



# About *grief*

A PUBLICATION OF  
HOSPICE OF THE WESTERN RESERVE

SPRING 2022

## Creativity and Grief

By Mollie Borgione, ATR-BC, 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.*

Believe it or not, grief and creativity have some things in common. They are both matters that many of us have little experience with and find difficult. (Though these last couple of years have given all of us greater exposure to grief and loss, as well as the necessity of using our creativity to survive these times.) Often, we keep both our grief and our creativity hidden. We may hide our grief because we want to appear strong to others or be strong for others, or we feel vulnerable in letting others see our real emotional selves. We also hide or don't recognize our creative or artistic abilities because we think our ideas or skills are not good enough.

We live in a death-averse culture, and it is hard for many of us to acknowledge that death is a part of life. Therefore, discussions about death and grief are seldom had. Because of these things, participants who attend our Healing Arts art therapy grief workshops often worry that their grief is abnormal in some way. Attendees are educated about the various facets of grief, and group members offer support, normalizing grief and allaying fears. They learn that each person's grief journey is unique, just as their relationship was with their loved one.

We also live in a culture that celebrates those who make art that is extremely valuable and worthy of critical acclaim. No wonder we feel shy about our creativity. Many of us can recall childhood art classes

where we were not encouraged to follow our own creative ideas. Instead, we were expected to follow the lesson plan. Our art may have been ridiculed, and as a result, our creativity squelched. Many participants in Healing Arts workshops assure me and the group that they are not creative, lowering expectations for the art they will make. They nearly always impress the group and themselves in their creativity! We are ALL creative in our own way, we just need to give ourselves and each other permission.

In Healing Arts grief workshops, both your grief and your art are normalized, and your own creativity helps you navigate your grief. Participants in different stages of grief share their experiences of loss, their strength on the journey and their hope for the future. Attendees find that they are not alone in their deep feelings of sadness, remorse, love, regret, anger and gratitude. They can identify with and learn from each other's grief experiences. It is humbling for me to watch a person come to their first workshop apologizing for their show of emotion, unsure of themselves and their art-making

abilities, then over time learning to trust themselves in their grief process as well as in their creative process. Although art instructions and directives are given to participants, these are always secondary to the creative spirit inherent in everyone. Expressing yourself through your natural creative abilities allows you to open up to healing.



*The Healing Arts program offers diverse projects throughout the year. They are listed in this publication. The sessions provide grieving people with a creative outlet for their grief and are open to the community. The program is made possible by a project support grant from Cuyahoga Arts and Culture.*

# 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 Karen Hatfield at [khatfield@hospicewr.org](mailto:khatfield@hospicewr.org).

## FROM THE EDITOR



As we move from winter into spring, I am reminded that the changing of seasons each year is entirely predictable – while at the same time completely out of our control. It's helpful that we generally know what to expect – typical temperatures, what activities we "normally" associate with various times of the year – and are able to prepare in some ways for the days to come. During the transition between winter and spring we may wear a heavy coat but keep a light jacket nearby for random warmer days. Simple things like this help us to feel some control during weather that we all know can change seemingly at any moment... at least in Northeast Ohio!



Grief can also be unpredictable and leave us feeling overwhelmed. Beyond acknowledging what we feel, without judgment, what can we do to feel some sense of control? Even small decisions and actions can help. Taking a walk, brushing your teeth, calling a friend or family member, looking at photographs, opening a few pieces of mail, doing one load of laundry, or any number of other things, can help us feel more like we have some say in what is happening to and around us. A little like keeping that extra jacket or an umbrella in the back seat, doing even small things to take control can help you weather this storm of grief.

As always, I encourage you to consider registering for one of our many support groups that are listed in this newsletter. We are excited to offer several new programs for adults and children that we hope will be helpful to our families and the community. For calendar and group format updates as well as other resources, please visit our website at [www.hospicewr.org](http://www.hospicewr.org) or the Western Reserve Grief Services Facebook page. Please know that we are here with continued care and support.



*Karen L. Hatfield*

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*Some things cannot be fixed;  
they can only be carried.  
~Megan Devine*



# Guilt and Grief: A Burden Worth Exploring

By Jonathan Cahill, MDiv



Grief is frequently accompanied by the pain of guilt. Feelings of guilt can arise when we feel we have not lived up to the expectations we have set for ourselves. It can raise nagging questions that take root like the most stubborn of weeds:

*“Is it my fault my loved one got sick?”*

*“What if I had noticed this earlier?”*

*“Was I a bad parent/sibling/friend/lover?”*

We try to answer these questions rationally:

*“Illness is natural. There’s nothing I said or did that made them sick.”*

*“I didn’t always know what to do, but I always acted out of love.”*

Even with the most rational responses, removing the pain of guilt can be difficult. If you're a guilt-racked griever, you're not alone. Spouses, siblings, parents, children and friends can all experience guilt in their grief. Writing about bereaved parents, authors J. William Worden and James R. Monahan describe several forms of guilt:

**Cultural guilt** can stem from our perception that we have somehow failed to protect those under our care. Parents whose children precede them in death and medical practitioners, for instance, may be especially susceptible to this form of guilt.

**Causal guilt** is feeling responsible for a loved one's death through real or perceived negligence, or even through the passing on of an inherited disorder.

**Moral guilt** is the sense that a loved one's death is "punishment" for something we have done in the past that we perceive as a transgression.

**Survival guilt** can occur when we live and our loved one does not (e.g., "I survived the car crash; why didn't they?")

**Recovery guilt** may be the most insidious of all. As we move through grief and begin to find happiness, we may feel that we are somehow dishonoring our loved one.

There's rarely a satisfying answer as to why bad things happen and feelings of guilt are unlikely to give you what you're looking for in the long run. Yet in the face of a profoundly tragic event, guilt may serve as a temporary coping strategy. It may be that finding a reason for a loss – even by misdirecting the blame inward – is more tolerable than not being able to find any explanation at all.

So, if guilt is what you need right now, that's fine. Take your time with it. Know that it's there for a reason and that it's trying to do some work that needs to be done for you to survive.

When guilt feels overwhelming and is doing more harm than good, it's probably time to let it go. With time and a healthy amount of curiosity and self-compassion, you'll discover the tools and the people you need to continue your journey. Guilt, stubborn as it is, need not have the last word. Even if it does stick around like a weed, beautiful flowers can grow up beside it.



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](http://hospicewr.org/tribute) to learn more.

# Support Groups

SPRING 2022

*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

Except where noted, support groups will continue to be offered in a virtual format. All groups require advance registration, and the number of participants is limited. Participants of in-person groups will be asked to maintain distance and to wear a face covering within the meeting space. 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

**SERIES** An educational support group for adults who have had a loved one die. *Registration is required no later than a week prior to start date.*

Wednesdays, March 16 to April 6  
6 to 7 p.m.  
Register by March 13

**Lisa Florjancic**  
lflorjancic@hospicewr.org  
440.853.5365

## Hope and Healing **IN PERSON**

**MONTHLY** An ongoing monthly support group for grieving adults.

*For older adults*  
Fourth Thursday of the month  
10 to 11 a.m.

**Grafton-Midview Public Library**  
983 Main Street, Grafton, OH 44044  
Call to register 440.926.3317

## Parents Together

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

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

**Shawn Eigenbrode**  
seigenbrode@hospicewr.org  
216.486.6364

## Parent Loss

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

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

**Susan Hamme**  
shamme@hospicewr.org  
440.596.3582

## Branches of Hope

**SERIES** A group for adults who have lost both of their parents. Living life after both of our parents are gone is a big adjustment for many. This group provides an opportunity to explore family traditions and gifts you have within because of your parents, as well as how to manage feelings and the changes in family dynamics that come with this loss.

Thursdays, April 7 to May 12  
6 to 7 p.m.

**JoDee Coulter**  
330.662.4240

## Millennial Grief

**MONTHLY** For adults ages 25 to 40 grieving the death of a parent or parent figure.

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

**Kelly DiTurno**  
kditurno@hospicewr.org  
440.414.1737

## Child Loss

**MONTHLY** Parents who have experienced the death of a child aged 20 or younger are invited to join us for an opportunity to find support and feel community with others who have experienced similar losses. When possible, this group will be offered in a combined virtual and in-person format. *Please contact Jonathan for in-person details.*

### Lakeshore Campus

Third Wednesday of the month  
6 to 7 p.m.

**Jonathan Cahill**  
jcahill@hospicewr.org  
216.389.0704

## Healing the Heart

**MONTHLY** Grief after an overdose death.

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

**Shawn Eigenbrode**

seigenbrode@hospicewr.org  
216.486.6364

## New Journey

**MONTHLY** For adults of any age who have experienced the death of a spouse, partner or significant other.

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

**Vanessa Smylie**

vsmylie@hospicewr.org  
216.763.6441

OR

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

**JoDee Coulter**

jcoulter@hospicewr.org  
330.662.4240

## COVID-19 Loss

**MONTHLY** For adults who have experienced the death of a loved one due to COVID-19. *Prior completion of a COVID loss or Circle of Hope series is encouraged but not required.*

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

**Susan Hamme**

shamme@hospicewr.org  
440.596.3582

## Year of Firsts

**MONTHLY** This virtual monthly group for adults will provide a space to prepare for and process important "firsts" after a death – from your first trip to the store to birthdays, holidays, anniversaries and more. Registration is required no later than a week prior to group date.

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

**Kelly DiTurno**

kditurno@hospicewr.org  
440.414.1737

## Grief 101

This one-hour virtual 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.

Thursday, March 10  
6 to 7 p.m.

*Register by March 7*

**Lisa Florjancic**

lflorjancic@hospicewr.org  
440.853.5365

OR

Monday, April 11  
11 a.m. to 12 p.m.

*Register by April 7*

**Lisa Florjancic**

lflorjancic@hospicewr.org  
440.853.5365

## Who Am I? **IN PERSON**

**SERIES** A four-session group (every other week) for adults who are trying to rediscover personal interests, explore new opportunities and identify support systems and tools to help since the death of a loved one. Come brainstorm, share, and discover new ideas and resources with the group. There will be independent assignments most weeks. Recommended for those whose loss was 6 months ago or more.

**Robertson Bereavement Center**

Mondays, April 4 and 18, May 2 and 16  
6 to 7 p.m.

**Caroline Corbitt**

ccorbitt@hospicewr.org  
330.662.4149

## Kidz Hope **IN PERSON**

**SERIES** A four-session grief group for kids ages 8 to 12 that have experienced the death of a loved one.

**Lakeshore Campus**

Mondays,  
April 12 and 26, May 10 and 24  
6:30 to 7:30 p.m.

**Caroline Corbitt**

ccorbitt@hospicewr.org  
330.662.4149



**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

# Healing Arts Workshops SPRING 2022

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. **Masks are required and social distancing will be maintained. In-person groups are subject to change. Please contact Mollie Borgione for workshop status.**



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 the exception of Circle of Hope, 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](https://hospicewr.org) and click on [Donate Now](#).

Call Mollie Borgione at [216.486.6544](tel:216.486.6544) or email at [mborgione@hospicewr.org](mailto:mborgione@hospicewr.org) to register no later than two weeks in advance of a workshop start date.



## PET LOSS: MEMORY JEWELRY

The animals we live with are a part of the family, and we grieve them when they die. In this workshop, design a necklace, bracelet, or rearview mirror hanger with beads that you can make out of magazine pages. A one-inch frame will be provided to display a photo of your beloved companion.

**VIRTUAL**

BOTH Tuesdays, April 5 and 12  
6 to 7:30 p.m.



## CIRCLE OF HOPE: ART THERAPY EDITION

A six-week virtual art and educational support group for adults who have experienced the death of a loved one.

**IN PERSON**

Wednesdays, April 13 to May 18  
10 to 11:30 a.m.

*The Elisabeth Sevrance Prentiss Bereavement Center*

## BEAUTY OUT OF THE DEPTHS

The lotus can survive extreme temperatures and is considered by Buddhists and Hindus as the most sacred flower. Lotus grow out of the mud and emerge as beautiful blooms, just as we can arise from the mud of our grief into healing and growth. What will your lotus look like?

**VIRTUAL**

BOTH Wednesdays  
April 13 and 20  
6 to 7:30 p.m.

**IN PERSON**

BOTH Tuesdays, April 19 and 26  
6:30 to 8 p.m.

*West Campus*

**IN PERSON**

BOTH Thursdays, April 21 and 28  
6:30 to 8 p.m.

*The Elisabeth Sevrance Prentiss Bereavement Center*



## 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.

**VIRTUAL**

BOTH Wednesdays  
May 11 and 18  
6 to 7:30 p.m.

**IN PERSON**

BOTH Tuesdays, May 17 and 24  
6:30 to 8 p.m.

*West Campus*

**IN PERSON**

BOTH Thursdays, May 19 and 26  
6:30 to 8 p.m.

*The Elisabeth Sevrance Prentiss Bereavement Center*

## 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**

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

*The Elisabeth Sevrance Prentiss Bereavement Center*

## SAVE THE DATE



## ART FOR RELAXATION: CONCEPTUAL ART

This Art for Relaxation workshop is based on one of artist and architect Sol LeWitt's concepts. He believed that ideas, not the actual physical product, are the substance of art. Following his easy but intentionally vague step-by-step directions, you too can make a Sol LeWitt-inspired piece of art!

**IN PERSON**

BOTH Tuesdays, June 14 and 21  
6:30 to 8 p.m.

*West Campus*

**VIRTUAL**

BOTH Wednesdays  
June 15 and 22  
6 to 7:30 p.m.

**IN PERSON**

BOTH Thursdays, June 16 and 23  
6:30 to 8 p.m.

*The Elisabeth Sevrance Prentiss Bereavement Center*

## A CHILD'S VIEW

By Susan Lakin, LISW-S

*It's time to shed those winter coats, gloves and boots and feel a bit lighter. But every change in seasons is a reminder that the person you loved isn't here with you to share the things you are seeing. As you spend more time outdoors, you may wonder what the two of you would be doing if only your person was here. One way to hold tight to your person is to share memories with family or friends. Another way is to create something that symbolizes your connection.*

### Memory Planter



The "new" pot looks different than it did originally – just as your life doesn't look the same since your special person died. The pot may be a bit lopsided. It may be fragile in some places and strong in others. This is a lot like grief – sometimes we feel out of balance and find that some days are smoother or rougher than others.

- Decide on a good spot with your family
- Collect rocks of different sizes
- Paint each rock and allow it to dry
- Write words, memories, feelings on each rock – whatever you choose
- Arrange the rocks in the space you've chosen
- Use your imagination to add more rocks or other objects – like a wind chime – as time goes by

Some days you may like to sit quietly or play near your garden and think of good memories you shared. It can also be a place to go when you're feeling sad and just need some time to let it all out. Just being close by may help you feel connected to your loved one. What might he or she think of the project? Over time your garden may change. You may add new rocks, or a wind chime that moves in the breeze. Rain, wind, and sun may change the look of the paint or the words, but the rocks will remain, just like the love you have for your special person.

*You'll need an inexpensive clay pot – these are usually dark orange – and a clear plastic liner.*

- Ask an adult to help you break the pot into a few large pieces. This is a good way to safely express some anger at how things have changed beyond your control. **AAARGH!**
- Use markers, paints, or stickers to decorate the pieces with words or pictures that remind you of your person or the fun you had together
- With adult help use strong glue to put the pieces back together to form the pot
- Place the plastic pot liner inside and fill with dirt
- Fill your pot with dirt and plant a flower in your person's favorite color, or a vegetable your special person loved. You can even use artificial plants

### Memory Rock Garden



## SAVE THE DATE!

Together We Can  2022 Camps

**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 to receive a registration packet, please contact us at 216.486.6838.**

#### Five-day

### Riding Through Grief

Fieldstone Farm

16497 Snyder Road, Chagrin Falls  
9 a.m. – noon

June 20–24; kids ages 8 – 12

July 18 – 22; teens ages 13 – 17

**\$75 registration per camper**

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children and teens 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 Road,  
Willoughby

August 9 – 11, 9 a.m. to 3 p.m.

**\$25 registration per camper**

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

Transportation is available from our Lakeshore campus.

*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

# *The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift*

by Steve Leder

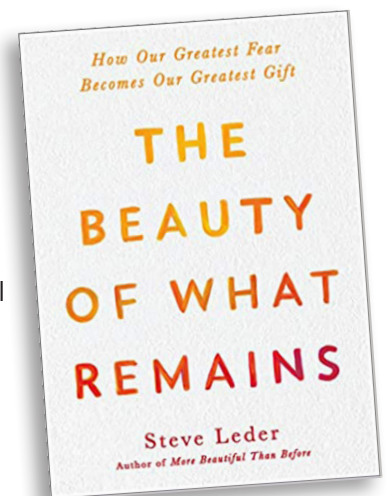
By Kelly DiTurno, MSSA, MNO, LSW

Steve Leder would not be so bold as to say he is an "expert" on death. Even after three decades of sitting vigil at deathbeds and memorials of thousands of community members as the senior rabbi of one of the largest synagogues in the world, Leder is learning about death like the rest of us. In his latest book *The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift*, Leder engages readers with a starkly honest and deeply humble set of reflections on how his own practice as a spiritual and community leader has been upended and rebuilt again by lessons in loss imparted in the most unexpected moments.

In this candid memoir, Leder is both vulnerable and irreverent, infusing a searing sense of wit and observational humor into heartfelt discussions on

some of humanity's most solemn and inescapable themes while offering his own tales of personal and professional loss.

*The Beauty of What Remains* offers simply written but deeply impactful stories and reflections as a gesture of hope for those still learning to recognize, celebrate and navigate the abundance of what is left behind after a loved one's death.



*Books reviewed by our team can be found at your local library or purchased online or from local bookstores.*