



# About *grief*

A PUBLICATION OF  
HOSPICE OF THE WESTERN RESERVE

FALL 2024

## Is This Grief or Am I Depressed?

by Laurie Mason, LISW-S, ACHP-SW

### IN THIS ISSUE

- 1 Is This Grief or Am I Depressed?
- 2 From the Editor
- 3 Support Groups
- 7 Healing Arts Workshops
- 8 Book Review

### STAY IN TOUCH

 Facebook  
[facebook.com/hospicewr](https://facebook.com/hospicewr)

 Hospice of the  
Western Reserve  
[hospicewr.org](https://hospicewr.org)

### OUR MISSION

*Our hospices provide 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.*

Grief encompasses a broad spectrum of behaviors and feelings that are common after the death of a loved one. Many of the normal grief reactions may seem like characteristics of depression, but grief and depression are very different. Let's look at some of the differences between grief and depression.

In the grieving person, moods shift from sadness to more normal states rapidly. Variations in mood, appetite, and activity level are often experienced within the same day or week. However, with depression, the person experiences a constant state of sadness, loss of appetite, sleep problems, or absence of energy.

Another difference seen is in the expression of anger. Anger is expressed openly often with a great deal of hostility in the grieving person. It is usually directed at someone or something. With the depressed person, it is difficult to express anger and the anger is not usually directed at a person or thing, but more generalized.

When a loved one has died, dreams and fantasy in the bereaved are often vivid and clear, usually involving the deceased. Sleep disturbances are periodic difficulties in getting to sleep or staying asleep. The depressed person has little access to their dreams. The fantasy they experience is self-destructive in nature and they may experience severe insomnia and early morning waking.

There are also differences in the ways grieving and depressed persons respond to other people. Grieving people respond well to warmth and reassurance, while those who are depressed are often unresponsive to most types of support or encouragement.

One of the main distinctions between grief and depression involves self-esteem. People who have experienced the death of a loved one do not regard themselves less because of the loss. There may be guilt over thinking they have not adequately provided for their loved one, but this is usually felt for only a brief period of time. With depression, people experience a general lack of self-worth. The guilt they feel is an overall sense of self-blame often unrelated to a specific event. Freud characterized it best when he stated that in grief, the world looks empty, but in depression, the person feels empty.

Although grief and depression may seem to mimic one another, there is a definite difference between the two. Knowing these differences can normalize the grief reaction. These reactions are a direct response to the death of a loved one and the feelings will pass given time and support.



# About *grief*

a publication from



**WESTERN  
RESERVE  
GRIEF SERVICES**

**FALL 2024**

**VOLUME 34/NO 3**

**EDITOR**

Susan Hamme, LSW, CHP-SW  
*Team Leader*

**CONTRIBUTING WRITER**

Laurie Mason, MSSA, LISW-S  
*Bereavement Coordinator*

**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

*Go green! If you would like your copy of About Grief emailed to you, please send your email address to Susan Hamme at [shamme@hospicewr.org](mailto:shamme@hospicewr.org).*

## FROM THE EDITOR

As we welcome in the fall season, it can be helpful to acknowledge that often, this brings a resurgence of grief feelings and responses. So often I hear, "ugh, I thought I was doing so well."

The honest answer is that you were, and you are. Traveling through the year of firsts without your loved one looks a little different in each season. This is a very natural response to loss, but it feels anything but natural! Our content here aims to speak to that very thing and guide you to some support groups and support services that may be helpful.

Thank you for allowing us to travel with you and support you through this season.

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



We would like to extend a heartfelt **thank you** to all of our generous donors who made the children's bereavement camps possible this summer. Your generous donations gave both children and teens a safe space to come together with their peers who have experienced a loss. These young people find solace and healing in the company of one another as well as our talented camp staff and volunteers. Thank you so much for giving us the opportunity to provide this invaluable service and making a difference in their young lives.

# Support Groups

## FALL 2024

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

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**

#### **East Campus**

Four Thursdays, September 19 to October 10  
1 to 2 p.m.

**Lisa Florjancic**

lflorjancic@hospicewr.org  
440.853.5365

### **Circle of Hope, continued**

**IN PERSON**

#### **Centering Space**

14812 Lake Ave.  
Lakewood, OH 44107

Four Thursdays, September 5 to September 26  
6 to 7:30 p.m.

**Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

**IN PERSON**

#### **Ashtabula Office**

Four Thursdays, October 31 to November 21  
11 a.m. to noon

**Nick Peckham**

npeckham@hospicewr.org  
216.383.3782

**IN PERSON**

#### **West Campus**

Six Wednesdays, September 11 to October 16  
2 to 3:30 p.m.

**Carrie Johnson**

crjohnson@hospicewr.org  
216.486.6331

**IN PERSON**

#### **West Campus SPOUSE LOSS SERIES**

Six Wednesdays, October 9 to November 13  
10:30 a.m. to noon

**Carrie Johnson**

crjohnson@hospicewr.org  
216.486.6331

### Circle Of Hope: Music Therapy Edition

**IN PERSON** A four-week music and educational support group for those who have experienced the death of a loved one.

#### **West Campus**

Four Wednesdays, September 18 to October 9  
6 to 7:30 p.m.

**Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

### Walking Through Grief

**IN PERSON**

A group for adults of all levels of physical ability at various outdoor locations to walk together and enjoy the benefits of community, movement and the peace that nature provides. *Locations are subject to change due to weather; participants will be notified of all changes via email.*

#### **East: North Chagrin Reservation, Buttermilk Falls Trailhead**

3037 SOM Center Rd,  
Willoughby Hills, OH 44124

Sunday, September 22  
10:30 a.m. to noon

#### **West: Bradley Woods Reservation, Bunns Lake Trailhead**

4538 Bradley Rd  
Westlake, OH 44145

Sunday, October 20  
10:30 a.m. to noon

**Sarah McIntosh**

smcintosh@hospicewr.org  
216.486.6364



## Passages

**IN PERSON** A 10-week grief support series based on Alan Wolfelt's *10 Touchstones of Grief*. Each week will focus on a Different Touchstone. *Books will be provided.*

### **Ashland County Office**

1012 Dauch Drive  
Ashland, OH 44805

Wednesdays, August 14 to October 16  
Noon to 1:30 p.m.

### **Knox County Office**

17700 Coshocton Road  
Mount Vernon, OH 43050

Tuesdays, August 13 to October 15  
Noon to 1:30 p.m.

### **Julia Manning**

jmanring@hospicewr.org  
216.383.5743

## Parents Together

**IN PERSON** **VIRTUAL**

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

### **Lakeshore Campus**

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

### **Betsy Fox**

efox@hospicewr.org  
440.414.1737

## Sibling Loss **VIRTUAL**

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

Two Thursdays, November 7 and 14  
6 to 7 p.m.

*Register by November 4th*

### **Lisa Florjancic**

lflorjancic@hospicewr.org  
440.853.5365

## Parent Loss **VIRTUAL**

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

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

### **Betsy Fox**

efox@hospicewr.org  
440.414.1737

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

### **Julia Manning**

jmanring@hospicewr.org  
216.233.0224

## Millennial Grief **VIRTUAL**

**MONTHLY** A group for adults ages 25 – 40 grieving the death of a parent or parent figure.

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

### **Lisa Florjancic**

lflorjancic@hospicewr.org  
440.853.5365

## 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

## **New Journey, continued**

**IN PERSON**

### **Avon Lake United Church of Christ**

32801 Electric Blvd.  
Avon Lake, OH 44012

First Thursday of each month  
7 to 8 p.m.

### **Amy Boyd-Kirksey**

aboyd-kirksey@hospicewr.org  
216.383.3788

## 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 Second Year

**IN PERSON** A year has passed, and you may be wondering why you're still struggling with grief. This group will explore the second year of grief, including why it can be more challenging than we expect, and ways to cope. *Meets quarterly.*

### **The Robertson Bereavement Center**

Two Thursdays, September 12 and  
November 21  
2:30 to 4 p.m.

### **JoDee Coulter**

jcoulter@hospicewr.org  
330.662.4240

## New Beginnings **VIRTUAL**

**MONTHLY** A group for individuals ages 50 and younger who have experienced the death of a spouse, partner, or significant other.

Second Tuesday of the month  
7 to 8 p.m.

### **Amy Boyd-Kirksey**

Aboyd-kirksey@hospicewr.org  
216.383.3788

## Heart Songs: A Grief Songwriting Workshop

**IN PERSON** Songwriting can help promote exploration of emotions and release tension. With the guidance of our bereavement coordinators and a music therapist, you will have the opportunity to tell your story through the creation of music and lyrics. No musical or creative writing experience needed. *Registration is required.*

### **West Campus**

Tuesday, November 12  
6 to 7:30 p.m.

### **Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

## Music For Relaxation **IN PERSON**

Relieve stress and enhance well-being with live music and breathwork. No musical or meditation experience needed. Registration is required.

### **Ames Family Hospice House**

Second Monday of each month  
10 to 11 a.m.

### **David Simpson Hospice House**

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

### **HMC Hospice of Medina County**

First Monday of each month  
10 to 11 a.m.

### **Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

## Healing Rhythms **IN PERSON**

Relieve stress and release tension using various drums and other rhythmic instruments. No musical experience needed. *Registration is required.*

### **Ames Family Hospice House**

First Friday of each month  
12:30 to 1:30 p.m.

### **David Simpson Hospice House**

Second Friday of each month  
12:30 to 1:30 p.m.

### **HMC Hospice of Medina County**

Third Friday of each month  
12:30 to 1:30 p.m.

### **Elisha Evanko**

eevanko@hospicewr.org  
440.414.1731

## Coping With Grief During The Holidays **IN PERSON**

A supportive discussion for adults facing loss.

### **West Campus**

Monday, November 11  
6:30 to 8 p.m.

*Register by Monday, November 4*

Monday, December 9

6:30 to 8 p.m.

*Register by Monday, December 2*

### **Lakeshore Campus**

Tuesday, November 5

6:30 to 8 p.m.

*Register by Monday, October 28*

Tuesday December 3

6:30 to 8 p.m.

*Register by Monday, November 25*

### **Carrie Johnson**

crjohnson@hospicewr.org  
216.486.6331



### **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

**SAVE THE DATE!**



## MULTICULTURAL HOLIDAY ORNAMENTS

Whether you celebrate Winter Solstice, Hanukkah, Christmas, or Kwanzaa, come share your special holiday memories by creating a holiday decoration or ornament that reflects your religious or spiritual tradition.

**Coming this December**



AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

# Support Groups

To get information about other bereavement groups and annual events, please visit [hospicewr.org/Events](http://hospicewr.org/Events). To register, contact Kathy Failor, Bereavement Coordinator, by calling **419.625.5269** or emailing [kfailor@steinhospice.org](mailto:kfailor@steinhospice.org).

## Clear Skies

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

Fourth Tuesday of each month  
5:30 to 7 p.m.

### The Chapel, Norwalk Campus

156 South Norwalk Rd West,  
Norwalk, OH 44857

## Serenity Seekers

A six-week adult support group for anyone dealing with the loss of a loved one.

Wednesdays, September 4 to  
October 9  
5:30 to 7:30 p.m.

### Stein Hospice Tiffin Office

96 South Washington Street, Suite B 1  
Tiffin, OH 44883

Tuesdays, September 3 to October 8  
4 to 5:30 p.m.

### Sheri's Coffee House

27 Whittlesey Ave.  
Norwalk, OH 44857

Thursdays, September 5 to October 10  
4 to 5:30 p.m.

### Firelands Presbyterian Church

2626 E. Harbor Rd.  
Port Clinton, OH 43452

## Healing Hearts

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

Sandusky	Norwalk	Port Clinton	Bellevue
<i>First Thursday of each month</i>	<i>Second Thursday of each month</i>	<i>Third Wednesday 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	4 to 5:30 p.m.
<b>Stein Hospice Main Office</b> 1200 Sycamore Line Sandusky, OH 44870	<b>Sheri's Coffee House</b> 27 Whittlesey Ave. Norwalk, OH 44857	<b>Firelands Presbyterian Church</b> 2626 E. Harbor Rd. Port Clinton, OH 43452	<b>Bellevue Public Library</b> 224 E. Main St Bellevue, OH 44811
September 5 October 3 November 7	September 12 October 10 November 14	September 18 October 16 November 20	September 25 <b>(starts at 3:30 P.M. this month only)</b> October 23 November 27

## Lunch With Friends

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

Norwalk	Port Clinton	Sandusky
<i>First Wednesday of each month</i>	<i>Second Wednesday of each month</i>	<i>Third Wednesday of each month</i>
noon to 1 p.m.	noon to 1 p.m.	noon to 1 p.m.
<b>Bob Evans</b> 4800 U.S. 250 North Norwalk, OH 44857	<b>Bistro 163, The Sutton Center</b> 1848 E. Perry Street, Suite 10 Port Clinton, OH 43452	<b>Sandusky Yacht Club</b> 529 E. Water St. Sandusky, OH 44870
September 4 October 2 November 6	September 11 October 9 November 13	September 18 October 16 November 20

# Healing Arts Workshops FALL 2024

**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 that we offer both in person and virtual workshops.

**Virtual:** We use Microsoft Teams. If you register for the workshop, you are sent an email invitation with a link that you click on to join. Each workshop consists of two or four sessions a week apart. At the first session, a theme or topic is introduced with a discussion. You are given instructions on the art assignment plus the basic supplies you will need for your art. These supplies are shipped to you, new and yours to keep. Complete your art assignment during the week, and at the second session, share and talk about your art.

**In Person:** If the workshop is only one session, we have an open discussion about grief and use art as a creative outlet.

There is a suggested \$5 donation for supplies. You may donate in person or make a donation to the Healing Arts Program by going to [hospicewr.org](https://hospicewr.org) and click on **Donate**. 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 [mborgione@hospicewr.org](mailto:mborgione@hospicewr.org) to register no later than two weeks in advance of a virtual workshop start date or one week in advance of an in person workshop start date.**



## CIRCLE OF HOPE: ART THERAPY EDITION

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

### **VIRTUAL**

*The Elisabeth Severance Prentiss Bereavement Center*

Six Wednesdays

October 23 to November 27

10 to 11:30 a.m.



## AUTUMN LEAVES

Did your loved one have a favorite tree? Did you take walks together in the fall crunching through the leaves? Using the shapes of real leaves, participants will create autumn leaves out of air-dry clay and paint them with watercolors.

### **VIRTUAL**

*BOTH Wednesdays*

October 16 and 23

6 to 7:30 p.m.

### **IN PERSON**

*The Elisabeth Severance Prentiss Bereavement Center*

Thursday, October 24

6:30 to 8:30 p.m.

### **IN PERSON**

*West Campus*

Tuesday, October 22

6:30 to 8:30 p.m.



## PET GRIEF: MEMORY FRAMES

Losing a beloved animal companion leaves an empty space in our hearts that can only be filled with memories. Come to this workshop to design and paint a 5"x7" frame for your memory.

### **IN PERSON**

*The Elisabeth Severance Prentiss Bereavement Center*

Thursday, December 5

6:30 to 8:30 p.m.



## ART FOR RELAXATION: CIRCLE OF THE SOUL

Mandala is a Sanskrit word that means circle. In various spiritual traditions, mandalas may be used to focus attention, to establish a sacred space, and as an aid to meditation. Attendees can create their own watercolor mandala.

### **VIRTUAL**

*BOTH Wednesdays*

November 13 and 20

6 to 7:30 p.m.

### **IN PERSON**

*The Elisabeth Severance Prentiss Bereavement Center*

Thursday, November 7

6:30 to 8:30 p.m.



## FABRIC AND FEELINGS

A monthly group where participants come to gather with others who are grieving and create all things fabric, sharing both their grief experiences and fabric arts knowledge with each other. No sewing expertise necessary.

### **IN PERSON**

*The Elisabeth Severance Prentiss Bereavement Center*

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



## ART FOR RELAXATION: MUSIC, MOVEMENT, AND MANDALAS

Grief affects us physically, emotionally, mentally, and spiritually. Join us for an experience on all four levels, using gentle movement, music therapy, and art therapy. No matter your physical or artistic ability, you will be able to easily participate.

### **IN PERSON**

*West Campus*

Thursday, November 14

6:30 to 8:30 p.m.



300 East 185th Street  
Cleveland, OH 44119-1330

Serving the Northern Ohio counties  
of Ashland, Ashtabula, Cuyahoga,  
Erie, Geauga, Huron, Knox, Lake,  
Lorain, Medina, Ottawa, Portage,  
Richland, Sandusky, Seneca,  
Stark, Summit and Wayne.

800.707.8922 | [hospicewr.org](http://hospicewr.org)



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

© 2024 All Rights Reserved

*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 Stephen Boros, M.Ed., LSW**

Dr. Alan Wolfelt is an internationally known educator, author, and grief counselor, with 40 years of experience, in the grief and loss field. Wolfelt lays out his model of eleven tenets of companioning mourners through their grief.

These include:

- Being present to another person's pain
- Honoring the spirit
- Bearing witness to another's struggles

This work is both for caregivers and professionals alike. Compassionate curiosity, not expertise, is key. Wolfelt uses this foundational tenet system as a template for caregivers to help grievers navigate their grief.

Not all grief is simple. When a particular feature of grief is "stuck or prolonged, then grief tends to be complicated."

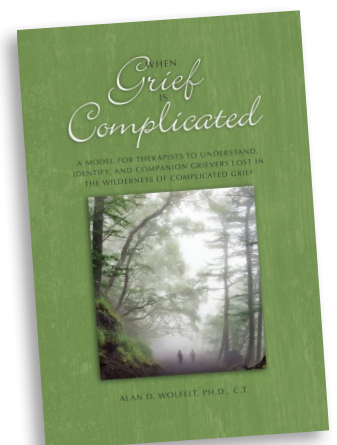
## *When Grief Is Complicated*

Written by Alan D. Wolfelt, PH. D., C.T

Wolfelt outlines examples of a "normal" grief experience vs a "complicated" grief experience, identifying the differences.

*Companioning* is what Wolfelt calls the act of joining a griever in their journey. The goal of companioning is the "reconciliation in grief."

"Our goal in companioning complicated grievers is to help them return to a healthy path and good momentum in the wilderness of their grief."



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