healthy grieving and healing. What you use comprises your Grief Survival Kit.



Journaling: Write your feelings in a journal. Many are pocket-sized. You can also write letters to your loved one, or to your God or Higher Power. You can keep a journal or letters on your computer, if that is more comfortable.

Quotations/affirmations: A favorite quote that inspires you, or a loved one’s favorite quote or saying. One woman shared that her husband always said, “Atta girl!” and she found herself saying it out loud to herself. Find or create helpful affirmations, such as “I surrender to the power of healing” or “Just for today.”



A good cry/tissues: A box of tissues may become your best friend. Always keep some handy in your car and tuck a few in your pockets. Tears are healthy and release feelings bottled up inside.

see “Survival Kit,” on page 7

When the heart grieves
over what it has lost, the spirit
rejoices over what it has left.

-SUFU EPIGRAM



would like to take a moment to share some news about our assistant editor Thelma J. Morris. After 13 years of volunteering in this capacity, this issue of *About Grief* will be her final one.

Thelma has reviewed and edited countless articles and always provided kind and valuable feedback to the authors. She has helped us provide information to the bereaved in a way that is deeply meaningful and easy to understand. As an older adult, she is a role model for me – I can only hope to aspire to what she has accomplished. Prior to her retirement, Thelma worked as a librarian. She loves classical music. She is a writer in her own right, contributing to various publications and she is a world traveler. Reading emails of her adventures filled my imagination with the desire to travel. It is with extreme gratitude that the entire bereavement team honors her generosity of time and expertise all these years. Thank you Thelma.

As with many losses, this one is bittersweet. While I hope to maintain my relationship with Thelma, I know that I have memories and archived newsletters to keep her legacy going strong.

We hope this summer brings warmth and sunshine to energize and replenish you as you move through your grief.

With comfort and support,

Diane Snyder Cowan, MA, MT-BC, CHPCA
216.486.6312
dscowan@hospicewr.org

Reflections from Thelma Morris

FOR 13 YEARS I'VE BEEN HAPPY TO SERVE as volunteer editor for *About Grief*, written by the bereavement team at the Hospice of the Western Reserve. Each member has come to mean much more to me than their powerful words which I sometimes tried too hard to fix. Each editor's letter, the conversations with kids, each thoughtful commentary and counsel, each book review, has given me insight. One of the most important is this: Grief for a loved one leads us on a journey of learning – learning to say goodbye, to come to terms with loss, to understand, learning to

live again. So, while I won't be helping *About Grief* communicate to its bereaved readers, I will read each issue in the future for the insight it continually offers.

Learning to come to terms with death is one part of life that we share with each other. And there is something more I've learned: The dedicated professionals and caring volunteers at The Elisabeth Severance Prentiss Bereavement Center reach out to our communities in many, many ways, always there as "friends in need," – with wisdom, understanding and support for each one of us.

About *grief*

a Publication from



The Elisabeth Severance Prentiss
Bereavement Center and
The Robertson Bereavement Center

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EDITOR

Diane Snyder Cowan,
MA, MT-BC, CHPCA
Director

VOLUNTEER EDITOR

Thelma Morris

EDITORIAL ASSISTANT

Felicia Dunlop

CONTRIBUTING WRITERS

Tensie Holland, LSW, CT
Bereavement Coordinator

Susan Lakin, MA, LISW-S
Bereavement Coordinator

Andy Getz, LISW-S,
ACHP-SW
Grief Counselor

Lesley Dials, LISW
Grief Counselor

THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER

300 East 185th Street
Cleveland, OH 44119-1330
216.486.6838

THE ROBERTSON BEREAVEMENT CENTER

5075 Windfall Road
Medina, OH 44256
330.725.1900



TRIBUTE GARDENS
AND WALKWAYS

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 hospicewr.org/tribute.

Dating After a Loss

By Lesley Dials, LISW

"Do I want to find a new romantic relationship after the death of my partner? When do I know the time is right?" There are no right or wrong answers – the answers are different for everyone. The following suggestions are helpful if you are thinking of dating, or have decided that dating is right for you.

"How do I know if I am ready to begin dating?"

As a grief counselor, I am often asked this question. You are ready to begin dating when you are open to a new relationship with a new person who is different from your previous partner. You are not looking to replace him or her: the partner who died is not replaceable. Ask yourself: Am I open to finding a happy and meaningful relationship with a new person with different qualities, strengths and weaknesses than my previous partner? It is appropriate to desire some qualities that are similar to those your deceased companion had, like being kind and trustworthy. That is very different than looking for someone just like them.

"Can I begin dating too soon?"

Yes, it can be too soon to date after the death of your partner. First of all, it is important to allow yourself time to grieve before seeking a new relationship. Grief is an individual process and is unique to each one of us. Do you believe your grief has been expressed over a long enough period of time? Has it become less

It is a good indication that someone is ready to begin dating if they have given themselves time to grieve and are now open to a new person and a relationship different from their previous one.

intense and are you now feeling more able to "manage" it? Then it is healthy to begin thinking about dating. Dating should not be used to avoid the pain of your grief or to numb yourself against it. We are at greater risk of forming an unhealthy relationship or one that is not sustainable if we attempt to look for a relationship too quickly after the death of a partner.

There is no right or wrong answer to the question of whether or not to pursue another romantic relationship after a partner has died. It is a good indication that someone is ready to begin dating if they have given themselves time to grieve and are now open to a new person and a relationship different from their previous one.



WALK TO REMEMBER 2016

Take Steps to Honor Them

PAYING TRIBUTE TO A LOVED ONE

can be a comforting way to keep their memory alive. Meaningful rituals like writing in a journal, visiting a favorite place or planting a rose bush in their memory are just a few ways people choose to stay connected through special memories. On Sunday, June 12, Walk to Remember provides another meaningful way to celebrate the legacy of loved ones. To learn more, please visit hospicewr.org/walk, or contact Bridget Murphy at **216.383.3715**, or bmurphy@hospicewr.org.

Summer

2016



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

Ashtabula

St. Paul's Lutheran Church
89 E. Satin St., Jefferson, Ohio

Wednesdays, September 7 – October 12,
11:00 a.m. to 12:30 p.m.

☎ Susan Hamme 440.997.6619

The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, June 1 – July 6, 10:00 to 11:30 a.m.

☎ Diana Battles 216.486.6364

Fall dates to be announced for Lakewood, Medina and Mentor.

Circle of Hope: Art Therapy Edition

A six-week art and educational support class for adults who have had a loved one die.

The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, July 6 – August 17
(NOTE: No session July 27)

10:00 a.m. to noon

☎ Mollie Postotnik 216.486.6544 or
mpostotnik@hospicewr.org

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 Parish Center

410 Lear Road, Avon Lake
Fourth Tuesday of the month,
1:00 to 2:30 p.m.

☎ Chemarra Bryant 216.383.2222 ext. 1905

Hope & Healing

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

Lakeshore Campus

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

☎ April Ratcliffe 216.383.3782

Medina Office

The Robertson Bereavement Center

Second Thursday of the month,
3:00 to 4:30 p.m. *Starting in June*

☎ Theresa Suing 330.725.1900

Mentor Office

First Tuesday of the month, 10:00 to 11:00 a.m.

☎ Lisa Florjancic 216.383.2222 ext. 1052

Parent Loss – Monthly

A monthly support group for adults adjusting to life after the death of one or both parents.

Lakewood Office

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

☎ Judy Beckman 216.383.2222 ext. 1114

Parent Loss – Young Adult

A one-time support event for adults (in their 20's and 30's) adjusting to life after the death of one or both parents. *Call to register by June 22.*

Mentor Office

Saturday, June 25, 9:30 to 11:00 a.m.

☎ Lisa Florjancic 216.383.2222 ext. 1052

Parents Together – Monthly

A monthly support group for parents who have experienced the death of an adult child.

Warrensville Heights Office

Second Thursday of the month,
2:30 to 4:00 p.m.

☎ Vicki Jackson 216.383.2222 ext. 1197

Community Support Groups & Activities

Yoga Matters

On-going Yoga Class designed for caregivers and bereaved. 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.

Lakeshore Campus

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

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

☎ 216.486.6838

Suicide Loss

This group is for those individuals who have lost a loved one to suicide. Grief following loss by suicide is complex and emotions can be intense. As a result, survivors of suicide share a common bond. Although each individual's situation is unique, the feelings, emotions and questions asked are often similar. *Call to register.*

Medina Office

The Robertson Bereavement Center

Third Tuesday of the month,
3:00 to 4:30 p.m.

☎ Theresa Suing 330.725.1900

Who Am I?

Grief challenges us to take a new look at our roles in life. In this group you will rediscover personal interests, explore new opportunities and identify support systems and tools to help you through. Come brainstorm, share and discover new ideas and resources with the group. There will be independent assignments most weeks. *Registration is required.*

Ashtabula Office

Wednesday, August 17 – September 14,
10:00 to 11:30 a.m.

☎ Susan Hamme 440.997.6619

Special Event: Dinner and a Movie

Come join us for a light dinner and a film examining concepts of grief and loss. We will view the movie and then have a short discussion. *Call to register.*

Warrensville Office

Film: *Field of Dreams*

Tuesday, August 16, 6:00 to 8:30 p.m.

📞 Vicki Jackson 216.383.2222 ext. 1197

Partner/Spousal Loss Groups

Monthly support groups for adults who have experienced the death of a spouse, partner, or significant other. Groups are open-ended and on-going. Registration is not required.

New Journey

Adults of any age.

Ashtabula

St. Paul's Lutheran Church
89 E. Satin St., Jefferson, Ohio

First Thursday of the month,
11:00 a.m. to 12:30 p.m.

📞 Susan Hamme 440.997.6619

The Elisabeth Severance Prentiss Bereavement Center

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

📞 Diana Battles 216.486.6364

New Beginnings

Adults in middle life.

Medina Office

The Robertson Bereavement Center

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

📞 JoDee Coulter 216.383.2222 ext. 1301

Westlake

**St John Medical Center, Westshore
Professional Building**

29160 Center Ridge Road, Suite R

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

📞 Chemarra Bryant 216.383.2222 ext. 1905

Horizons

Adults in late life.

Mayfield Village Baptist Church

6500 Highland Road, Mayfield

Second 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 219

1005 North Abbe Road, Elyria

First Friday of the month, 10:30 to 11:30 a.m.

📞 Laurie Mason 216.383.2222 ext. 1359

Children and Family Events

Helping Hands/ Healing Hearts

A monthly support group for children ages 5 to 12 and their caregivers, who have experienced the death of a loved one. Groups are expressive in nature. While the children are meeting, there is a co-existing support group for the adults. *Call to register.*

The Elisabeth Severance Prentiss Bereavement Center

First Wednesday of the month,
6:00 to 7:00 p.m.

📞 Lesley Dials 216.486.6702

Medina Office

The Robertson Bereavement Center

Fourth Tuesday of the month,
6:00 to 7:00 p.m.

📞 Theresa Suing 330.725.1900

Making Memories Family Day

Join us for an afternoon of crafts, sharing and memories for the whole family. Memory box painting, memory frames and stepping stones will be available to create and take home. Spend time sharing your memories and stories with others while you create. We will close our day with a balloon release in honor of your loved one. All ages welcome to come and participate. *Please call to register by July 6.*

Ashtabula Office

Thursday, July 14, 6:00 to 7:30 p.m.

📞 Susan Hamme 440.997.6619

Grief Camps

Together We Can Family Day at the Beach

ALL AGES Join us for fun and festivities as we honor the life of your special person.

Mentor Headlands

Mentor, Ohio

June 11, 3:00 to 7:00 p.m.

Together We Can Medina

AGES 6-13 A four day camp for children who have experienced the death of a loved one.

Krabil Shelter Medina, Ohio

June 20 - 23, 9:00 a.m. to 3:30 p.m.

Together We Can Overnight

AGES 8-14 Pickup and drop off times to be determined.

Red Oak Camp Kirtland, Ohio

October 15 - 16

Hospice of the Western Reserve Office Locations

THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER

300 East 185th Street
Cleveland, OH 44119-1330
216.486.6838

THE ROBERTSON BEREAVEMENT CENTER

5075 Windfall Road
Medina, OH 44256
330.725.1900

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

DAVID SIMPSON HOSPICE HOUSE AND LAKESHORE CAMPUS

300 East 185th Street
Cleveland, OH 44119-1330
216.383.2222 or 800.707.8922

HEADQUARTERS

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

LAKELWOOD 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

MEDINA OFFICE

5075 Windfall Road
Medina, OH 44256
330.722.4771

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



Landscapes
of the Heart



Art for
Relaxation:
Kirigami



Kidz Art:
Celebration
Bowls



Memory
Glass



Fabric and Feelings



Healing Arts Workshops SUMMER 2016

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.*

Landscapes of the Heart

Painting a natural landscape can sometimes help reveal one's emotional landscape. Come and paint a scene on the grounds of our campus on Lake Erie if weather permits, to express mood and feeling. (If we cannot be outdoors, we will paint from photos of landscapes.)

The Elisabeth Severance Prentiss Bereavement Center

Thursday, August 18, 6:30 to 8:30 p.m.

LGBTQ Art Therapy Event: Imbedded Memories

This event is for members of the Lesbian, Gay, Bi-Sexual, Transgender, Queer Community who have experienced the death of a loved one. Participants will create a framed piece in which memories can be "planted." Please bring small mementoes that represent good memories about your loved one and/or use other items provided.

The Elisabeth Severance Prentiss Bereavement Center

Tuesday, July 19, 6:30 to 8:30 p.m.

Inspiration Spoons

This workshop offers a unique way to remember your loved one while creating a meaningful keepsake using old silver or silver-plated spoons. Bring a favorite phrase or quote from your loved one to incorporate into the artwork. *Spoons will be provided.*

Warrensville Heights Office

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

Westlake Office

Tuesday, July 12, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center

Thursday, July 14, 6:30 to 8:30 p.m.



Inspiration Spoons

Memory Glass

At this two-week workshop, make a fused-glass pendant to wear close to your heart or to hang on your rearview mirror. At the first session, you will choose pieces of glass and assemble them the way you want. During the week, the glass pieces will be fused. The second session will consist of selecting and attaching a cord and sharing stories of your loved one.

Westlake Office

BOTH Tuesdays, August 9 and 16,
6:30 to 8:30 p.m.

Warrensville Heights Office

BOTH Wednesdays, August 10 and 17,
6:30 to 8:30 p.m.

Words and Snapshots:

Photography and Journaling Grief Series

This five-week series is for those who desire a more introspective way to convey their feelings of grief for their loved ones through digital photography and writing. Participants will need their mobile phone or another digital camera to take photos and the ability to either email or print them. (Space is limited, so register early!)

The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, August 31 – September 28
10:00 a.m. to noon

Kidz Art:

Celebration Bowls

Kids (ages 6 and up), bring your family members along for this workshop. Celebrate the connection with your loved one by shaping, carving and painting a paper clay bowl to reflect your relationship. Light refreshments provided.

Westlake Office

Tuesday, September 6, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center

Tuesday, September 20, 6:30 to 8:30 p.m.

SAVE THE DATES

Art for Relaxation: Kirigami

Kirigami is a variation on Origami, the Japanese art of paper-folding. Kirigami involves cutting concentric paper circles in interesting ways, then curling and manipulating the paper and the cut-out parts to make an intricate 3-D paper sculpture. It looks complicated, but is simple to make. The focus will be on the creative process.

Westlake Office

Tuesday, September 13, 6:30 to 8:30 p.m.

Warrensville Heights Office

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

The Elisabeth Severance Prentiss Bereavement Center

Thursday, September 22, 6:30 to 8:30 p.m.

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 the month, 6:30 to 8:30 p.m.

Fabric and Feelings

A 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

Weekly – Thursdays, 2:00 to 4:00 p.m.

Ames Family Hospice House – Art Studio

Monthly – Fourth Wednesday of the month,
6:30 to 8:30 p.m.

 Call to register.

Color and Wonder

When you lose someone you love it can truly feel like a part of you died with them. Sometimes it is hard to calm your mind. Often you just keep thinking and thinking about why things have to be this way. That thinking can make it hard to listen to your teacher in school and make it especially hard to fall asleep at night. This is the time to play and rest and just “be,” while your mind heals and adjusts to the changes in your life. But it is not easy to find ways to do that, especially in the early days of your loss. Guess what? There is an activity that you may have done when you were much younger, and it can really help. It is a simple, cheap activity that you can do anywhere, anytime. **It is coloring!**

Believe it or not many good and helpful changes take place while you color. These changes are exactly what you need when you are sad and confused. When you put those colors between the lines or even create your very own drawing you are telling your brain to **relax**. You send signals to the part of your brain that is most worried and mad and afraid and tell it to **calm down**. Once that has happened, coloring can allow you to really **focus** on this one task without thinking of all your other worries. For a while your brain can feel **quiet and peaceful**. It will also spark your **creativity**. You remember that you are a **kid again**. Coloring helps you relax, calm down, focus, be



quiet, peaceful and more creative. It also reminds you that you can play and be in a place that is kinder, more colorful and gentle than the one filled with your grief.

On bad days, or as a daily practice, grab crayons, markers or colored pencils. Then pick up coloring books wherever you can find them (or print coloring pages from the computer). Sit in your favorite place at your favorite time of day, or do this before bedtime to prepare your body for sleep. Finally, hold your loved one in your heart, and color your pages to allow peace to fill your heart too. The adults in your life may watch the good things it does for you and join in, too. Be sure to share your crayons with them!

"Survival Kit" from page 1

Prayer/Psalm: Many people find the Serenity Prayer helpful.

Candles: You may benefit from the calming effect of candlelight. Light a candle in memory or honor of your loved one.

Picture/memento: Display a favorite picture or tuck one into your belongings. One woman said that she carried her husband's handkerchief in her purse. A man wore his wife's jewelry and proudly shared the story of each piece. One daughter carried her mother's driver's license in her purse. One woman slept with her husband's picture which her children had laminated.

Clothing: Many people find comfort in wearing clothing items of their loved one. One woman remarked that wearing her husband's sweaters felt like getting a hug from him.

Music: Songs that you find comforting or inspiring. Or perhaps your loved one's favorite music.

Aromatherapy/essential oils: Many oils provide a calming effect to the senses.

Exercise: A great way to release emotions and the stress of grieving.

Meditation or healing thoughts books or CDs. There are many book and audio resources which provide healing thoughts for grievers. Pocket-sized books are handy.

Adult coloring books: Calming and relaxing. While your insides may be shaky, this activity may create an outward stability.

Create your own tangible Grief Survival Kit or just practice with what is available to you. You may also note that your "Kit" may change over time. Use as often as needed. Take the steps toward healing your broken heart.





The Elisabeth Severance Prentiss
Bereavement Center and
The Robertson Bereavement Center

300 East 185th Street
Cleveland, OH 44119-1330

Serving the Northern Ohio
counties of Ashtabula, Cuyahoga,
Geauga, Lake, Lorain, Medina,
Portage, Stark and Summit.

Hospice Resale Shop in Lyndhurst
Life Treasure's Thrift Shop in Medina

800.707.8922 | hospicewr.org



Go green! If you would like your copy of
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DSCowan@hospicewr.org

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The Elisabeth Severance Prentiss Bereavement Center and The Robertson Bereavement Center are community-based grief support programs that provide services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.

BOOK REVIEW

By Susan Lakin, LISW-S

Three Books to Read with your Children

When we ourselves are grieving, it's hard to talk with children about death. Children may overhear adults describe their new feelings of grief, and those same feelings can be overwhelming or confusing for them. Children's books are a good way to introduce various aspects of loss. Sometimes, to provide a less threatening context, they may substitute animals for human beings.

Two new books are easily found in libraries and bookstores. For fans of the popular children's author, Todd Parr, *The Goodbye Book* uses his signature brightly colored paper and illustrations to present various possible feelings one goldfish might have after losing his bowl-mate: "You might try to stop thinking about it," or "You might pretend it didn't happen," but, eventually, you will discover you have good memories to comfort you. At the end of the book the author shares the reality that this was the hardest book for him to write, "because it's never easy to say goodbye."

Another new picture book is *Remember Always*, by Cece Meng, with illustrations by Jago. Even after their friend Old Turtle "swims his last swim and breathes his last breath," the story relates, all the sea animals can share what he has taught them. Old Turtle was strong and funny and brave and kind — and the ocean would never forget him.

Finally, there is the classic book, *Lifetimes*, by Bryan Mellonie and Robert Ingpen, available in most libraries. Through beautiful drawings of nature, this book illustrates that every species and every person has a lifetime, whether long or short. With sensitivity, the authors encourage acceptance of whatever that life span is. It is less a book about grief, than a book to explain death.

It's a good idea to read any children's book yourself before presenting it to a child, to make sure it's appropriate and delivers the messages you want your young person to learn. Books can be used to encourage questions and discussions. You may find the issue the child is focused on may not always be the one you expect.

