



# About *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

SPRING 2020

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## STAY IN TOUCH

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## 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.*



## Mindfulness

By Elizabeth Mason, MSSA, LISW, CT

*Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.*

- Buddha

**IF YOU ARE LIKE ME**, you may have heard the term “mindfulness” and wondered what exactly it means. The basic idea of mindfulness is to be present in the moment. To do this, you focus on specific processes of your body or on things in your immediate environment to help calm racing thoughts or overwhelming emotions.

This is a great tool to help manage the symptoms of grief. You may have noticed that grief is more than just an emotional response; it affects our physical, behavioral and cognitive reactions as well, and can create a great deal of stress on our bodies. By practicing mindfulness, we can learn to relax our bodies as we experience these symptoms of grief and reduce the accompanying stress.

The simplest form of mindfulness is focusing on your breathing. You may have heard of the term “belly breathing,” which is when you feel your belly expand as you inhale and then deflate as you exhale. Because the breaths are deeper and longer, belly breathing triggers relaxation. Breathing just in your lungs is shallower and prepares your body for a fight or flight response. As you take belly breaths, focus on how your breath affects your body. As you feel your belly fill and empty, you may notice your heart rate slowing or your shoulders relaxing.

You may choose to keep it simple and focus only on your breathing at times when you start to feel stress, anxiety or other overwhelming emotions. Another option is to expand on this and spend some time meditating.

When meditating, choose a quiet location where you can sit and try to just focus on your breathing while allowing the rest of your concerns and thoughts drift out of your mind. Thoughts may come into your head while you are meditating, and this is okay. Like grief, emotions take us by surprise and can make us feel out of control. If you speak to any of our bereavement coordinators, they will likely tell you to be patient and allow yourself to feel these emotions as they come. Similarly, as thoughts come into your mind during meditation, be patient and accepting of them. Simply notice them and then return your focus to breathing.

As with grief, we need to enter gently into mindfulness practices. Start small and try the breathing exercise or meditate for just five minutes at a time. It may be helpful to choose specific points throughout the day to take a short break to practice or it may become part of your daily routine.

# About *grief*

a Publication from



## WESTERN RESERVE GRIEF SERVICES

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## FROM THE EDITOR

*Someone I loved* once gave me a  
box full of darkness. It took me years  
to understand that this, too, was a gift.

– Mary Oliver



**A** S WE MOVE FORWARD INTO THE WARMER DAYS OF SPRING  
with more hours of sunlight, we can say goodbye to the darkness of winter.  
Unfortunately, storms will linger. Hopefully, the blizzards have passed us by,  
but we know that April's showers are just around the corner. Today you may  
find yourself in the midst of grief's darkness, or perhaps you are just coming out of that  
storm.

Many bereaved associate the pain of grief with darkness. Sadness, emptiness, despair,  
shame, blame, anxiety, fear. Are these some of the emotions that come to mind?  
Darkness is a period of time or situation that is characterized by tragedy, unhappiness  
or unpleasantness. For many, mourning is a period of darkness.

*Our impulse is to turn away from the pain of grief, but I encourage  
you to embrace the difficult emotions. This can be a time to pause, look  
inward and do some self-reflection. Discover the lessons the darkness  
brings. Let your grief guide you.*

Pulitzer-Prize-winning poet Mary Oliver wrote, "Someone I loved once gave me a  
box full of darkness. It took me years to understand that this, too, was a gift." Who  
gave you that box and are you able to see the gift? I have received lots of boxes of  
darkness – and lots of gifts, too! Initially, after the death of each of my parents, opening  
the box of darkness was too scary, too unpredictable and definitely overwhelming.  
Usually, I would open the box just a tiny bit, peek in and then quickly close it back up.  
Eventually, in my own time and on my own terms, I was able to look inside, hold my  
emotions and find the gifts. These gifts were the legacies each of my parents left me:  
the importance of kindness and generosity, of family, of lifelong learning and so many  
other values that I embrace today. I am indeed thankful for those gifts of grief.

Look back in your grief. Look at where you've been and where you are now. Notice  
what has changed. Notice how you have changed. Perhaps without even being aware,  
in the dark days of grief and winter, you have grown and are now blossoming along  
with spring's colorful flowers. Celebrate all that you have become and the gifts you've  
received.

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

Diane Snyder Cowan, MA, MT-BC, CHPCA  
216.486.6312 ♦ [dscowan@hospicewr.org](mailto:dscowan@hospicewr.org)





## GINNY'S STORY

*By Mollie K.P. Borgione, ATR-BC, PC*

**Ginny** is a retired registered nurse and lovely woman who has been attending Fabric and Feelings, a Healing Arts Workshop. She had always loved to sew, but as a nurse and mother of three boys, rarely had the time. She started coming to the group in March of 2016, several months after her husband died.

"My husband, Dave, died in July of 2015. He was both a Hospice of the Western Reserve volunteer and later, a patient of Hospice of the Western Reserve. He decided to volunteer when he received his cancer diagnosis. It was his way to pay it forward, as 'I may need their services someday.'" Ginny told me that as a six-year volunteer, Dave visited multiple hospice patients in their homes to provide respite for loved ones. He also volunteered weekly at the Hospice Resale Shop in Lyndhurst. Two months before he died, he insisted that Ginny take him to the former Resale Shop (he was unable to drive himself at this time) to perform one of his duties: vacuuming the store. Ginny said that ultimately, he was unable to complete the task, but visiting the shop and making the effort provided a connection with his friends there.

"Dave wore Hawaiian-style shirts from spring to late fall. I decided to make a memory quilt using those shirts. I 'deconstructed' each shirt seam by seam while participating in the Fabric and Feelings weekly drop-in grief group." A memory quilt is a quilt that reflects

memories about life events or people. Many times, loved ones' clothing is incorporated into a memory quilt. Ginny wanted her memory quilt to reflect Dave's personality, character and quirks. "Each block has memories associated with it," she said.

Since Ginny has been attending the group, she has experienced other losses. Kathy, her closest friend of 38 years and fellow nurse, died in November 2016. Then in March 2017, Ginny's 19-month-old grandson, Mark, died suddenly. This past March, Mark's not-yet four-month-old brother, Evan, also died. A rare genetic heart disease caused Evan's death, and doctors suspect that it was also the reason for Mark's.

I asked Ginny what she has learned about herself in experiencing so much loss.

"It has reinforced that I am basically an optimistic person, that I am emotionally stronger than I previously knew and that despite the grief from all my losses, happiness and joy can coexist with sadness.

"My memories of Dave, Kathy, Mark and Evan help me get through the days. The memories I have of them in my life give me more joy and happiness than sadness. I have more sorrow with the loss of my grandsons as I did not have a chance to build many memories. I did not get to see them grow, become young men and experience their accomplishments. Staying actively involved with family and friends, other activities and learning new things helps. Getting involved in making this quilt and taking classes to improve my sewing skills has helped. I've also met many new people."

I asked Ginny what brings her hope.

"My belief in eternal life and that I will one day be reunited with my husband, friend and grandsons gives me hope."



## GINNY'S QUILT

"The hospice logo block in Dave's memory quilt represents Dave's years of volunteerism with Hospice of the Western Reserve. It represents Dave's stepping out of his comfort zone to actively go into homes and meet new individuals with a variety of needs. This level of involvement was unusual for him – not part of his character."



Dave served in the Navy on a submarine. He was also head shipkeeper for the USS Cod in downtown Cleveland. Ginny designed this submarine block herself.

This double heart block is the centerpiece of the quilt. The peach heart is made of Ginny's Hawaiian shirt.



**Healing Arts Workshops offer diverse projects throughout the year, in several locations throughout Cuyahoga County. They are listed in this publication. The program provides grieving people with a creative outlet for their grief and is open to the community. The workshops are made possible by a project support grant from Cuyahoga Arts and Culture.**

# Support Groups

**SPRING 2020**

## 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. *Please call to verify time and location.*

## Adult Support Groups

### Circle of Hope

**SERIES** An educational support group for adults who have had a loved one die. *Please call the facilitator listed below for more information. Registration is required no later than a week prior to start date.*

#### Ashtabula Office

Tuesdays, April 21 – May 12  
5:30 to 7 p.m.  
☎ Susan Hamme 440.596.3582

#### Lakeshore Campus

Mondays, April 13 – May 18  
6 to 7:30 p.m.  
☎ Tensie Holland 216.383.3741

#### The Robertson Bereavement Center

Tuesdays, May 12 – June 16  
6:30 to 8 p.m.  
☎ JoDee Coulter 330.662.4240

#### West Campus

Mondays, April 6 – May 11  
6:30 to 8 p.m.  
☎ Judy Beckman 440.414.1731

### Circle of Hope: Art Therapy Edition

**SERIES** A six-week art and educational support group for adults who have had a loved one die

#### The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, April 15 – May 20  
10 a.m. to Noon  
☎ Mollie Borgione 216.486.6544 or  
mborgione@hospicewr.org

### Hope & Healing

**MONTHLY** An ongoing monthly support group for grieving adults. *Registration is not required. Please call facilitator for more information.*

#### Lakeshore Campus

Third Tuesday of the month  
6 to 7:30 p.m.  
☎ April Ratcliffe 216.383.3782

#### The Robertson Bereavement Center

Second Tuesday of the month  
3 to 4 p.m.  
☎ JoDee Coulter 330.662.4240

#### East Side

**Mentor Public Library**  
8215 Mentor Avenue, Mentor  
First Tuesday of the month  
10 to 11 a.m.  
☎ Lisa Florjancic 440.853.5365

#### Portage County

**United Church of Christ**  
1400 E. Main Street, Kent  
Second Tuesday of the month  
1 to 2:30 p.m.  
☎ Margaret Bossaller 330.241.6282 or  
mbossaller@hospicewr.org

### Parent Loss

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

#### West Campus

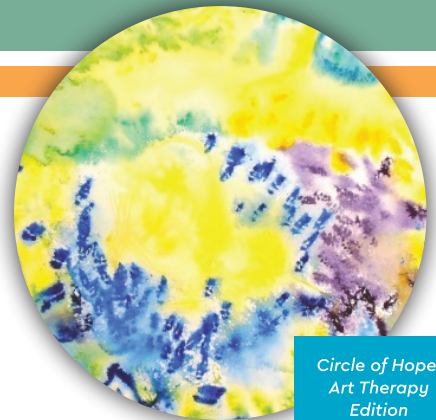
Second Tuesday of the month  
6:30 to 8 p.m.  
☎ Judy Beckman 440.414.1731

### Yoga Matters

*Designed for caregivers & bereaved*

**ONGOING** Give yourself the gift of time and attention. Practicing 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.

Wednesdays, 5:30 to 6:45 p.m.  
**Fee:** \$40/month or \$12 Drop-in  
(sliding scale fee available)  
☎ Please call 216.486.6838.



Circle of Hope:  
Art Therapy  
Edition

### Parents Together

**MONTHLY** For parents who have experienced the death of an adult child

#### Lakeshore Campus

Second Wednesday of the month  
2:30 to 4 p.m.  
☎ Shawn Eigenbrode 216.486.6364

### Hopeful Hearts

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

#### Avon Lake

**Holy Spirit Parish Center**  
410 Lear Road, Avon Lake  
Fourth Tuesday of the month  
1 to 2:30 p.m.  
☎ Mary Ellen Jordan 440.414.1737

### Seniors

For seniors who have experienced a loss  
*Please call for date and time*

#### Lakewood Senior Center

16024 Madison Avenue, Lakewood  
☎ Judy Beckman 440.414.1737





## Child Loss

**MONTHLY** A support group for parents who have experienced the death of a child age 18 or younger. Please join us for an opportunity to focus on your grief, find support and feel community with those who have experienced a similar loss. *Please call to register.*

### West Campus

First Wednesday of the month  
6 to 7:30 p.m.

☎ Elizabeth Mason 440.414.6781 or  
emason@hospicewr.org

## 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 ongoing. *Registration is not required.*

## New Beginnings

**MONTHLY** For adults in middle life

### West Campus

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

☎ Mary Ellen Jordan 440.414.1737

## New Journey

**MONTHLY** For adults of any age

### Ashtabula Office

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

☎ Susan Hamme 440.596.3582

### The Elisabeth Severance Prentiss Bereavement Center

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

☎ Kathryn Harrison Brown 216.486.6331

## Horizons

**MONTHLY** For adults in late life

### Mayfield Village Baptist Church

6500 Highland Road, Mayfield  
Second Tuesday of the month  
1 to 2:30 p.m.

☎ Kathryn Harrison Brown 216.486.6331

## Women's Workshop

A periodic workshop for women who have lost their partner, significant other or spouse. *Please call for date and to register.*

### Panera Bread

19705 Center Ridge Road, Rocky River  
6 to 8 p.m.

☎ Judy Beckman 440.414.1731

## Healing the Heart

Grief after an overdose death  
*Please call to register.*

### East Campus

First Tuesday of the month  
6 to 7:30 p.m.

☎ Shawn Eigenbrode 216.486.6364 or  
seigenbrode@hospicewr.org

## Grief 101

This one-hour class is for those who have experienced the death of a loved one in the past six months. Learn about signs and symptoms of grief as well as helpful strategies. *Registration is required.*

### East Campus

Thursday, April 16  
5 to 6 p.m.

Register by April 9

☎ Lisa Florjancic 440.853.5364

## Who Am I?

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

### Ashtabula Office

Wednesdays, March 18 – April 15  
11 a.m. to 12:30 p.m.

☎ Susan Hamme 440.596.3582

### The Robertson Bereavement Center

Tuesdays, April 7- April 28  
6:30 to 8 p.m.

☎ JoDee Coulter 330.662.4240

## Mother's Day Tea

For those who have experienced the death of their mother or mother figure, please join us for a Mother's Day Tea where we will honor the memory of those relationships.

### HWR Headquarters

Saturday, May 2  
11:30 a.m. to 1:30 p.m.  
Register by April 24



**HOSPICE OF THE  
WESTERN RESERVE**

### 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, OH 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

### EAST CAMPUS

34900 Chardon Road, Suite 105  
Willoughby Hills, OH 44094  
440.951.8692

### HEADQUARTERS

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

### LORAIN COUNTY OFFICE

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

### HMC HOSPICE OF MEDINA COUNTY

5075 Windfall Road  
Medina, OH 44256  
330.722.4771

### WEST CAMPUS

22730 Fairview Center Drive  
Fairview Park, OH 44126  
216.227.9048



Bead Making



Birds of a Feather



Kids Art:  
String Art



Spirit of a  
Wildflower



Fabric and Feelings

# Healing Arts Workshops SPRING 2020

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary. Please call **Mollie Borgione** at **216.486.6544** or email her at **mborgione@hospicewr.org** to register no later than four days in advance of workshop date. *Suggested \$5 donation for supplies.*



## ART FOR RELAXATION: BEAD MAKING

Making beads can be very relaxing! At this workshop, you can make beads from magazines, paper or fabric. In addition to the ones you make, there will also be others that you can use to make a necklace, bracelet or rearview mirror hanger to remind you of your loved one.

**The Elisabeth Severance Prentiss Bereavement Center**

Thursday, March 12  
6:30 to 8:30 p.m.

**West Campus**

Tuesday, March 17  
6:30 to 8:30 p.m.

**Christ Episcopal Church**  
3445 Warrensville Center Rd.,  
Shaker Heights

Wednesday, March 25  
6 to 8 p.m.

*Please note the time.*

## BIRDS OF A FEATHER

Across cultures, birds have long been associated with life and death. Many people say that certain birds appear to them over and over after their loved one has died, which is a comfort to them. At this workshop, paint and decorate a bird house in memory of your loved one and that special bird.

**The Elisabeth Severance Prentiss Bereavement Center**

Thursday, April 16  
6:30 to 8:30 p.m.

**West Campus**

Tuesday, April 21  
6:30 to 8:30 p.m.

**Christ Episcopal Church**  
3445 Warrensville Center Rd.,  
Shaker Heights

Wednesday, April 22  
6 to 8 p.m.

*Please note the time.*

## ART FOR RELAXATION: THE SPIRIT OF A WILDFLOWER

Wildflowers are known for their hardiness, adaptability and resilience. They can represent our inner selves as we try to find the strength to readjust and even grow through the grief of a loved one's death. Bring a photo of a flower or use one of ours to paint the flower that best represents your inner spirit.

**Christ Episcopal Church**  
3445 Warrensville Center Rd.,  
Shaker Heights

Wednesday, May 13  
6 to 8 p.m.

*Please note the time.*

**West Campus**

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

**The Elisabeth Severance Prentiss Bereavement Center**

Thursday, May 21  
6:30 to 8:30 p.m.

## KIDS ART: STRING ART

The images above show what can happen by pulling a paint-laden string through a folded piece of paper! The pages can be used to make a book of memories of your loved one. Ages 6+. Kids are invited to bring family members along for this workshop. Light refreshments provided.

**West Campus**

Tuesday, April 28  
6:30 to 8:30 p.m.

**The Elisabeth Severance Prentiss Bereavement Center**

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

## FABRIC AND FEELINGS

**WEEKLY** 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**

Thursdays, 2 to 4 p.m.

## SAVE THE DATE

## GIVING HAND, GRATEFUL HAND

Our hands give and receive. Our hands cared for our loved ones and received back their love and gratitude. Make an actual air-dry clay tracing of your own hands and paint them to represent what you give and what you receive.

**Christ Episcopal Church**  
3445 Warrensville Center Rd.,  
Shaker Heights

Wednesday, June 10  
6 to 8 p.m.

*Please note the time.*

**West Campus**

Tuesday, June 16  
6:30 to 8:30 p.m.

**The Elisabeth Severance Prentiss Bereavement Center**

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

Giving Hand,  
Grateful Hand





# Coping

By  
Mary Murphy, M.Ed., LPC

A CHILD'S VIEW

When someone we love dies, sometimes we can feel almost nothing. We are in shock and try to act as if everything is normal with our friends and families. Then, little by little, feelings start to make their way in. Sadness, anger, fear, confusion, loneliness and guilt can spin around in our minds and bodies.

We try to concentrate at school or have fun with friends. But life has changed in a big way and adjusting to our new life without our loved one is hard.

When I was just 9 years old, a neighborhood friend died. Then, my father died when I was 17. Back then, some adults thought kids didn't have feelings and didn't grieve. Now, we know differently.

We know that it is extremely important for kids to share their grief. We know that there are many ways to express feelings – talking, drawing, dancing, exercising, singing, reading and writing. Learning how to handle our feelings is called coping.

Here's an activity that you can do alone or do as a family to have some coping skills on hand.

You'll need six jars, boxes or other small containers; paper or index cards cut into strips and crayons or pencils. Using your paper or index cards, label each container with an emotion – sad, lonely, mad, confused, happy, anxious or others – you are feeling since the death of your special person.

With your friends and family or on your own, write or draw on a slip of paper something you can do when you experience one of the emotions. For example, if you are lonely you can call or text a friend or ask a family member to go for a walk with you.

Put these ideas into the "lonely" jar. If you are sad, you can volunteer to help someone, or hold tight to a reminder of your loved one and have a good cry. Put these ideas in the "sad" jar.

Do this for the other emotion jars. You can add coping ideas to each jar at any time. When you have a feeling you're struggling to manage, go to the jar. See if one of those coping supports might be useful.

You can also go to [www.copingkillsforkids.com](http://www.copingkillsforkids.com) for more ideas.



Together  
We Can

Together We Can camps provide the opportunity for kids to be with others who are also grieving the death of a loved one. Camps are expressive in nature and led by experienced facilitators in art, music, play and nature activities. For more information or a registration packet, please contact us at **216.486.6838** or visit [hospicewr.org/grief](http://hospicewr.org/grief) to register online.

## Five-day Riding Through Grief

Fieldstone Farm  
16497 Snyder Rd, Chagrin Falls  
June 22 – 26, 9:00 a.m. – noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8–12 who have experienced the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors.

## Three-day Red Oak

Red Oak Camp  
9057 Kirtland Chardon Rd., Willoughby  
August 4 – 6, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6–13 who have experienced the death of a loved one. Transportation available from two locations.



DAVID SIMPSON HOSPICE HOUSE



AMES FAMILY HOSPICE HOUSE

## THE VISTA WALK AND TRIBUTE WALKS

### Remember Your Loved One

The gardens at Ames Family Hospice House, David Simpson Hospice House and the Medina Hospice Inpatient Care Center offer beautiful outdoor spaces for meditation and reflection. When you dedicate an outdoor tribute to your loved one, you are helping us create an atmosphere of care and healing. Contact us at **855.475.0245** or visit [hospicewr.org/tribute](http://hospicewr.org/tribute) to learn more.



2020 WALK  
TO REMEMBER

JUNE 14, 2020 • CLEVELAND METROPARKS ZOO  
7:30AM: SAME DAY REGISTRATION • 8:45AM: OPENING CEREMONY  
3900 WILDLIFE WAY • CLEVELAND, OH 44109



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counties of Ashtabula, Cuyahoga,  
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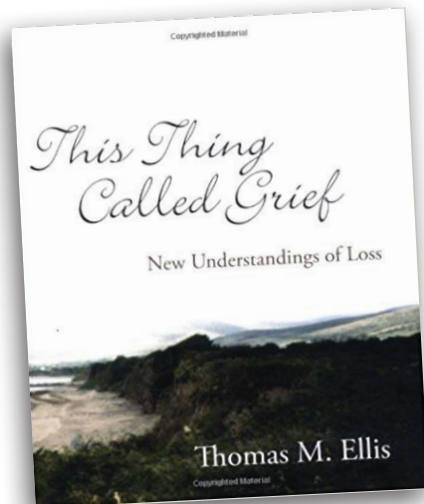
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*Western Reserve Grief Services is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.*

## BOOK REVIEW

**Lisa Florjancic,  
MA, LSW**



## ***This Thing Called Grief: New Understandings of Loss***

By Thomas M. Ellis

**"GRIEF IS A CRAZY-MAKING, COMPLICATED PROCESS,"** Thomas M. Ellis states in the introduction of his 2006 book, *This Thing Called Grief: New Understandings of Loss*. "It is part of life's critical transitions. Losses include not only endings – dying and death – but also beginnings, which start with grief and mourning." Ellis, a licensed therapist who specializes in traumatic loss and complicated grief, provides readers with practical ways to deal with grief in a healthy manner throughout his book.

Ellis begins each chapter with a poem about grief before delving into personal stories of individuals and families who have experienced the death of a loved one. The stories deal with people who have experienced loss through illness and trauma. Each chapter conveys information about the impact of loss on many levels – behavioral, cognitive, emotional, physical and spiritual. Ellis discusses misconceptions associated with grief, unrealistic expectations and the healing process. He devotes a chapter to complicated responses to grief and how to find help to cope with those feelings.

"*This Thing Called Grief*" is short, easy to read and a good resource for anyone who has experienced a loss. The poems, reflections and resources throughout the book provide an added support to those who are grieving.

"No one can tell you how or how not to grieve," Ellis writes. "Allow yourself the time and patience your grief demands."

*This book is available at public libraries serving Northern Ohio and online book sellers.*