



About *grief*

A PUBLICATION OF
HOSPICE OF THE WESTERN RESERVE

FALL 2023

I Can Do Anything For A Short Time

By JoDee Coulter, MT-BE, CT

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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.

We can do anything for a short amount of time. This sentiment has been repeatedly expressed by me to my son, particularly during his struggles with academic commitments and extracurricular activities. I assured him that any adversity could be handled for short moments in time. Eventually, I had a realization: the same principle applies to the experience of grief.

The grief that engulfs us following the loss of a loved one can be overwhelming. We mentally prepare ourselves for funeral or memorial services, the arrival of relatives and friends, and the forthcoming challenges. Initially, there is an outpouring of support from loved ones who help, prepare meals, lend a listening ear, or extend their support in their own ways. They inquire about our needs and how they can be of help, and our typical responses include phrases such as "I'm doing well," "I'm alright," or "I don't need anything." However, as time passes and our friends and family return to their own lives, a transition occurs. The veil of support lifts, revealing a clearer view of our reality, and suddenly we find ourselves alone, overwhelmed, anxious, sad, and plagued by sleepless nights. Often, we question, "But I was doing so well, what changed?" The truth is, nothing went awry; you are precisely where you are supposed to be, because it will last a

short time and we can do anything for a short time. The true challenge lies in carrying on.

Consider, for instance, beginning a diet or exercise regimen. We start with great enthusiasm, energetically seizing the bull by its horns. However, we soon come to the realization that in order to achieve or maintain the desired outcomes, we must persevere. Similarly, the same principle applies to grief. Grief knows no end date. Its process varies for each individual, and it often becomes more demanding as we progress along our journey, until we see that we are moving towards healing.

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About *grief*

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Go green! If you would like your copy of About Grief emailed to you, please send your email address to Susan Hamme at shamme@hospicewr.org.

FROM THE EDITOR

Welcome to our Fall edition of About Grief. Within these next several pages we hope for you to find some words of comfort, understanding and encouragement.

We understand well the impact of a loss and we are committed to supporting you through your healing process. You will find information on current resources, support groups and compassionate insights from our dedicated team that we hope will help you navigate this challenging journey of grief. My personal hope is that you know that you are not alone and that we are here to walk alongside you to help you find solace and strength.

Susan Hamme, LSW, CHP-SW
Team Leader, Counseling Services

*Western Reserve CareLink
hospicewr.org/carelink/bereavement*



DAVID SIMPSON HOSPICE HOUSE



AMES FAMILY HOSPICE HOUSE



MEDINA INPATIENT HOSPICE UNIT

THE VISTA WALK AND TRIBUTE WALKS

Remember Your Loved One

THE GARDENS AT AMES FAMILY HOSPICE HOUSE, DAVID SIMPSON HOSPICE HOUSE AND THE MEDINA INPATIENT HOSPICE UNIT offer beautiful outdoor spaces for meditation and reflection. Whether it is with a paver or a stone bench, 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** to learn more.

Initially, our focus is consumed by a multitude of tasks: phone calls, expressing gratitude, hosting out-of-town guests, managing the banking and legal responsibilities. We become fixated on completing these tasks. Often, we hold the belief that once everything is said and done, or once a certain time period, such as a month or six months passes, we should be "over" the difficult phase of grief. We expect that at some magical moment, we will regain our former selves, and life will return to its prior state of normalcy. The truth, however, is that we are forever changed, and we can never revert to who we once were. We now have new insight, greater compassion, wisdom, and empathy. We may have also developed a more realistic perception of the world, which can either foster a sense of gratitude or disillusionment.

Our journey through grief serves as a storyteller, recounting where we have been, revealing our inner strength, and taking us to the new normal. Through it all, we persevere, one moment and one day at a time. However, during those initial months of numbness

and shock, we find ourselves assuring others that we are "fine." People observe our seemingly remarkable coping skills, and yet, we secretly yearn to hold our departed loved ones, missing their voices and scrutinizing every decision and conversation involving their care. We experience a profound ache that we believed we had already worked through.

This stage may feel frightening, as if something is amiss within us. However, I am here to reassure you that this phase is a normal part of the grieving process. Despite the discomfort and the illusion of impossibility associated with this part of your journey, it is important to remember that it is merely a segment of and not the culmination of your experience. We are here to provide support during these challenging days. Please do not hesitate to reach out to your bereavement coordinator or consider attending one of our many support groups. Remember, you are not losing your sanity; we are all capable of enduring difficult circumstances... *for a short amount of time.*

Don't Fight the Feelings: Finding Your Way Through Feelings of Grief

By Tensie Holland, LSW, CT

Over the past three years, we have faced numerous challenges, including a global pandemic that disrupted our routines and lifestyles. Amidst this adversity, we have learned valuable lessons about resilience and survival.

When someone we care about dies, our immediate concern is often how we will cope without them. Grief brings forth a range of emotions – sadness, anger, fear, loneliness, guilt, and even relief – that may catch us off guard and feel overwhelming. This experience, sometimes referred to as "grief brain" or the "grieving zone," can be unfamiliar and rocky making us question the normalcy of our feelings and the right way to grieve. However, there is no correct path or expected emotional state. Nevertheless, it is essential to allow ourselves to feel and express our emotions in a healthy and safe manner. Expression is a powerful outlet for the intense emotions that accompany grief.

Many griever's often respond with a superficial "FINE" when asked about their well-being, while the reality is quite different. Sometimes, it is challenging to identify or articulate our feelings. Some griever's prefer to

keep their grief private. Nevertheless, there are various options for releasing emotions.

To better understand and express our feelings, we can turn to resources such as reading articles and books on grief, joining support groups, seeking professional help, or keeping a journal. Journaling, in particular, is a powerful tool for grieving. Whether it's writing in a dedicated journal, on paper, or on a computer, expressing our emotions can be therapeutic.

Suppressing emotions and tears can lead to physical distress, including headaches, stomach pain, or ulcers. Shedding tears is not a sign of weakness but a healthy release of pent-up emotions. It is crucial to acknowledge and honor this need for emotional expression.

Remember that our emotions stem from our bodies, and it is important to listen to what our bodies are telling us. Engaging in comforting activities and exploring new coping mechanisms outside our comfort zone can be beneficial. Learning about others' experiences and finding hope and solace in their stories can provide comfort during the grieving process.

Support Groups

FALL 2023

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

Community Support Groups and Activities

All groups require advance registration, and the number of participants is limited. Virtual groups will be offered via Microsoft Teams. For more information or to register for a group, please call or email the facilitator listed for that group. Grief support groups provide:

- A safe place to express emotions
- A place to "tell your story"
- Education about grief and loss
- Normalization and validation of your grief experience
- Opportunities to learn new roles, ways to problem-solve and cope with situations
- New friendships
- A chance to laugh

Circle of Hope **IN PERSON**

SERIES An educational grief support group for adults. Registration is required no later than a week prior to start date.

East Campus

Four Thursdays, September 14 to October 5
9:30 to 10:30 a.m.
Register by September 11

Lisa Florjancic

lflorjancic@hospicewr.org
440.853.5365

Lakeshore Campus (spouse/partner loss)

Six Wednesdays, October 4 to November 8
2 to 3:30 p.m.

Carrie Johnson

crjohnson@hospicewr.org
216.486.6331

Hope and Healing **IN PERSON**

MONTHLY An ongoing monthly support group for older adults grieving the loss of a loved one.

Third Thursday of each month
10 to 11 a.m.

Grafton-Midview Public Library

983 Main Street, Grafton, OH 44044
Call library to register 440.926.3317

Parents Together

MONTHLY For parents who have experienced the death of an adult child. This group can be joined virtually or in person.

Lakeshore Campus

Second Tuesday of each month
6 to 7:30 p.m.

Elisha Evanko

eevanko@hospicewr.org
440.414.1731

Parent Loss **VIRTUAL**

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

Second Monday of each month
6 to 7:30 p.m.

Elisha Evanko

eevanko@hospicewr.org
440.414.1731

Millennial Grief **VIRTUAL**

MONTHLY A group for adults under age 50 grieving the death of a parent or parent figure.

Second Wednesday of each month
6 to 7 p.m.

Kelly DiTurno

kditurno@hospicewr.org
440.414.1737

Overdose Loss **VIRTUAL**

MONTHLY A group for adults managing grief after an overdose death.

First Tuesday of each month
6 to 7 p.m.

Elisha Evanko

eevanko@hospicewr.org
440.414.1731

Spousal/Partner Loss

New Journey

MONTHLY A group for adults of any age who have experienced the death of a spouse, partner or significant other.

VIRTUAL

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

Vanessa Smylie

vsmylie@hospicewr.org
216.763.6441

VIRTUAL

Third Tuesday of each month
6 to 7 p.m.

JoDee Coulter, MT-BC, CT

jcoulter@hospicewr.org
330.662.4240

IN PERSON

West Campus

Second Tuesday of each month
2 to 3:30 p.m.

Carrie Johnson

crjohnson@hospicewr.org
216.486.6331

Horizons **IN PERSON**

MONTHLY For adults in later life who have experienced the death of a spouse, partner or significant other.

Lakeshore Campus

Third Thursday of each month
10:30 a.m. to noon

Carrie Johnson

crjohnson@hospicewr.org
216.486.6331

Grief In The First Year

MONTHLY This group is for adults navigating the important "firsts" in the year following a death. *This group can be joined virtually or in person.*

Lakeshore Campus

Third Monday of each month
6 to 7 p.m.

Kelly DiTurno

kditurno@hospicewr.org
440.414.1737

Grief in the Second Year **IN PERSON**

Join us to explore the second year of grief including why it can be more challenging than expected, along with ways to grow and cope.

The Robertson Bereavement Center

Tuesday, October 10
6 to 7:30 pm

JoDee Coulter, MT-BC, CT

330.662.4240
Call to register



**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



AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

Support Groups

To register, contact Kathy Failor at **419.625.5269** or **kfailor@steinhospice.org**.

Clear Skies

A monthly group for adults who have experienced the death of a loved one due to suicide.

Fourth Tuesday of each month

5:30 to 7 p.m.

The Chapel, Norwalk Campus

156 South Norwalk Rd West,
Norwalk, OH 44857

Serenity Seekers

A six-week group for adults who have experienced the death of an adult loved one.

Sandusky

Wednesdays, September 6 to
October 11

5:30 to 7 p.m.

Stein Hospice

1200 Sycamore Line, Sandusky, OH
44870

Norwalk

Tuesdays, September 12 to October 17

4 to 5:30 p.m.

The Coffee House

27 Whittlesey Ave., Norwalk, OH 44857

Bellevue

Wednesdays, September 13 to
October 18

5:30 to 7 p.m.

The Burson Conference Room at The Bellevue Hospital

1400 W. Main St., Bellevue, OH 44811

Healing Hearts

A monthly group for adults who have experienced the death of a loved one.

Sandusky	Norwalk	Port Clinton	Tiffin	Bellevue
<i>First Thursday of each month</i>	<i>Second Thursday of each month</i>	<i>Third Wednesday of each month</i>	<i>Second Thursday of each month</i>	<i>Fourth Wednesday of each month</i>
5:30 p.m. to 6:30 p.m.	4 p.m. to 5 p.m.	10:30 a.m. to noon	10:30 to 11:30 a.m.	4 to 5:30 p.m.
<u>Stein Hospice Main Office</u> 1200 Sycamore Line Sandusky, OH 44870	<u>The Coffee House</u> 27 Whittlesey Ave. Norwalk, OH 44857	<u>Firelands Presbyterian Church</u> 2626 E. Harbor Rd. Port Clinton, OH 43452	<u>Community Hospice by Stein Office</u> 181 E. Perry St. Tiffin, OH 44883	<u>Bellevue Public Library</u> 224 E. Main St Bellevue, OH 44811
September 7	September 14	September 20	September 14	September 27
October 5	October 12	October 18	October 12	October 25
November 2	November 9	November 15	November 9	November 22

Lunch With Friends

A monthly social group for adults who have experienced the death of a loved one.
Participants pay for their own meals.

Sandusky	Norwalk	Port Clinton	Tiffin
<i>Third Wednesday of each month</i>	<i>First Wednesday of each month</i>	<i>Second Wednesday of each month</i>	<i>Third Monday of each month</i>
noon to 1 p.m.	noon to 1 p.m.	noon to 1 p.m.	11 a.m. to noon
<u>Sandusky Yacht Club</u> 529 E. Water St. Sandusky, OH 44870	<u>Bob Evans</u> 4800 U.S. 250 North Norwalk, OH 44857	<u>Bistro 163</u> The Sutton Center 1848 E. Perry Street, Suite 10 Port Clinton, OH 43452	<u>Paulette's</u> 228 S. Sandusky St. Tiffin OH, 44883
September 20	September 6	September 13	September 18
October 18	October 4	October 11	October 16
November 15	November 1	November 8	November 20

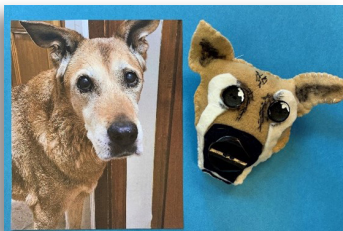
Healing Arts Workshops FALL 2023

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is needed, and supplies will be provided. **Please note virtual or in-person format for each group.**

For virtual groups - once registered, you will receive an email invitation that includes a link to join via Microsoft Teams at the time of the group. With a few exceptions, each workshop consists of two sessions, a week apart. At the first session, a theme or topic is introduced, and we have a discussion. You will be given instructions to complete the art assignment during the week using the supplies that have been provided. During the second session we will share artwork and talk about the creative process.

There is a suggested \$5 donation for supplies. If you wish to help allay supply and shipping costs, you may make a donation to the Healing Arts Program. To do so, go to hospicewr.org and click on **Donate Now**.

Call Mollie Borgione at 216.486.6544 or email at mborgione@hospicewr.org to register no later than two weeks in advance of a virtual workshop start date or one week in advance of an in-person start date.



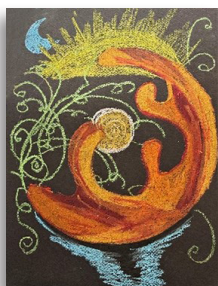
PET GRIEF: MY BUDDY

Losing an animal that has been your constant and faithful companion is difficult. At this workshop, you can make a hand-sewn pocket version of your beloved animal buddy that you can carry in your pocket or bag. Make sure to bring a photo for reference!

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Thursday, October 26
6:30 to 8:30 p.m.



CIRCLE OF HOPE: ART THERAPY EDITION

A six-week art and educational support group for adults.

VIRTUAL

Wednesdays, October 11 through November 15
10 to 11:30 a.m.



POETRY AND WATERCOLOR

Poetry and watercolor are known for evoking feelings. In this collaborative art and poetry workshop, one of our Bereavement Coordinators and poet, Sarah McIntosh, will guide you in composing a poem to illustrate your grief. Then you will make a watercolor background in response to it. (Sarah will only be present at the in person workshops.)

VIRTUAL

Both Wednesdays,
October 11 and 18
6 to 7:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

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

IN PERSON

West Campus

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



WHAT'S ON YOUR PLATE?

At the first session, participants will paint both sides of a bisque (unglazed china) dinner plate with ceramic glazes. The plates will be kiln-fired in between sessions so that we can use them for our potluck meal at the second session. Bring your loved one's or your own favorite food to share! (Virtual group members will, of necessity, make an alternate version.) Space is limited for the in person workshops!

NOTE: The in person sessions skip a week to allow time to fire the plates.

VIRTUAL

Both Wednesdays,
November 8 and 15
6 to 7:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

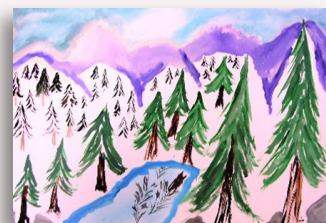
BOTH Thursdays, November 2 and 16
6:30 to 8:30 p.m.

IN PERSON

West Campus

Both Tuesdays, November 7 and 21
6:30 to 8:30 p.m.

SAVE THE DATE



HOLIDAY FAMILY NIGHT: WINTERSCAPES

Winter arrives this month amid the holidays, then stretches out into next year. Despite the earth lying dormant here in Northeast Ohio, there is beauty! Use watercolors or acrylics to paint a winter scene from a photograph, calendar, or simply let your imagination create one.

VIRTUAL

Both Wednesdays
December 6 and 13
6 to 7:30 p.m.

IN PERSON

West Campus

Tuesday, December 5
6:30 to 8:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Thursday, December 7
6:30 to 8:30 p.m.



FABRIC AND FEELINGS

A monthly group where participants come to gather with others who are grieving and create all things fabric, sharing both their grief experiences and fabric arts knowledge with each other. Attendees can create lasting memories of their loved one using pieces of their clothing, or make pillows, quilts, crochet, knit, etc. No sewing expertise necessary.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Third Thursday of each month, 2 to 4 p.m.



300 East 185th Street
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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.

Together
We Can



2023
Camps

A SPECIAL THANKS

Sometimes on the grief journey we receive support from people we never meet. For example, we might find comfort in the inspiring words of an author, or by leaning on a tree someone planted many years ago. In the same way, grants and donations make it possible for Hospice of the Western Reserve to offer support to those who are grieving.

We are grateful for the generous gifts that allowed us to provide wonderful camp experiences to children in the communities we serve over the summer.

Your support makes all the difference – thank you!