Mindfulness

By Elizabeth Mason, MSSA, LISW, CT

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

- Buddha

IF YOU ARE LIKE ME, you may have heard the term “mindfulness” and wondered what exactly it means. The basic idea of mindfulness is to be present in the moment. To do this, you focus on specific processes of your body or on things in your immediate environment to help calm racing thoughts or overwhelming emotions.

This is a great tool to help manage the symptoms of grief. You may have noticed that grief is more than just an emotional response; it affects our physical, behavioral and cognitive reactions as well, and can create a great deal of stress on our bodies. By practicing mindfulness, we can learn to relax our bodies as we experience these symptoms of grief and reduce the accompanying stress.

The simplest form of mindfulness is focusing on your breathing. You may have heard of the term “belly breathing,” which is when you feel your belly expand as you inhale and then deflate as you exhale. Because the breaths are deeper and longer, belly breathing triggers relaxation. Breathing just in your lungs is shallower and prepares your body for a fight or flight response. As you take belly breaths, focus on how your breath affects your body. As you feel your belly fill and empty, you may notice your heart rate slowing or your shoulders relaxing.

You may choose to keep it simple and focus only on your breathing at times when you start to feel stress, anxiety or other overwhelming emotions. Another option is to expand on this and spend some time meditating.

When meditating, choose a quiet location where you can sit and try to just focus on your breathing while allowing the rest of your concerns and thoughts drift out of your mind. Thoughts may come into your head while you are meditating, and this is okay. Like grief, emotions take us by surprise and can make us feel out of control. If you speak to any of our bereavement coordinators, they will likely tell you to be patient and allow yourself to feel these emotions as they come. Similarly, as thoughts come into your mind during meditation, be patient and accepting of them. Simply notice them and then return your focus to breathing.

As with grief, we need to enter gently into mindfulness practices. Start small and try the breathing exercise or meditate for just five minutes at a time. It may be helpful to choose specific points throughout the day to take a short break to practice or it may become part of your daily routine.
**Someone I loved** once gave me a box full of darkness. It took me years to understand that this, too, was a gift.

– Mary Oliver

As we move forward into the warmer days of spring with more hours of sunlight, we can say goodbye to the darkness of winter. Unfortunately, storms will linger. Hopefully, the blizzards have passed us by, but we know that April’s showers are just around the corner. Today you may find yourself in the midst of grief’s darkness, or perhaps you are just coming out of that storm.

Many bereaved associate the pain of grief with darkness. Sadness, emptiness, despair, shame, blame, anxiety, fear. Are these some of the emotions that come to mind? Darkness is a period of time or situation that is characterized by tragedy, unhappiness or unpleasantness. For many, mourning is a period of darkness.

Our impulse is to turn away from the pain of grief, but I encourage you to embrace the difficult emotions. This can be a time to pause, look inward and do some self-reflection. Discover the lessons the darkness brings. Let your grief guide you.

Pulitzer-Prize-winning poet Mary Oliver wrote, “Someone I loved once gave me a box full of darkness. It took me years to understand that this, too, was a gift.” Who gave you that box and are you able to see the gift? I have received lots of boxes of darkness — and lots of gifts, too! Initially, after the death of each of my parents, opening the box of darkness was too scary, too unpredictable and definitely overwhelming. Usually, I would open the box just a tiny bit, peek in and then quickly close it back up. Eventually, in my own time and on my own terms, I was able to look inside, hold my emotions and find the gifts. These gifts were the legacies each of my parents left me: the importance of kindness and generosity, of family, of lifelong learning and so many other values that I embrace today. I am indeed thankful for those gifts of grief.

Look back in your grief. Look at where you’ve been and where you are now. Notice what has changed. Notice how you have changed. Perhaps without even being aware, in the dark days of grief and winter, you have grown and are now blossoming along with spring’s colorful flowers. Celebrate all that you have become and the gifts you’ve received.

We continue to be here with comfort, hope and healing.

Diane Snyder Cowan, MA, MT-BC, CHPCA
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Ginny’s Story

By Mollie K.P. Borgione, ATR-BC, PC

Ginny is a retired registered nurse and lovely woman who has been attending Fabric and Feelings, a Healing Arts Workshop. She had always loved to sew, but as a nurse and mother of three boys, rarely had the time. She started coming to the group in March of 2016, several months after her husband died.

“My husband, Dave, died in July of 2015. He was both a Hospice of the Western Reserve volunteer and later, a patient of Hospice of the Western Reserve. He decided to volunteer when he received his cancer diagnosis. It was his way to pay it forward, as ‘I may need their services someday.’” Ginny told me that as a six-year volunteer, Dave visited multiple hospice patients in their homes to provide respite for loved ones. He also volunteered weekly at the Hospice Resale Shop in Lyndhurst. Two months before he died, he insisted that Ginny take him to the former Resale Shop (he was unable to drive himself at this time) to perform one of his duties: vacuuming the store. Ginny said that ultimately, he was unable to complete the task, but visiting the shop and making the effort provided a connection with his friends there.

“Dave wore Hawaiian-style shirts from spring to late fall. I decided to make a memory quilt using those shirts. I ‘deconstructed’ each shirt seam by seam while participating in the Fabric and Feelings weekly drop-in grief group.” A memory quilt is a quilt that reflects memories about life events or people. Many times, loved ones’ clothing is incorporated into a memory quilt. Ginny wanted her memory quilt to reflect Dave’s personality, character and quirks. “Each block has memories associated with it,” she said.

Since Ginny has been attending the group, she has experienced other losses. Kathy, her closest friend of 38 years and fellow nurse, died in November 2016. Then in March 2017, Ginny’s 19-month-old grandson, Mark, died suddenly. This past March, Mark’s not-yet four-month-old brother, Evan, also died. A rare genetic heart disease caused Evan’s death, and doctors suspect that it was also the reason for Mark’s.

I asked Ginny what she has learned about herself in experiencing so much loss.

“It has reinforced that I am basically an optimistic person, that I am emotionally stronger than I previously knew and that despite the grief from all my losses, happiness and joy can coexist with sadness.

“My memories of Dave, Kathy, Mark and Evan help me get through the days. The memories I have of them in my life give me more joy and happiness than sadness. I have more sorrow with the loss of my grandsons as I did not have a chance to build many memories. I did not get to see them grow, become young men and experience their accomplishments. Staying actively involved with family and friends, other activities and learning new things helps. Getting involved in making this quilt and taking classes to improve my sewing skills has helped. I’ve also met many new people.”

I asked Ginny what brings her hope.

“My belief in eternal life and that I will one day be reunited with my husband, friend and grandsons gives me hope.”

Healing Arts Workshops offer diverse projects throughout the year, in several locations throughout Cuyahoga County. They are listed in this publication. The program provides grieving people with a creative outlet for their grief and is open to the community. The workshops are made possible by a project support grant from Cuyahoga Arts and Culture.
Bereavement 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 to verify time and location.

Adult Support Groups

**Circle of Hope**

**SERIES** An educational support group for adults who have had a loved one die. Please call the facilitator listed below for more information. Registration is required no later than a week prior to start date.

**Ashtabula Office**
Tuesdays, April 21 – May 12
5:30 to 7 p.m.
Susan Hamme 440.596.3582

**Lakeshore Campus**
Mondays, April 13 – May 18
6 to 7:30 p.m.
Tensie Holland 216.383.3741

**The Robertson Bereavement Center**
Tuesdays, May 12 – June 16
6:30 to 8 p.m.
JoDee Coulter 330.662.4240

**West Campus**
Mondays, April 6 – May 11
6:30 to 8 p.m.
Judy Beckman 440.414.1731

**Circle of Hope: Art Therapy Edition**

**SERIES** A six-week art and educational support group for adults who have had a loved one die

**The Elisabeth Severance Prentiss Bereavement Center**
Wednesdays, April 15 – May 20
10 a.m. to Noon
Mollie Borgione 216.486.6544 or mborgione@hospicewr.org

**Hope & Healing**

**MONTHLY** An ongoing monthly support group for grieving adults. Registration is not required. Please call facilitator for more information.

**Lakeshore Campus**
Third Tuesday of the month
6 to 7:30 p.m.
April Ratcliffe 216.383.3782

**The Robertson Bereavement Center**
Second Tuesday of the month
3 to 4 p.m.
JoDee Coulter 330.662.4240

**East Side**
Mentor Public Library
8215 Mentor Avenue, Mentor
First Tuesday of the month
10 to 11 a.m.
Lisa Florjancic 440.853.5365

**Portage County**
United Church of Christ
1400 E. Main Street, Kent
Second Tuesday of the month
1 to 2:30 p.m.
Margaret Bossaller 330.241.6282 or mbossaller@hospicewr.org

**Parent Loss**

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

**West Campus**
Second Tuesday of the month
6:30 to 8 p.m.
Judy Beckman 440.414.1731

**Parents Together**

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

**Lakeshore Campus**
Second Wednesday of the month
2:30 to 4 p.m.
Shawn Eigenbrode 216.486.6364

**Hopeful Hearts**

**MONTHLY** A support group for anyone age 60 and over who has experienced the death of someone special in the past two years

**Avon Lake**
Holy Spirit Parish Center
410 Lear Road, Avon Lake
Fourth Tuesday of the month
1 to 2:30 p.m.
Mary Ellen Jordan 440.414.1737

**Seniors**
For seniors who have experienced a loss
Please call for date and time

**Lakewood Senior Center**
16024 Madison Avenue, Lakewood
Judy Beckman 440.414.1737

**Yoga Matters**

**Designed for caregivers & bereaved**

**ONGOING** Give yourself the gift of time and attention. Practicing yoga helps you tune into yourself and take care of your physical, emotional and spiritual needs. Classes held at Hospice of the Western Reserve Lakeshore Campus.

Wednesdays, 5:30 to 6:45 p.m.
Fee: $60/month or $12 Drop-in (sliding scale fee available)
Please call 216.486.6838.
Child Loss

**MONTHLY**

A support group for parents who have experienced the death of a child age 18 or younger. Please join us for an opportunity to focus on your grief, find support and feel community with those who have experienced a similar loss. Please call to register.

**West Campus**

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

Elizabeth Mason 440.414.6781 or emason@hospicewr.org

Partner/Spousal Loss Groups

Monthly support groups for adults who have experienced the death of a spouse, partner or significant other. Groups are open-ended and ongoing. Registration is not required.

New Beginnings

**MONTHLY**

For adults in middle life

**West Campus**

Second Wednesday of the month
6:30 to 8 p.m.

Mary Ellen Jordan 440.414.1737

New Journey

**MONTHLY**

For adults of any age

**Ashtabula Office**

First Thursday of the month
11 a.m. to 12:30 p.m.

Susan Hamme 440.596.3582

**The Elisabeth Severance Prentiss Bereavement Center**

Fourth Thursday of the month
10 to 11:30 a.m.

Kathryn Harrison Brown 216.486.6331

Horizons

**MONTHLY**

For adults in late life

**Mayfield Village Baptist Church**

6500 Highland Road, Mayfield

Second Tuesday of the month
1 to 2:30 p.m.

Kathryn Harrison Brown 216.486.6331

Women’s Workshop

A periodic workshop for women who have lost their partner, significant other or spouse. Please call for date and to register.

**Panera Bread**

19705 Center Ridge Road, Rocky River
6 to 8 p.m.

Judy Beckman 440.414.1731

Healing the Heart

Grief after an overdose death
Please call to register.

**East Campus**

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

Shawn Eigenbrode 216.486.6364 or seigenbrode@hospicewr.org

Grief 101

This one-hour 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. Registration is required.

**East Campus**

Thursday, April 16
5 to 6 p.m.

Register by April 9

Lisa Florjancic 440.853.5364

Who Am I?

Grief challenges us to take a new look at our roles in life. In this series, you will rediscover personal interests, explore new opportunities and identify support systems and tools to help you through the next part of your journey. Come brainstorm, share and discover new ideas and resources with the group. There will be independent assignments most weeks. Registration required. Please call to determine if this group is right for you.

**Ashtabula Office**

Wednesdays, March 18 – April 15
11 a.m. to 12:30 p.m.

Susan Hamme 440.596.3582

**The Robertson Bereavement Center**

Tuesdays, April 7 – April 28
6:30 to 8 p.m.

JoDee Coulter 330.662.4240

Mother’s Day Tea

For those who have experienced the death of their mother or mother figure, please join us for a Mother’s Day Tea where we will honor the memory of those relationships.

**HWR Headquarters**

Saturday, May 2
11:30 a.m. to 1:30 p.m.

Register by April 24
Healing Arts Workshops  SPRING 2020

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 call Mollie Borgione at 216.486.6544 or email her at mborgione@hospicewr.org to register no later than four days in advance of workshop date. Suggested $5 donation for supplies.

ART FOR RELAXATION: BEAD MAKING
Making beads can be very relaxing! At this workshop, you can make beads from magazines, paper or fabric. In addition to the ones you make, there will also be others that you can use to make a necklace, bracelet or reenvy mirror hanger to remind you of your loved one.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, March 12
6:30 to 8:30 p.m.

West Campus
Tuesday, March 17
6:30 to 8:30 p.m.

Christ Episcopal Church
3445 Warrensville Center Rd.,
Shaker Heights
Wednesday, March 25
6 to 8 p.m.
Please note the time.

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.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, April 16
6:30 to 8:30 p.m.

West Campus
Tuesday, April 21
6:30 to 8:30 p.m.

Christ Episcopal Church
3445 Warrensville Center Rd.,
Shaker Heights
Wednesday, April 22
6 to 8 p.m.
Please note the time.

ART FOR RELAXATION: THE SPIRIT OF A WILDFLOWER
Wildflowers are known for their hardiness, adaptability and resilience. They can represent our inner selves as we try to find the strength to readjust and even grow through the grief of a loved one’s death. Bring a photo of a flower or use one of ours to paint the flower that best represents your inner spirit.

Christ Episcopal Church
3445 Warrenville Center Rd.,
Shaker Heights
Wednesday, May 13
6 to 8 p.m.
Please note the time.

West Campus
Tuesday, May 19
6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, May 21
6:30 to 8:30 p.m.

FABRIC AND FEELINGS
Weekly A group where participants use fabric techniques such as quilting (sometimes involving clothing from loved ones) or photo transfer to create quilts, pillows, dolls and other types of lasting memories. Sewing expertise is not necessary.

The Elisabeth Severance Prentiss Bereavement Center
Thursdays, 2 to 4 p.m.

SAVE THE DATE

GIVING HAND, GRATEFUL HAND
Our hands give and receive. Our hands cared for our loved ones and received back their love and gratitude. Make an actual air-dry clay tracing of your own hands and paint them to represent what you give and what you receive.

Christ Episcopal Church
3445 Warrenville Center Rd.,
Shaker Heights
Wednesday, June 10
6 to 8 p.m.
Please note the time.

West Campus
Tuesday, June 16
6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, June 18
6:30 to 8:30 p.m.

Giving Hand, Grateful Hand
Coping
By Mary Murphy, M.Ed., LPC

When someone we love dies, sometimes we can feel almost nothing. We are in shock and try to act as if everything is normal with our friends and families. Then, little by little, feelings start to make their way in. Sadness, anger, fear, confusion, loneliness and guilt can spin around in our minds and bodies.

We try to concentrate at school or have fun with friends. But life has changed in a big way and adjusting to our new life without our loved one is hard.

When I was just 9 years old, a neighborhood friend died. Then, my father died when I was 17. Back then, some adults thought kids didn’t have feelings and didn’t grieve. Now, we know differently.

We know that it is extremely important for kids to share their grief. We know that there are many ways to express feelings – talking, drawing, dancing, exercising, singing, reading and writing. Learning how to handle our feelings is called coping.

Here’s an activity that you can do alone or do as a family to have some coping skills on hand.

You’ll need six jars, boxes or other small containers; paper or index cards cut into strips and crayons or pencils. Using your paper or index cards, label each container with an emotion – sad, lonely, mad, confused, happy, anxious or others – you are feeling since the death of your special person.

With your friends and family or on your own, write or draw on a slip of paper something you can do when you experience one of the emotions. For example, if you are lonely you can call or text a friend or ask a family member to go for a walk with you.

Put these ideas into the “lonely” jar. If you are sad, you can volunteer to help someone, or hold tight to a reminder of your loved one and have a good cry. Put these ideas in the “sad” jar.

Do this for the other emotion jars. You can add coping ideas to each jar at any time. When you have a feeling you’re struggling to manage, go to the jar. See if one of those coping supports might be useful.

You can also go to www.copingskillsforkids.com for more ideas.

Together We Can

Five-day
Riding Through Grief
Fieldstone Farm
16497 Snyder Rd., Chagrin Falls
June 22 – 26, 9:00 a.m. – noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8-12 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 Rd., Willoughby
August 4 – 6, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6-13 who have experienced the death of a loved one. Transportation available from two locations.

THE VISTA WALK AND TRIBUTE WALKS
Remember Your Loved One
The gardens at Ames Family Hospice House, David Simpson Hospice House and the Medina Hospice Inpatient Care Center offer beautiful outdoor spaces for meditation and reflection. 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.

2020 WALK TO REMEMBER
June 14, 2020 • Cleveland Metroparks Zoo
7:30am: Same Day Registration • 8:45am: Opening Ceremony
3900 Wildlife Way • Cleveland, OH 44109
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.

This Thing Called Grief: New Understandings of Loss

By Thomas M. Ellis

“GRIEF IS A CRAZY-MAKING, COMPLICATED PROCESS,” Thomas M. Ellis states in the introduction of his 2006 book, This Thing Called Grief: New Understandings of Loss. “It is part of life’s critical transitions. Losses include not only endings — dying and death — but also beginnings, which start with grief and mourning.” Ellis, a licensed therapist who specializes in traumatic loss and complicated grief, provides readers with practical ways to deal with grief in a healthy manner throughout his book.

Ellis begins each chapter with a poem about grief before delving into personal stories of individuals and families who have experienced the death of a loved one. The stories deal with people who have experienced loss through illness and trauma. Each chapter conveys information about the impact of loss on many levels — behavioral, cognitive, emotional, physical and spiritual. Ellis discusses misconceptions associated with grief, unrealistic expectations and the healing process. He devotes a chapter to complicated responses to grief and how to find help to cope with those feelings.

“This Thing Called Grief” is short, easy to read and a good resource for anyone who has experienced a loss. The poems, reflections and resources throughout the book provide an added support to those who are grieving.

“No one can tell you how or how not to grieve,” Ellis writes. “Allow yourself the time and patience your grief demands.”

This book is available at public libraries serving Northern Ohio and online book sellers.