



About *grief*

A PUBLICATION OF
HOSPICE OF THE WESTERN RESERVE

WINTER 2023 - 24

Holiday Grief

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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.

"When you lose someone you love, / Your life becomes strange...All you can depend on now is that/ Sorrow will remain faithful to itself," poet John O'Donohue wrote in his poem, "*For Grief*."

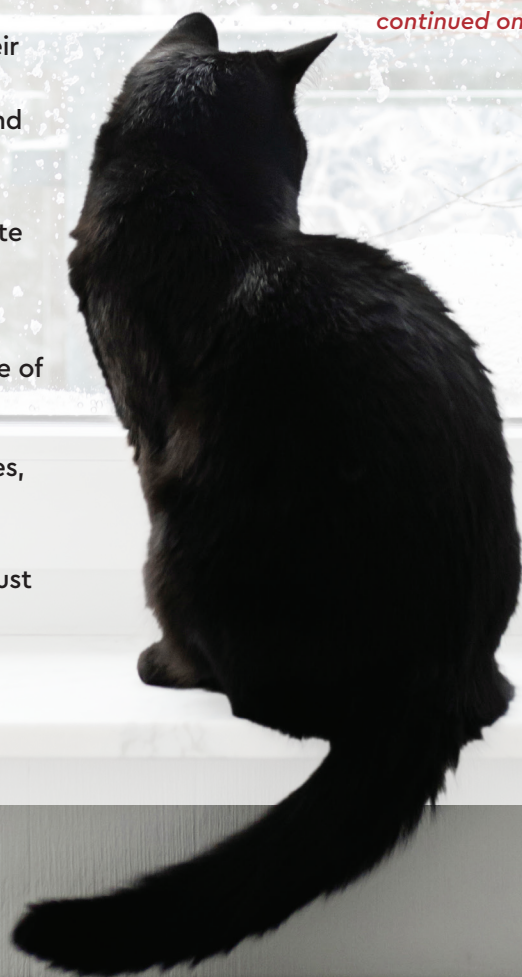
This sentiment can feel especially true as you gear up to celebrate the winter holidays without your loved one. Holidays thread the years in their remarkable rituals of food, lights, gifts, music, and religious, cultural and secular observances. But for many, the holiday season may bring on a sense of foreboding as they anticipate heightened feelings of loss.

How can we shift the dread while honoring the grief? Here are a couple of suggestions and resources.

Leading up to the winter observances, keep a small journal and write down three things that brought you joy or peace during the day. Nothing big, just little things you noticed. Record the emotion, body feeling and thoughts accompanying each moment of joy or peace. Even in the worst of times, finding the good is worthwhile.

Avoidance is not a bad thing. Our bodies and minds are informing us that there may be something emotionally or mentally overwhelming. Grief during the holidays is full of triggering sights, sounds, smells, events and people. We are not the same as we were, and festivities of non-grievors can be too much to bear. Be mindful of your needs.

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**WESTERN
RESERVE
GRIEF SERVICES**

WINTER 2023-24

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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
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FROM THE EDITOR

Welcome to the Winter Edition of About Grief. As we enter this chilly season, we recognize that grief can take on unique and sometimes, even more intense feelings. Winter's icy embrace can mirror the chill we often feel within when we are grieving. The longer nights and shorter days can intensify feelings of loneliness and sorrow, making it crucial to find ways to light the path towards healing. In this edition, we will offer some insights about grief and entering the holiday and winter season. We hope to offer insights into coping mechanisms and self-care strategies. Let us navigate this winter season with compassion and warmth, embracing the opportunity for growth and healing amid the cold.

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

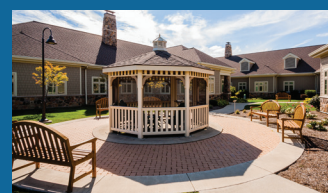
Western Reserve CareLink
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DAVID SIMPSON HOSPICE HOUSE



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.

"Holiday Grief", continued

For some, having a plan and a back-up plan reduces the pressure. Life is not as it was. You may want to shut down for the day. You may want to release yourself from some tasks or preparations that you have done in years past. You may want to participate in a limited fashion. Listen to your body and don't push yourself. You've suffered a loss. This is a sacred time. You have nothing to prove to anyone. Surround yourself with people who love and accept you and your grief.

If you are typically the person who arranges holiday celebrations, have a family meeting in person or by phone. Discuss ideas from important family members (don't forget the children) and friends on how best to honor the grief and holiday rituals. Remembering your loved one and the memories made with them can be incorporated in the simple lighting of a candle.

We here at Hospice of the Western Reserve honor your grief and your loss. Grief support is available to you and your family. Peace to you all.

Holiday Survival Tips

- **Plan ahead**
- **Do what is comfortable for you – not what others expect you to do**
- **Surround yourself with people (or pets) who are supportive and understanding**
- **Lower your own expectations**
- **Allow someone else to do the baking, cooking and decorating if it is too much for you**
- **Shop online rather than facing the stores**
- **Consider bringing a friend if you choose to shop in a store**
- **It is OK not to shop at all this year!**

Forever Linked

Throughout that first year following a loss, we are often longing to feel connected to those we have lost. We want to feel their presence, we want the world to know that we have not forgotten them. We struggle with finding a way to keep the spirit of who this person was with us while managing to carry on with living in a world without them physically here any longer. The holiday season can add to this particular struggle. The holiday season in general brings with it an expectation for being together, for eating and laughing and celebrating. We often struggle to give ourselves permission to celebrate because it "feels" uncomfortable. Walking that new and bizarre line between what was and what is can fill us with internal conflict.



Finding ways to honor and memorialize those people in our lives who can not be with us this holiday season can help us through that narrow pathway. Every member of a family unit is likely to be grieving just a little bit differently, and not on the same timetable. Here is

an activity that can be done by people of any age. It reminds us that we can remember those people who we are missing and bring them into our present way of experiencing this particular holiday season. It also invites all who are present with you this season to honor and remember right along with you.

- **Cut long strips of paper in red, green, and white.**
- **On red, write a special memory of your loved one.**
- **On white, write a gift that your loved one gave you, either a tangible gift or a valuable lesson they taught you.**
- **On green, write a gift that you gave to your loved one or something special that you did for them.**
- **With one strip, bring the ends together making a circle. Use glue or tape to hold the ends in place.**
- **Insert the next strip through the paper circle making them linked together. Tape or glue those ends together.**
- **Continue making linked circles. These can be displayed in your home throughout the holiday season. You can leave blank strips of paper and invite friends and family who visit to add a link to your chain.**

Links of Love is an activity that can be done by people of all ages.

Support Groups

WINTER 2023 - 24

*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

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

IN PERSON

West Campus

Four Wednesdays, January 10 to 31
6 to 7:30 p.m.
Call to register

Elisha Evanko, MT-BC

eevanko@hospicewr.org
440.414.1731

IN PERSON

The Robertson Bereavement Center

Six Tuesdays, February 20 to March 26
2:30 to 4:00 p.m.

JoDee Coulter

330.662.4240
Call to register

IN PERSON

Ashtabula Office

Four Tuesdays, February 6 to 27
11 a.m. to 1:30 p.m.

Nick Peckham

npeckham@hospicewr.org
216.383.3782

IN PERSON

Bay Village Library

27400 Wolf Road
Bay Village, OH

Four Tuesdays, January 16 to February 6
6:00 to 7:30pm.

Amy Boyd-Kirksey

aboydkirksey@hospicewr.org
216.383.3788

VIRTUAL

Four Thursdays, January 25 to February 15
5 to 6 p.m.

Lisa Florjancic

440.853.5365

Please call to register by January 22

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

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

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 **IN PERSON**

MONTHLY This group is for adults navigating the important "firsts" in the year following a death.

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, February 6
2:30 to 4 p.m.

OR

6 to 7:30 p.m.
Call to register

JoDee Coulter

330.662.4240

Coping with Grief During the Holidays **IN PERSON**

A supportive discussion for adults facing the holidays after a death. Registration is required.

Lakeshore Campus

Wednesday, December 6
6:30 to 8 p.m.

Register by December 1st

Carrie Johnson

cjohnson@hospicewr.org
216.486.6331

West Campus

Monday, December 4
6:30 to 8 p.m.
Register by December 1st

Carrie Johnson

cjohnson@hospicewr.org
216.486.6331



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WESTERN RESERVE**

THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER

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440.997.6619

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EAST CAMPUS

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

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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

Support Groups

To get information about other bereavement groups and annual events, please visit www.steinhospice.org.

To register, contact Kathy Failor, Bereavement Coordinator, by calling [419.625.5269](tel:419.625.5269) or emailing 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.

No meetings January 23 or February 27

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.

Wednesdays, January 10 to
February 14

4 to 5:30 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 to 6:30 p.m.	4 to 5 p.m.	10:30 a.m. to noon	10:30 to 11:30 a.m.	4 to 5:30 p.m.
Stein Hospice Main Office 1200 Sycamore Line Sandusky, OH 44870	The Coffee House 27 Whittlesey Ave. Norwalk, OH 44857	Firelands Presbyterian Church 2626 E. Harbor Rd. Port Clinton, OH 43452	Community Hospice by Stein Office 96 S. Washington St. on the Square Tiffin, OH 44883	Bellevue Public Library 224 E. Main St Bellevue, OH 44811
December 7 January 4 February 1	December 14 January 11 February 8	December 20 January 17 February 21	December 14 January 11 February 8	December 27 January 24 February 28

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
Sandusky Yacht Club 529 E. Water St. Sandusky, OH 44870	Bob Evans 4800 U.S. 250 North Norwalk, OH 44857	Bistro 163 The Sutton Center 1848 E. Perry Street, Suite 10 Port Clinton, OH 43452	Paulette's 228 S. Sandusky St. Tiffin OH, 44883
January 17 February 14 (SYC closed on Feb 21) March 20	January 3 February 7 March 6	January 10 February 14 November 8	January 15 February 19 March 18



Healing Arts Workshops WINTER 2023- 24

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

Virtual: We use the Microsoft Teams platform, which is similar to Zoom. If you register for the workshop, you will be sent an email invitation which provides the link to join the workshop. Each workshop consists of two sessions, a week apart. The first session is discussion of a theme or topic relating to grief. The basic supplies you will need will be shipped to you. You will have the week between sessions to complete your art assignment. At the second session you will have the opportunity to share and talk about your art.

In-Person: The two-session workshops are structured as the virtual ones, except that you will be given art supplies to take with you to make your art during the week. If the workshop is one night only, most of the time will be spent in making art.

There is a suggested \$5 donation for supplies/shipping costs. You may donate in person or make a donation to the Healing Arts Program by going to hospicewr.org and click on [Donate Now](#). Where it asks how you would like to specify your gift, please choose Bereavement Services (Includes Healing Arts Program.)

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 and one week in advance of an in-person workshop start date.



PET GRIEF: ALWAYS IN MY HEART

Losing an animal that has been your constant and faithful companion is difficult. At this workshop, make a heart-shaped pin or refrigerator magnet in honor of your best friend. Photos may be included but bring small photocopies of the originals. The size of the heart is approximately 3x4 inches.

IN PERSON

West Campus

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



CIRCLE OF HOPE: ART THERAPY EDITION

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

VIRTUAL

Wednesdays, January 10 to
February 14
10 to 11:30 a.m.



FINDING THE LIGHT

After the death of a loved one, the darkness of grief can feel like there is no light to be found. The grief process is slow and incremental. This is also the darkest time of the year, but the days are getting longer, minute by minute. Where do you find the light of hope? Participants will create a scratch drawing of the light they envision.

VIRTUAL

Both Wednesdays,
January 10 and 17
6 to 7:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Thursday, January 11
6:30 to 8:30 p.m.

IN PERSON

West Campus

Tuesday, January 23
6:30 to 8:30 p.m.



LOVE NOTES JEWELRY

Write Valentine's Day notes to your loved one on the back of strips of painted muslin, roll them up, and make these "beads" into a pin, bracelet, necklace, or rear-view window hanger. Only you will know that your piece of jewelry contains secret messages!

VIRTUAL

Both Wednesdays
February 7 and 14
6 to 7:30 p.m.

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Both Thursdays, February 8 and 15
6:30 to 8 p.m.

IN PERSON

West Campus

Both Tuesdays, February 13 and 20
6:30 to 8 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: RELAX-O-DOODLES

Doodling is usually done while your mind is concentrating on something else like talking on the phone or daydreaming. In this workshop, you will create a "conscious" doodle as a meditative practice to give your mind a rest from your grief.

VIRTUAL

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

IN PERSON

West Campus

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

IN PERSON

The Elisabeth Severance Prentiss Bereavement Center

Thursday, March 14
6:30 to 8:30 p.m.



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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

Jodee Coulter, MT-BC, CT

"Living through the pain of grief is emotionally taxing, mentally draining and physically exhausting. We can be filled with thoughts of fear, anxiety, loneliness and procrastination. As we walk this path we take less time for ourselves for wellness.

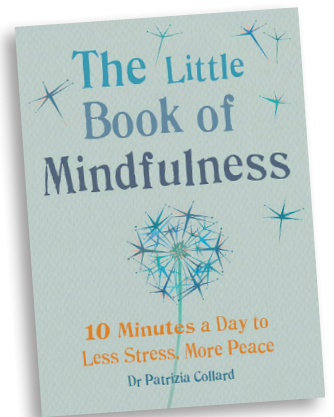
In this brief instructional book, Dr. Collard focuses on meditation in many forms, whether taking a walk and noticing your surroundings, standing in mountain pose, lying on your bed or sitting in a chair. She provides opportunities to open your heart, mind and physical being to release the stress and sadness that come with grief. She addresses how the "busyness" we create is a coping mechanism to avoid the "real thing-our lives".

The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace

by Dr. Patrizia Collard

These 5-10 minute practices of meditation have been shown to increase energy, awareness, compassion, calm and also can create new brain patterns enhancing psychological and cognitive changes that can create an improvement in or perceptions and well-being. They Bring us more in tune with our breath and daily moments.

So take some time to unplug. Put on some comfy, loose clothing, find a peaceful place and allow yourself 5-10 minutes to feel, relax and explore with wonder. Your aching heart with thank you.



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