



About *grief*

A PUBLICATION OF
HOSPICE OF THE WESTERN RESERVE

SUMMER 2022

Things to Think About

By Lisa Florjancic, MA, LSW

Grief... it can take a toll on our general outlook on life. We may think, "I'm not sure where to begin. It seems like nothing will ever get better." Helping ourselves when we feel overloaded can be a huge task. Here are some ideas that may help you as you work your way through grief.

Accept support. Allow yourself to accept expressions of caring from others. This may be difficult for those of us who like to "handle things ourselves," or who are always helping others. Support groups may be beneficial to you. Check the center section in this newsletter to see the groups that are available.

Set small goals. For a while, it may seem that much of life is without meaning. At times like these, there are two seemingly contradictory rules of thumb. The first is, "live one day at a time" and the second, "small goals can help." Planning something to look forward to – like going to a movie, lunch with a friend, or a small trip next month – can help you get through the days in the immediate future. Don't be surprised if your enjoyment of the things you have planned isn't the same as it was before your loss. This is normal. As time passes, you may need to work on some longer-range goals to give structure and direction to your life. Seek guidance or counseling to help with this if you need to.

Hold on to hope. You may find comfort and hope from those who have experienced a similar loss. They can describe things that have helped them. You may or may not find comfort in the same things. However, knowing that someone else has made

progress in their grief journey and that time does help can give you hope that your grief will be less painful over time.

Rest, exercise and relax. Take care of yourself. You may need an extra amount what you needed before, such as afternoon naps, hot baths, a trip, a walk in the park, or supporting a cause to help others. Any of these may give you a lift and help you feel a bit more restored.

Reduce stress. Try to reduce or find help for the stresses in your life. Allow yourself to be close to the people you trust. Creating a routine can help foster a sense of security and predictability. In all areas, remember to take things at your own pace.

Enjoy small pleasures. Do not underestimate the healing effects of small pleasures when you are ready. A walk, reading a book or magazine or preparing and enjoying a favorite food; all of these are small steps toward regaining your pleasure in life itself.

Take time. Allow yourself time to be alone. Take the time also to be around others with whom you connect and who will listen when you need to talk. Allow time for the feelings that go along with your loss. Acknowledging and allowing space for them will aid in healing.

Grief work is challenging, but I hope that some of the suggestions here will help. Take time this summer to enjoy the sun, breathe in the fresh air and take care of yourself. We are here with continued support.

IN THIS ISSUE

- 1 Things to Think About
- 2 From the Editor
- 3 Heart Songs
- 4 Support Groups
- 6 Healing Arts Workshops
- 7 A Child's View
- 8 Book Review

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.

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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

Over the past couple of years, many of us have found ourselves managing grief surrounding one or more personal losses in addition to feelings and responses related to deaths within our communities, the nation and the world. We may have a strong grief reaction to the death of a celebrity who feels like a part of our own life story, compassion for those suffering losses due to conflict thousands of miles away, or in some cases, an inability to focus emotional energy on any of those things due to our own circumstances. In the same way that every personal grief journey is unique, so is an individual's response to public tragedies. If you find yourself overwhelmed by feelings related to community and world events at the same time you are grieving a personal loss, we offer some suggestions that may help:



- ◆ Take a break from watching and listening to the news. Repetition of the same information over and over can increase stress reactions in our minds and bodies. Create defined times to catch up on new developments.
- ◆ Engage in activities that are personally restorative. Talk with friends, take a walk, listen to music or get involved in causes that are meaningful to you.
- ◆ Maintain a routine that allows for good nutrition and a regular sleep schedule.

In the midst of widespread grief, it's easy for individual experiences to feel overshadowed or insignificant. On the contrary, know that your personal grief is valid and worthy of care. Allow yourself to mourn and to seek help from those around you. As always, please know that we are here to offer support and resources as you move through your grief.

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*At the blueness of skies and in the warmth of summer,
we remember them.*

~Sylvan Kamens and Rabbi Jack Reimer

Heart Songs

By Elisha Evanko, MT-BC

Music has been used as a tool for connection, communication and healing throughout history. Our earliest ancestors prioritized music making amongst basic survival needs, religious leaders provided music within spiritual practices and Greek philosophers considered music as medicine for the soul. Music is known for being a universal language, something that connects all of humanity regardless of culture, time or distance.

Perhaps one reason music is so powerful is its unique impact on who we are as human beings. Music reaches the soul and can help us express the core of who we are as individuals. A song or an instrumental piece can represent the heights and depths of our emotions. Often, music can provide comfort like an old friend. Most of us have a favorite song, artist, or instrument, but maybe most importantly, most of us have songs that make us feel something. What songs make you smile, bring you to tears or make you want to dance? Those songs provide little keys that unlock your heart, and in time, can help you heal. Let's call those songs with a deep emotional connection "heart songs".

Heart songs may be used as a tool for support and can provide an opportunity for healing. Many of us have been taught that if we feel sad, we should listen to a happy or upbeat song to "cheer up." However, research suggests that ignoring or covering up emotions can be harmful. Instead, healing comes from recognizing and expressing our feelings in a supportive, judgment-free way. So, next time you're feeling angry, try listening to a heart song that matches that energy and for the duration of the song scream, stomp on the floor or do whatever you need to do to feel that anger without being destructive. Maybe next time you're feeling sad, listen to your sad heart song, allowing yourself to cry. Though some feelings can be initially overwhelming, we are more prepared to move forward with our day and find peace after experiencing, acknowledging and releasing an intense emotion.

I encourage you to create a playlist of your own, allowing the music of your heart to support you on your journey and to help you heal.



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.

Support Groups

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

The Robertson Bereavement Center

Four Tuesdays, July 5 to 26
6 to 7 p.m.
Register by July 1

Caroline Corbitt

ccorbitt@hospicewr.org
330.662.4149

Hope and Healing **IN PERSON**

MONTHLY An ongoing monthly support group for grieving adults.

For older adults
Thursdays, June 23 and July 21
10 to 11 a.m.

Grafton-Midview Public Library

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

Parents Together **IN PERSON**

MONTHLY For parents who have experienced the death of an adult child. *Persons unable to attend in person may choose to join via Microsoft Teams. Please contact the facilitator for details.*

Lakeshore Campus

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

Elisha Evanko

eevanko@hospicewr.org
440.414.1731

Parent Loss

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

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

Susan Hamme

shamme@hospicewr.org
440.596.3582

Sibling Loss **IN PERSON**

A two-week support group for adults who have experienced the death of a sibling.

East Campus

Thursdays, June 16 and June 23
6 to 7 p.m.
Register by June 12

Lisa Florjancic

lflorjancic@hospicewr.org
440.853.5365

Millennial Grief

MONTHLY A virtual support group 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. *This group will be offered in a combined virtual and in-person format. Please contact the facilitator for 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 A virtual support group for adults managing grief after an overdose death.

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

Elisha Evanko

eevanko@hospicewr.org
440.414.1731

New Journey

MONTHLY A virtual support group 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 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 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

Aliento a Tu Duelo **EN PERSONA** (Encouragement To Your Grief)

MENSUAL Grupo mensual de apoyo en Español para adultos que han vivido la muerte de un ser querido.

West Campus

Segundo jueves del mes
(Junio 09, Julio 14, Agosto 11)
6 para 7 p.m.

Karelys Ortiz Santiago

kortizsantiago@hospicewr.org
440.414.1740

Grief 101 **IN PERSON**

This one-hour class is for adults 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.

East Campus

Thursday, July 7
6 to 7 p.m.
Register by July 3

Lisa Florjancic

lflorjancic@hospicewr.org
440.853.5365

Keepsake Craft Day **IN PERSON**

Suncatchers, painted rocks and more...create a keepsake to honor and remember your loved one. This outdoor event is open to adults and children of all ages. *Registration is NOT required for this event.*

The Robertson Bereavement Center

Saturday, August 27
Noon to 2 p.m.

Caroline Corbitt

ccorbitt@hospicewr.org
330.662.4149

Veteran Grief/ Equine Group **IN PERSON**

A two-part group for veterans who have experienced the death of a loved one within the past two years. This program is offered in partnership with Fieldstone Farm Therapeutic Riding Center. *Space is limited and registration is required.*

Fieldstone Farm Therapeutic Riding Center

16497 Snyder Road, Chagrin Falls
Friday, August 19
11 a.m. to 1:30 p.m.

Vanessa Smylie

vsmylie@hospicewr.org
216.763.6441



AMES FAMILY HOSPICE HOUSE

30080 Hospice Way
Westlake, Ohio 44145
440.414.7349 or 835.281.5727

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1166 Lake Avenue
Ashtabula, OH 44004
440.997.6619

DAVID SIMPSON HOSPICE HOUSE AND LAKESHORE CAMPUS

300 East 185th Street
Cleveland, OH 44119
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34900 Chardon Road., Suite 105
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461 Milan Ave, Suite B
Norwalk, OH 44857
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Medina, OH 44256
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THE ROBERTSON BEREAVEMENT CENTER

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Medina, OH 44256
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Sandusky, OH 44870
419.625.5269

STEIN INPATIENT HOSPICE UNIT

1912 Hayes Avenue, Third Floor
Sandusky, OH 44870
419.557.7070

TIFFIN OFFICE

181 E. Perry Street
Tiffin, OH 44883
419.447.4040

WEST CAMPUS

22730 Fairview Center Drive
Fairview Park, OH 44126
216.227.9048

Healing Arts Workshops SUMMER 2022

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 NOTE THAT WE ARE OFFERING BOTH IN-PERSON AS WELL AS VIRTUAL WORKSHOPS.**

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. Each virtual workshop consists of two or four sessions, a week apart. Discussion of the theme and instructions will be provided at the first session. You will complete your artwork during the week for you to share and discuss during the following session. You will be provided with art supplies that are new and yours to keep.

There is a suggested \$5.00 donation for supplies. If you wish to help allay supply and shipping costs, you may donate to the Healing Arts Program at the in-person workshops or go to hospicewr.org and click on [Donate Now](#).

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



TALES AND IMAGES: ART AND STORYTELLING SERIES

In this 4-week art and grief education series, attendees will have a greater opportunity to share about their loved one's personality, life and their relationship. We will also explore William Worden's *Four Tasks of Grieving*.

VIRTUAL

Four Tuesdays:
August 30 to September 20
10 to 11:30 a.m.



CIRCLE OF HOPE: ART THERAPY EDITION

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

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Six Wednesdays:
July 20 to August 24
10 to 11:30 a.m.



STEPPING STONES

Make a cement stepping stone to commemorate your loved one. Small stones, tiles, glass beads and personal mementoes may be embedded. Names and dates can be stamped. May be used in your garden or it can be displayed indoors. NOTE: The virtual group will be doing a modified project, using something other than cement.

VIRTUAL

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

IN PERSON

West Campus
ONE NIGHT ONLY: Tuesday, July 12
6:30 to 8:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center
ONE NIGHT ONLY: Thursday, July 14
6:30 to 8:30 p.m.



LANDSCAPES OF THE HEART

Painting a natural landscape can sometimes help reveal one's emotional landscape. Is there a certain landscape that conveys your mood and feeling? Paint from a stock photograph, use one of your own, or just paint how the landscape of YOUR heart feels. (At our Lake Shore Campus, you can paint on our grounds overlooking Lake Erie.)

VIRTUAL

BOTH Wednesdays:
August 10 and 17
6 to 7:30 p.m.

IN PERSON

West Campus
ONE NIGHT ONLY: Tuesday, August 23
6:30 to 8:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center
ONE NIGHT ONLY: Thursday, August 18
6:30 to 8:30 p.m.



FABRIC AND FEELINGS

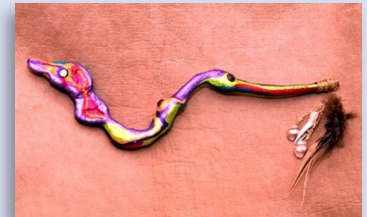
A monthly group where participants come to gather with others who are grieving and create all things fabric, sharing both their grief experiences and fabric arts knowledge with each other. Attendees can create lasting memories of their loved one using pieces of their clothing, or make pillows, quilts, 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.

SAVE THE DATE



ART FOR RELAXATION: SPIRIT STICKS

Paint and decorate a piece of driftwood to commemorate the spirit and personality of yourself, your loved one or your spiritual connection. Small mementoes, jewelry, trinkets or pieces of clothing may be incorporated into the piece.

IN PERSON

West Campus
BOTH Tuesdays,
September 13 and 20
6:30 to 8 p.m.

VIRTUAL

BOTH Wednesdays
September 7 and 14
6 to 7:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center
BOTH Thursdays,
September 8 and 15
6:30 to 8 p.m.

A CHILD'S VIEW

By Caroline Corbitt, LSW, MSSA

As we celebrate the freedom from school that summer can bring, the absence of a loved one who has died might be more present in our minds. Maybe summer was the time to go on vacations or adventures or to play games with that person and now, not even homework is there to distract from that absence. It can be confusing to grieve during a time we normally look forward to all year.

It's okay to laugh as we go through a lazy summer's day. Having moments of happiness doesn't mean that we don't still miss our special person. It doesn't mean we don't feel sad that they're gone or that those feelings can't also come up as we play in the sun. And it's okay if laughter is harder to feel as trying to adjust to the world without our loved ones takes a lot of work! Joy and sadness aren't always opposites. Just like a day can be sunny in one moment and stormy in the next, our feelings can change as we are reminded of sad things even when we are enjoying something happy. It can be helpful to have a trusted adult or a friend who can share feelings and thoughts with. It's also helpful to let our anger out when we feel it bubbling to the surface. Yelling into a pillow or in a big open space, throwing water balloons or wet sponges at the ground or having a good cry are all good outlets. Can you think of any others? We may also create new memories that we wish we could share with our loved one who died. Even though they are gone, it can feel good to say those things out loud or write them in a journal or a letter.

A perfect memory activity for the sunny days of summer is a homemade suncatcher that mimics the look of stained glass. Create a geometric design using your loved one's favorite colors, a favorite flower or a drawing of a happy memory.



What you will need:

- ◆ Paper plate
- ◆ Wax paper, cellophane or another drawing surface you can see light through
- ◆ Permanent markers
- ◆ Scissors
- ◆ Hole punch
- ◆ String
- ◆ Tape or glue
- ◆ Cut out the center of the paper plate
- ◆ Trace the inside of the paper plate onto the wax paper/cellophane you have chosen
- ◆ Cut out the circle you've traced, leaving about a half an inch around the line (to allow you to tape or glue it to the paper plate)
- ◆ Draw your design on the wax paper/cellophane (you can practice on a regular sheet of paper first, then trace it onto the wax paper/cellophane)
- ◆ Color in your design with markers. You may also want to color or paint the frame created by the paper plate.
- ◆ Tape/glue your artwork onto your paper plate "frame"
- ◆ Cut or punch a hole in the top of your paper plate frame and thread with a string
- ◆ Hang your suncatcher in or near a window using the string and watch the light shine through!

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

June 20 - 24; kids ages 8 - 12

July 18 - 22; teens ages 13 - 17

9 a.m. to noon

\$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.

300 East 185th Street
Cleveland, OH 44119-1330

Serving the Northern Ohio counties of
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Huron, Lake, Lorain, Medina,
Ottawa, Portage, Sandusky, Seneca,
Stark, Summit and Wayne.

800.707.8922 | hospicewr.org



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

By Lisa Florjancic MA, LSW

Claire Willis is a clinical social worker who has years of experience in the bereavement world. She and co-author Marnie Crawford Samuelson wrote *Opening to Grief*, "for all of us who continue to bump up against cultural assumptions of 'appropriate' ways to grieve." Willis and Crawford Samuelson were making final edits to their book when the COVID-19 pandemic hit. In a touching and important recognition of this change in the world, they dedicated several pages to acknowledging how people around the world were suffering all kinds of losses and grieving the life they previously knew.

Opening to Grief is divided into four parts:

- Part One:** Opening to Grief
- Part Two:** Questions People Ask About Grief
- Part Three:** Deepening Practices
- Part Four:** For Inspiration

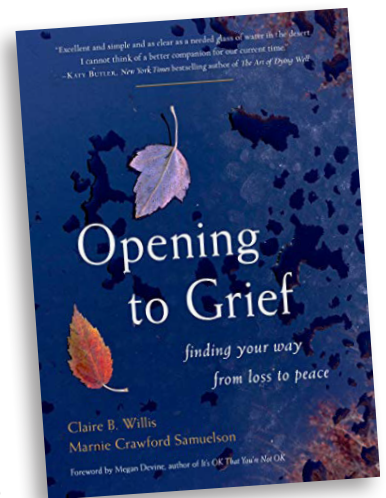
Each section of the book includes chapters that address the grief experience. Taking care of yourself is a common

Opening to Grief – Finding Your Way from Loss to Peace

By Claire B. Willis and Marnie Crawford Samuelson

theme throughout, and each chapter is rich with poems, excerpts and meditations. Each chapter ends with "A Few Suggestions," designed to offer ideas to the reader. Helpful books, and online resources are also included.

Opening to Grief is a small, easy to read book filled with helpful, practical information that encourages people to grieve at their own pace. Megan Devine (author of *It's OK That You're Not OK*) wrote the forward to *Opening to Grief*, and summed it up by saying, "This book helps you meet loss on its own terms, not as a problem to be solved but as a sign of deep love."



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