



About *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

SUMMER 2021

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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.

Moving Through Grief

By JoDee Coulter, MT-BC, CT

You've probably heard it said many times that you can't get around grief, you must go through it. One of the hardest things we may ever do is try to navigate life while moving through the mental, emotional, physical and spiritual pain of grief.

When we are mourning, our bodies respond with fatigue, loss of stamina, tension, increased musculoskeletal pain, loss of balance, poor sleep and anxiety, just to name a few symptoms. Our minds race with thoughts of "What if?" and "What next?" and our emotions wreak havoc on our heart throughout the day. It's a lot for one body and soul to take. Our immune system may be compromised which can lead to illness. So, what is one way to get through grief and enhance health? Moving!

Exercise offers a sense of control as we manage each movement of our body. It creates a sense of wellbeing and clarity by releasing endorphins and increasing blood flow to the brain. Exercise is a source of stress relief while building strength as we address one move at a time. I can think of many times I would have preferred to sit on the couch or go to bed but chose to exercise because I knew both my energy and mood would be improved when I was done. When we exercise, our focus is on what we are doing and being mindful of our movement. This gives our mind a break from all the other thinking we do throughout the day. It may help to think of your 30 (or 10 or 60!) minutes of exercise as a time to rest your racing mind.

Along with exercise, it is important to fuel your body with healthy foods, plenty of water and of course,



rest. Releasing the stress of grief may help improve our sleep, leading to improved concentration and a better ability to handle changes in mood.

So where to begin? Look into an activity that appeals to you – walking, running, biking, swimming, hiking, yoga, tai chi – whatever piques your interest. There are plenty of exercises that do not require any equipment or special location. If you are new to exercise, start slow! It is wise to consult with your doctor to ensure the exercise you've chosen is safe for you. If you are already an avid exerciser, be kind to yourself and cut back as needed. Your body may not be able to move at the intensity it did before your loss. You can move alone at home (there are many programs online), or if you prefer the company or even just the presence of others, check out local recreation centers or gyms. Be sure to observe COVID-19 safety protocols if you choose to visit an indoor facility.

Most importantly, listen to your body. If it is tired, let it rest. If you feel anxious, it's possible that moving through it will leave you feeling better than if you had not. Will it bring your grief to an end? No, but you will be better able to manage feelings of grief if you take care of yourself. In time, you may find that your grief is not as intense, and that you are physically and mentally healthier from the time and attention you gave yourself while exercising. Be gentle with yourself, this journey of grief takes time and patience.

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

FROM THE EDITOR

Like scattered seeds, memories bloom forever

- Renee Daniels



What a joy to feel the warmth of the sun and see the beautiful colors of summer all around us. The changes summer brings can be a relief after a cold winter and dreary days that can linger into the spring. For people who are grieving, summer can be both a relief and a reminder of what they have lost. Holidays, graduation celebrations, trips with family and other joyful events may be continuing all around you, but the person who died is now missing from the picture. It can be difficult to have the energy and interest to join in, but it may also feel like a welcome change at the place you are in your grief journey.

Whether you're ready to take on the world, need to keep to yourself, or feel somewhere in between, it can be good to take advantage of the opportunities the summer season provides.

Spend time in nature. Take a walk, listen to the birds or read a book outside.

Create a memory garden. Choose plants, stones and other features that bring you comfort and remind you of your loved one.

Volunteer for or donate to a cause that was important to your loved one.

Do something fun! Sometimes we forget that it's healthy and really ok to have a break from the heaviness of grief.

Connect with other people who bring you comfort and joy. The warmer weather may offer options for visiting in person that may have been limited in the past year. Make sure your visits follow all COVID-19 safety guidelines.

Be gentle with yourself and those around you, and know that we are here to offer support and resources as you move through your grief.

Karen Hatfield, MMT, MT-BC, CHPCA
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Death of an Adult Sibling

by Laurie Mason LISW-S, ACHP-SW

Adults who experience the death of a sibling are often forgotten mourners. Sympathy quickly focuses on the parents or spouse or children of the deceased. Brothers and sisters may be left to cope with their feelings alone, often with no one to acknowledge their grief or to understand what they are going through.

When adults lose a brother or sister, there are unique issues they must face in order to move through their grief to some resolution. According to P.G. White, author of the book "Sibling Grief: Healing After the Death of a Brother or Sister," the grieving sibling needs to find ways to seek a new identity. "When someone has been a part of your life since birth, your identity is based on having them there. They form a part of the field or background from which you live your life, and as such, they are essential. They make up a part of the unbroken wholeness that defines who you are." Each sibling has strengths and weaknesses and actually "borrows" strength from the other. When a sibling dies, that strength is lost. The survivor's sense of identity may be threatened. It takes time for the bereaved sibling to learn to nurture within themselves the strength and support once provided by the brother or sister.

Sibling loss can be filled with guilt. Relationships may have been deeply ambivalent, and the memories both good and bad, with fights as frequent as supportive gestures. The key, Dr. White reminds us, is self-acceptance: "Increasing self-acceptance can help us live through this kind of guilt. Perhaps we are not the



perfect person we thought - perhaps we were too jealous, or too competitive, or downright mean to our sibling when he or she was living. So, we are flawed, like everyone else. Welcome to the human race. Working on your self-acceptance will support you in the grief process."

In grieving the loss of a sibling, it is important to feel the emotions connected with the experience and not run from them. Share your feelings with someone you trust. Write a letter to your sibling expressing your feelings. Say what you wish you had said when they were alive. Working through your emotions, can help you move toward healing, and find a place to cherish the memory of your brother or sister.

THE VISTA WALK AND TRIBUTE WALKS

Remember Your Loved One

THE GARDENS AT AMES FAMILY HOSPICE HOUSE AND DAVID SIMPSON HOSPICE HOUSE offer beautiful outdoor spaces for meditation and reflection. When you dedicate an outdoor tribute to your loved one with a paver or stone bench, you are helping us create an atmosphere of care and healing. Contact us at [855.475.0245](tel:855.475.0245) or visit hospicewr.org/tribute to learn more.



AMES FAMILY HOSPICE HOUSE



DAVID SIMPSON HOSPICE HOUSE

Support Groups

SUMMER 2021

Community Support Groups and Activities

Except where noted, most support groups will be offered virtually via Microsoft Teams. Registration is required for all groups, and the number of participants is limited. Please call or email the group facilitator for more information or to register. Once registered, you will receive an email invitation that includes a link that will allow you to join the group at the designated time.

Virtual grief support groups can provide valuable support during the pandemic. Sometimes, more than one attempt may be necessary to find the group that best meets your needs. Please do not be discouraged; it's okay to experiment.

Regardless of your loss or coping style, remember that you are not alone, and you need not grieve alone.

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

Virtual 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 or email the facilitator for more information or to register for a group. *Registration is required.*

Hope and Healing

MONTHLY An ongoing monthly support group for grieving adults

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

Kelly DiTurno
kditurno@hospicewr.org
440.414.1737

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 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.

Judy Beckman
jbeckman@hospicewr.org
440.414.1731

Millennial Grief

MONTHLY For adults ages 24 – 39 grieving the death of a parent or parent figure

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

Mary Murphy
mmurphy@hospicewr.org
216.763.6442

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 experienced similar losses

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 Wednesday of the month
1 to 2 p.m.

JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

Women's Group

MONTHLY A workshop for women who have lost their partner, significant other or spouse

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

Judy Beckman

jbeckman@hospicewr.org
440.414.1731

COVID-19 Loss (Series)

SERIES 3-week series for adults who have experienced the death of a loved one due to COVID-19.

Tuesdays, June 22 to July 6
6 to 7:30 p.m.

Held in collaboration with the Geauga County Public Library

<https://geaugalibrary.libcal.com/event/7613673>

OR

Thursdays, July 8 to July 22
6 to 7:30 p.m.

Lisa Florjancic

lflorjancic@hospicewr.org
440.853.5365

OR

Mondays, August 16 to August 30
10:30 a.m. – noon

Kelly DiTurno

kditurno@hospicewr.org

COVID-19 Loss (Monthly)

MONTHLY This monthly group is for adults who have experienced the death of a loved one from COVID-19 and who have previously attended a COVID-19 Loss or Circle of Hope series.

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

Susan Hamme

shamme@hospicewr.org
440.596.3582

The Memory Box

Activity for children as part of The Madison Public Library summer programming

Children will be given a memory box to decorate and hear the story “The Memory Box” by Joanna Rowland. Children will be invited to share memories of the special people in their lives they may be missing. Each child will take home their own memory box and a copy of the book. This event will be held in person. COVID-19 safety guidelines will be followed. Registration is required and space is limited. *Contact Madison Public Library at 440.428.2189 for more information.*

Thursday June 24, 12:30 p.m.
Madison Public Library
6111 Middle Ridge Rd.
Madison, OH 44057

Coloring for Comfort

Using grief-themed coloring pages, this group for adults will focus on coloring for comfort and relaxation. This group will be held in person. COVID-19 safety guidelines will be followed. Registration is required and space is limited.

Lakeshore Campus

Thursday, August 5
6 to 7:30 p.m.

Hannah Adams

hadams@hospicewr.org
216.383.3741



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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

VIRTUAL Healing Arts Workshops SUMMER 2021



We use the Microsoft Teams platform, which is similar to Zoom. Registered participants will receive an email invitation that provides a link to join the workshop at the designated time. Each workshop consists of two sessions, a week apart. At the first session, a theme or topic is introduced, and we have a discussion. Then you will be given instructions on the art assignment and the required basic supplies will be shipped to you. Complete your art assignment during the week, then join us for the second session to share and talk about your art. The supplies will be new and yours to keep.

We have waived our suggested donation for supplies during the pandemic; however, if you wish to make a donation to the Western Reserve Grief Services, go to hospicewr.org and click "Donate Now" to find out how.

Call Mollie Borgione at [216.486.6544](tel:216.486.6544) or email at mborgione@hospicewr.org to register no later than two weeks before the workshop date.



GRIEF MAP

What does your grief journey look like? Looking at the losses of loved ones in a visual way can sometimes reveal previously hidden insights about grief's effects on your life. Using symbols, colors and representative drawings, participants will be invited to depict their journey of loss.

Thursdays, July 8 and 15
6 to 7:30pm
Tuesdays, July 13 and 20
6 to 7:30pm

CIRCLE OF HOPE: ART THERAPY EDITION

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

Wednesdays, July 14 –
August 18
10 to 11:30 a.m.



KIDS ART: PUTTING THE MEMORIES BACK TOGETHER

We all have lots of memories of time spent with our loved ones. They are like a jigsaw puzzle that we put back together in our hearts so we remember them. Participants will each be given pre-cut pieces to decorate with memories, then they will put the pieces back together to make a meaningful shape. Ages 6+. Kids are required to have an adult family member in attendance for this workshop.

Wednesdays, July 28 and August 4
6 to 7:30 p.m.



ART FOR RELAXATION: LANDSCAPES OF THE HEART

Painting a natural landscape can sometimes help reveal your emotional landscape. Is there a certain landscape that conveys your mood and feelings? Paint from a stock photograph, use one of your own or just paint how the landscape of your heart feels.

Thursdays, August 12 and 19
6 to 7:30 p.m.
Tuesdays, August 17 and 24
6 to 7:30 p.m.



WORDS AND SNAPSHOTS: PHOTOGRAPHY AND JOURNALING GRIEF SERIES

This four-week series is for those who desire a more introspective way to convey their feelings of grief for their loved one through digital photography and writing. Participants will need their mobile phone or another digital camera to take photos and the ability to either screen share the photos on Microsoft Teams or email them. *Space is limited, so register early.*

Wednesdays, September 1 – 22
10 to 11:30pm

SAVE THE DATE

POETRY COLLAGE

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

Thursdays, September 9 and 16, 6 to 7:30pm
Tuesdays, September 14 and 21, 6 to 7:30pm



A CHILD'S VIEW

by Susan Lakin, LISW-S

Hi, kids. Summer is here, school's out and your routine is about to change. Hopefully you can spend more time outside without coats, boots and mittens. You may feel "lighter" in your summer shorts and sandals, but your heart may be heavy as you miss your special person and remember good times you used to enjoy together. On days when you are thinking about your loved one, find ways to include your feelings in your play. Blow bubbles up to your special person and make wishes, or fly a kite with some memories written on the tail. If you're angry or frustrated, write or draw those feelings on the ground with sidewalk chalk then say them out loud as you throw water balloons at that space (make sure to clean up the balloon pieces afterward!). Paint some rocks in colors that remind

you of your special person and make a memory rock garden. On a day you feel "yucky," create a sculpture out of cartons and cans to recognize that some days are just "garbage."

It's hard to think that life will never be the way it was before you lost your special person. You have noticed that other people in your family have changed too, and you may miss the way your family used to be. On difficult days, find an adult or a friend you can talk to, or try writing or drawing about your feelings in a scrapbook. There will be times when you do feel "lighter," and can really enjoy the summer. That is normal. Your loved one would be happy to know you are able to shed some of the heavy, sad feelings and let more sunshine into your life.

Check out these bubble recipes and look for more ideas at http://www.tooter4kids.com/Bubbles/Activities_Recipes.htm.

Basic Bubbles

2 T dish soap
1 cup water

Magic Bubbles

1 T glycerin
2 T dish soap
9 oz water

Color Bubbles

1 cup liquid tempera
paints
2 T dish detergent
1 T liquid starch

Together We Can 2021 Camps

Looking for a summer camp to support a grieving child? Consider one of our **Together We Can** bereavement day camps for children who have experienced a loved one's death. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.

**At the time of this printing,
we expect both camps to be held in person.**

Five-day Riding Through Grief Fieldstone Farm

16497 Snyder Road, Chagrin Falls
June 21 - 25, 9 a.m. to noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8 - 12 who have experienced a loved one's death. 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 10 - 12, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6 - 13 who have experienced a loved one's death.

Transportation available from our Lakeshore Campus.

For more information
call 216.486.6838.
Scholarships are available.



WESTERN
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GRIEF SERVICES



300 East 185th Street
Cleveland, OH 44119-1330

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

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If you do not speak English, language assistance services, free of charge, are available to you. Call 216.383.6688.

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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

The GriefWork Companion: Activities for Healing

by Fran Zamore, MSW, ACSW & Ester Leutenberg. Illustrated by Amy L. Brodsky, LISW-S

By April Ratcliffe, LSW

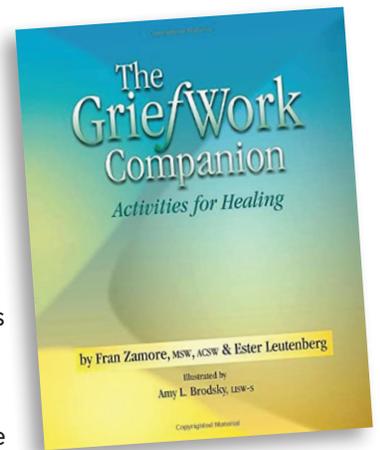
Inspired by the personal and professional experiences of its authors, "The GriefWork Companion" is an educational book, filled with journaling pages, easy-to-navigate activities, poems and quotations. Contributions from leading experts in grief and loss are included as well. The book is thought-provoking and allows you to express your feelings when ready, without any fear of judgement.

Chapters include:

- ◆ Let's Get Started
- ◆ Getting in Touch
- ◆ Telling Your Story
- ◆ Self-Care
- ◆ Relationships
- ◆ Special Days
- ◆ A New Normal

Amy L. Brodsky's illustrations are warm and creative, inviting a feeling of wanting to sit down in a quiet space with a cup of coffee or tea to take the time to reflect on your feelings and work through the book. The authors note, "Not all activities are applicable for everyone. Use those which seem appropriate and relevant for you."

Regardless of the type of your loss, this book is a useful tool developed to help everyone heal.



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