



# About *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

SPRING 2017

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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.*

## Coping with the *Loneliness* of Grief

By Theresa Suing, MSW, LSW, SW-G, CHP-SW

One of the most difficult aspects of the grieving process is the feeling of loneliness. Many bereaved find an empty house, the phone not ringing as much, loss of companionship or the sounds of silence difficult to manage as they learn to adjust to their new normal.

It's important to acknowledge loneliness is a common part of grief. Sometimes people feel it is best to ignore their grief. Over time, unresolved grief will manifest itself

psychologically, physically and spiritually. This can lead to problems such as ulcers, isolation and emotional issues. Having solitude allows us to process our grief. We need to recognize how the death has affected our lives and come to terms with all our feelings. Consider these ideas to confront our grief:

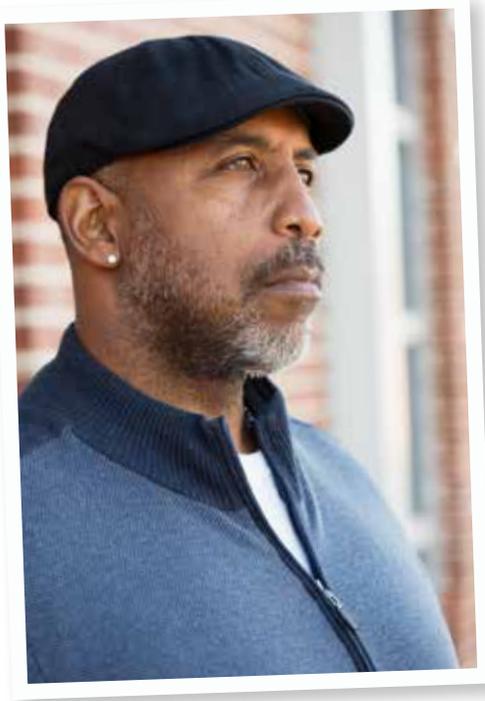
- Talking with **supportive people**
- **Writing letters**, journals or poetry
- Actively participating in a **grief support group**
- Engaging with **art or music**
- Exploring bereavement topics by **reading a book** on the subject

Loneliness often affects our daily lives and can be crushing at times. After struggling with what may have been a long illness and then the death of our loved one, we are lonely and exhausted. You probably have cried more tears than you ever thought possible and now there is an enormous void.

How can we prevent loneliness from becoming overwhelming? It is helpful to gauge what days or time of day are the most trying. That way you can have a plan that will hopefully counteract the intensity of loneliness. Write this plan down and keep it visible in your home.

You may find yourself reluctant to reach out to others. Often they are willing to talk and be supportive, but may not want to be intrusive. They are waiting for you to make the initial call. Make time to reach out to

see "Coping..." on page 7



“We do not remember days, we remember moments.”

— CESARE PAVESE



I am often asked if there is a right way to grieve just as often as I am asked about the stages of grief.

Here is my answer: Many people continue to view grief as a process of stages, often referring to Elisabeth Kubler-Ross’s groundbreaking book, *On Death and Dying*, written in 1969. Since that time, many theories of grief have emerged. Most agree that there are not stages of grief, but rather tasks of grief. J. William Worden, PhD, author of *Grief Counseling and Grief Therapy*, outlines four tasks of mourning which include: accepting the reality of the death, feeling the pain of grief, adjusting to a new role and finding an enduring connection with the deceased. You do not necessarily move from one task to the next. It’s more like a roller coaster – up and down with fast turns, and sometimes you find yourself completely turned upside down. Others have likened grief to the ball inside a pinball machine.

There are bereaved individuals that follow Stroebe and Shut’s dual process model of grief where the bereaved vacillate between loss-oriented tasks and restoration-oriented tasks. It’s like grieving in doses. Others work through their grief by developing continuing bonds with the deceased, which is where you continue your relationship with the deceased. This is based on Robert Neimeyer’s work. Most individuals process their grief with a combination of theories.

Quite simply, grief is unique to each person and how each person manages their grief will be distinctive to them. Whether you understand your grief using one of these frameworks, or some combination, please remember that there is no right or wrong, good or bad way to grieve. Just give yourself permission to grieve in your own way.

In this issue of *About Grief*, you will find articles, books and group information to help you manage your grief in your own way. We continue to be here with comfort, hope and healing and encourage you reach out to us.

Diane Snyder Cowan, MA, MT-BC, CHPCA  
216.486.6312 • [dscowan@hospicewr.org](mailto:dscowan@hospicewr.org)

## Two Ways to Remember Your Loved One

**TRIBUTE GARDENS** • 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. 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](http://hospicewr.org/tribute) to learn more.

**SAVE THE DATE!** • Walk to Remember 2017 is **Sunday, June 11** at Cleveland Metroparks Zoo. Learn more about how you can be involved at [hospicewr.org/walk](http://hospicewr.org/walk).

## About *grief*

a Publication from



The Elisabeth Severance Prentiss Bereavement Center and The Robertson Bereavement Center

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**EDITOR**

Diane Snyder Cowan,  
MA, MT-BC, CHPCA  
*Director*

**VOLUNTEER EDITOR**

Sandra Vettel

**EDITORIAL ASSISTANT**

Felicia Dunlop

**CONTRIBUTING WRITERS**

Theresa Suing, MSW, LSW,  
SW-G, CHP-SW  
*Bereavement Coordinator*

April Ratcliffe, LSW  
*Bereavement Coordinator*

Dominique Butler, MSSA,  
LISW  
*School Liaison*

Mollie Borgione, ATR-BC, PC  
*Art Therapist, Grief Counselor*

**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 Diane Snyder Cowan at [DSCowan@hospicewr.org](mailto:DSCowan@hospicewr.org)



# The Power of a Journal and a Photo

By Mollie Borgione, ATR-BC, PC

**THIS PAST SEPTEMBER**, the Healing Arts art therapy program of the Bereavement Center offered *Words and Snapshots*, a five-week photography and journaling workshop series. During those five weeks, three strangers developed a bond in a way that only those who have experienced deep loss can. As one participant noted, “We experienced a real connection of kindred spirits. The ability to share was huge, very comforting.” Another said, “Five minutes after you’re in here, it’s not about paper, it’s about people.”

Attendees were asked for a self-assessment of their grief journeys: what brings them comfort and how they care for themselves in their grief. They also were tasked with imagining their futures without their loved ones and deciding how to fill that empty space. They were directed to reflect on the impact their loved ones had on their lives, which enabled them to discover their own way of carrying the memory of their loved ones with them into the future.

The group members answered these questions by taking photos, then journaling about them and anything else that came up as a result. At each session, they shared their photos and writings with the group as much as they felt comfortable. This

requires an ability to be vulnerable, to share from the heart. And this they did, with laughter, a spirit of generosity and sometimes, sobbing from the depths of their pain. A participant reflected that “*being in touch with the photo and what’s inside is incredible, wonderful...It gets to your soul.*”

All group participants had very intimate and lifelong relationships with their loved ones. Two group members had been caregivers for (and eventually lost) both parents. One young woman had cared for and lost her mother. One gentleman had been by his wife’s side through her battle with cancer, recalling how they had been side-by-side since they were teenagers.

Sometimes it was painful enough just to show up for the group—the act of taking a photo of something that was a reminder of their loved one was just too much at times. Nevertheless, they supported each other through the tears and gave each other hope and encouragement. It was a privilege and an honor to witness the group’s process and courage.

The participants expressed their gratitude for the Healing Arts program. “It helps with healing. You don’t have to be an artist. The ability to create is helpful, it’s an outlet.”

*The Healing Arts Program offers diverse projects throughout the year, in several locations throughout Cuyahoga County. It provides grieving people with a creative outlet for their grief and is open to the community. The program is made possible by a project support grant from Cuyahoga Arts and Culture. See the Spring Healing Arts program offerings on page 6.*



**1 | “I GAVE MY MOM THIS CANDLE MUG** for Mother’s Day in 2015. She really liked it a lot and I kept her voice mail of her rejoicing over her present.”

**2 | “TODAY IS MY 24TH WEDDING ANNIVERSARY.** Mummy was brilliant about remembering birthdays and anniversaries but, for some reason, she struggled to remember our anniversary! This morning I went to take photos of the sun’s rays in the paddock ... the rays of sunshine against the morning mist, is them being present with me in a different way, for they are always with me in heart and spirit. I then noticed the snail trail on the fire pit patio... a heart. And I smiled, because I thought, “mummy remembered”... maybe having dad with her now helped her remember, as their 60th anniversary was important to dad.”

# Support Groups

SPRING 2017

## 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 and to register.*

##### Ashtabula Office

Wednesdays, March 22 – April 19, 10 to 11:30 a.m.  
Register by March 17  
☎ Susan Hamme 440.596.3582

##### The Elisabeth Severance Prentiss Bereavement Center

Tuesdays, April 4 – May 9, 10 to 11:30 a.m.  
☎ Diana Battles 216.486.6364

##### Lakeshore Campus

Mondays, April 17 – May 22, 6 to 7:30 p.m.  
☎ Tensie Holland 216.383.3741

##### HMC Hospice of Medina County The Robertson Bereavement Center

Wednesdays, March 29 – May 3, 1:30 to 3 p.m.  
☎ Theresa Suing 330.241.6282

##### Mentor Office

Tuesdays, April 4 – May 2, 1 to 2 p.m.  
☎ Lisa Florjancic 440.853.5365

##### West Campus

Mondays, March 13 – April 17, 6:30 to 8 p.m.  
☎ Judy Beckman 440.414.1731

#### Circle of Hope:

##### Art Therapy Edition

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

##### The Elisabeth Severance Prentiss Bereavement Center Art Therapy Studio

Wednesdays, April 5 – May 10, 10 a.m. to Noon  
☎ Mollie Borgione 216.486.6544  
or mborgione@hospicewr.org

#### Hope & Healing

An on-going monthly support group for grieving adults. *Registration is not required. Please call facilitator for more information.*

##### Lakeshore Campus

Third Monday of the month, 6 to 7:30 p.m.  
☎ April Ratcliffe 216.383.3782

##### Renaissance Group

**Renaissance Main Building,  
Second floor craft room  
26376 John Road, Olmsted Falls**  
Second Tuesday of the month, 1 to 2 p.m.  
☎ Laurie Mason 440.787.2099

##### HMC Hospice of Medina County The Robertson Bereavement Center

Second Thursday of the month, 3 to 4 p.m.  
☎ Theresa Suing 330.241.6282

##### Mentor Office

First Tuesday of the month, 10 to 11 a.m.  
☎ Lisa Florjancic 440.853.5365

#### Parent Loss – Monthly

A monthly 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

A support group for parents who have experienced the death of an adult child.

##### Monthly

##### Warrensville Heights Office

Second Thursday of the month, 2:30 to 4 p.m.  
☎ Vicki Jackson 216.763.6441

##### Five-Week Series

##### West Campus

Mondays, April 24 – May 22, 6 to 7:30 p.m.  
☎ Judy Beckman 440.414.1731

## 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 on-going. *Registration is not required.*

#### New Beginnings

Adults in middle life.

##### HMC Hospice of Medina County The Robertson Bereavement Center

Second Tuesday of the month, 6:30 to 8 p.m.  
☎ JoDee Coulter 330.662.4240

##### Western Cuyahoga County

Call for location  
Second Wednesday of the month  
6:30 to 8 p.m.  
☎ Chemarra Bryant 440.414.1737

#### New Journey

Adults of any age.

##### Ashtabula

89 East Satin Street, Jefferson  
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.  
☎ Diana Battles 216.486.6364

#### Horizons

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

##### Lorain County Community College Spitzer Conference Center, Room 219

**1005 North Abbe Road, Elyria**  
First Friday of the month, 10:30 to 11:30 a.m.  
☎ Laurie Mason 440.787.2099

## Who Am I?

In this five-week group you will rediscover personal interests, explore new opportunities and identify support systems and tools to help since the death of your loved one. Come brainstorm, share and discover new ideas and resources with the group. There will be independent assignments most weeks. *Registration is required.*

### Ashtabula Office

Mondays, April 24 – May 22, 10 to 11:30 a.m.  
Register by April 17

☎ Susan Hamme 440.596.3582

### HMC Hospice of Medina County The Robertson Bereavement Center

Wednesdays, March 29 – April 26,  
6:30 to 8 p.m.

☎ JoDee Coulter 330.662.4240

## Families Redefined

A four-week group for families. This group is designed to provide families with an opportunity to bond and express their grief experience through the use of art, activities and discussion. *Adults and children (ages 7-12) will meet separately. Register by March 31.*

### Warrensville Heights Office

Thursdays, April 6–27, 6 to 7:30 p.m.

☎ Vicki Jackson 216.763.6441

## Community Support Groups & Activities

### 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.

### The Elisabeth Severance Prentiss Bereavement Center

Saturday, May 6, 2 to 4 p.m.

Register by April 28

☎ Call to register at 216.486.6838

### Yoga Matters

**ON-GOING** *Yoga Class designed for caregivers and bereaved.* Give yourself the gift of time and attention. The practice of Yoga helps you tune into yourself and take care of your physical, emotional and spiritual needs.

### Lakeshore Campus

Wednesdays, 5:30 to 6:45 p.m.

\$40/month or \$12 Drop-in

*(sliding scale fee available)*

☎ 216.486.6838



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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

### 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

### MENTOR OFFICE

5786 Heisley Road  
Mentor, OH 44060-1830  
440.951.8692

### HMC HOSPICE OF MEDINA COUNTY

5075 Windfall Road  
Medina, OH 44256  
330.722.4771

### WARRENSVILLE HEIGHTS OFFICE

4670 Richmond Road, Suite 200  
Warrensville Hts., OH 44128-5978  
216.454.0399

### WEST CAMPUS

22730 Fairview Center Drive  
Fairview Park, OH 44126  
216.227.9048

## Together We Can Grief Camps

**WE OFFER A VARIETY OF CAMPS TO MEET THE NEEDS** of grieving children and adolescents. Camps provide the opportunity 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 a registration packet, please contact us at **216.486.6838** or visit [hospicewr.org/camps](http://hospicewr.org/camps).

### One-Day

#### Teen Retreat (ages 13–17)

Saturday, April 22, 2 to 6 p.m.

The Elisabeth Severance Prentiss  
Bereavement Center

#### Bridges of Hope (ages 8–12)

Date to be Announced

Thousand Trails Campground, Jefferson, OH

### Three-Day

#### Medina (ages 6–13)\*

July 10–12, 9 a.m. to 3 p.m.

Krabill Shelter, Medina, OH  
Register by June 12.

#### Red Oak (ages 6–13)\*

June 6–8, 9 a.m. to 3 p.m.

Red Oak Camp, Kirtland, OH  
Register by May 8.

### Five-Day

#### Riding Through Grief (ages 8–12)

June 19–23

Supported by trained counselors, campers explore grief issues through riding and working with horses. Offered in collaboration with Fieldstone Farm Therapeutic Riding Center.

### Family Days

#### At the Park (all ages)

Saturday, July 22, 10 a.m. to Noon

Cleveland Metroparks  
Willow Bend Picnic Area  
Brook Park, OH

#### At the Beach (all ages)

Saturday, July 29, 3 to 5 p.m.

Mentor Headlands, Mentor, OH

\*Pick up and drop off times to be determined. Please call for more details.



Mandala Plates

Art for Relaxation: Nature Prints



Fabric and Feelings

Kidz Art: Inside Out



# Healing Arts Workshops SPRING 2017

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 \$5.00 donation for supplies.*



## Fabric and Feelings

**ON-GOING** A group where participants use fabric techniques such as quilting (sometimes with 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**  
Weekly – Thursdays, 2 to 4 p.m.

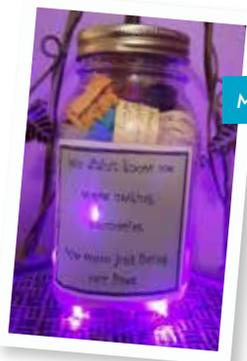
## Memories of Us

Remember catching fireflies in a jar as a kid? It may be one of the memories you have of you and your loved one. In this workshops, participants will decorate a jar and begin writing memories on colored strips of paper to fill the jar. A string of LED lights will add a glow of warmth to your jar of memories.

**West Campus**  
Tuesday, April 4, 6:30 to 8:30 p.m.

**Warrensville Heights Office**  
Wednesday, April 19, 6:30 to 8:30 p.m.

**The Elisabeth Severance Prentiss Bereavement Center**  
Thursday, April 20, 6:30 to 8:30 p.m.



Memories of Us

## LGBTQ Art Therapy Event: Visual Stories

*This event is for members of the Lesbian, Gay, Bi-Sexual, Transgender, Queer Community who have experienced the death of a loved one.* Powerful images and meaningful artwork can be created through the use of photo and word collage. Use personal pictures, magazine images, and words to create a visual story of the memories you have of your loved one.

**The Elisabeth Severance Prentiss Bereavement Center**  
Tuesday, April 25, 6:30 to 8:30 p.m.

## Mandala Plates

Participants will create their own mandala design and paint both sides of a bisque (unglazed china) dinner plate with ceramic glazes at the first session. The plates will be kiln-fired during the week so that we can use them for our potluck meal at the second session, which will be devoted to sharing stories. Bring your loved one's or your own favorite food to share!

**West Campus**  
**MUST ATTEND BOTH TUESDAYS**  
May 16 and 23, 6:30 to 8:30 p.m.

**Warrensville Heights Office**  
**MUST ATTEND BOTH WEDNESDAYS**  
May 17 and 24, 6:30 to 8:30 p.m.

**The Elisabeth Severance Prentiss Bereavement Center**  
**MUST ATTEND BOTH THURSDAYS**  
May 18 and 25, 6:30 to 8:30 p.m.

## Kidz Art: Inside and Out

Sometimes the way we feel inside doesn't necessarily match with what we let people see on the outside. For a multitude of reasons, this may be especially difficult for children who are grieving. Participants will paint and decorate the outside and inside of a mask to represent how they feel. *Ages 6+. Kids are invited to bring family members along for this workshop. Light refreshments provided.*

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

**The Elisabeth Severance Prentiss Bereavement Center**  
Tuesday, June 20, 6:30 to 8:30 p.m.

**SAVE THE DATE!**

## Art for Relaxation: Nature Prints

It's the beginning of summer and foliage is bursting forth! At this workshop, participants will use leaves, flowers, pine branches, ornamental grasses and other natural items with deep veins or texture to create prints. Bring some natural items of your own to experiment with.

**Warrensville Heights Office**  
Wednesday, June 14, 6:30 to 8:30 p.m.

**The Elisabeth Severance Prentiss Bereavement Center**  
Thursday, June 22, 6:30 to 8:30 p.m.

**West Campus**  
Tuesday, June 27, 6:30 to 8:30 p.m.

## A CHILD'S VIEW

By Dominique Butler, MSSA, LISW

# When a Pet Dies



## Dear Parents,

**Has your family recently experienced the death of a beloved family pet?** Are you struggling to find ways to help your child cope with the loss? If the answer is “yes,” there are several ways to help your child express their big feelings of grief and remember your pet.

There is a unique love language between a pet and its owner. A pet provides loyalty, responsibility, comfort, companionship, security, unconditional love and a timeless connection. A pet is so much more than an animal. Oftentimes, a pet is a child’s first playmate and best friend. For this reason, many children grieve the life, friendship and mere presence of their pet. They may miss their pet greeting them at the door when they get home from school, the regular walks or having a loyal companion by their side to cuddle, cry, talk or laugh with.

Whether the death is sudden or anticipated, the death of a pet can produce feelings of anger, guilt, loneliness and confusion. The child may blame their parents or themselves for having to “put a pet down” when the pet becomes sick or old. A child may become angry or feel guilty for crying or not being there when they took their last breath. It is important to be honest with your child and use simple language they understand. Some children may feel lonely because their companion and playmate is gone. Regardless of the feelings your child is experiencing, it is important to make time and provide a safe place for them to express their feelings.

Coming together as a family to remember your pet can help children through the grief process. Children can process feelings of grief through a ritual, ceremony or simple memory-making activity. Share stories, look at pictures and cry together as a family. After a period of time you may want to have a family discussion about getting another pet. Grief is a normal and natural process we go through when we experience any form of loss. Allowing your child the right to grieve at their own pace is the best support you can give them. Remember this: there is no right or wrong way to grieve the death of a pet that touched your life.

## "Coping..."

from page 1

others, but don't expect them to know what you need from them. Let them know you need to talk, to get out of the house or just need a hug.

Consider altering your routine as a way to manage the void. For example, if driving to work reminds you of the places your loved one enjoyed, consider a temporary route change to cope with the drive.

When you begin to have more energy, think about attending activities where you can meet new people. Through the use of these strategies, you'll be able to better manage the loneliness of grief.



## Create A Distraction Box

**Step away from your normal routine.** Make a distraction box and fill it with activities to make coping with solitude more controllable.

If you find evenings difficult because you would spend time watching TV with your loved one, turn it off and open your distraction box instead. Here are some items you can include:

- ◆ A list of people to call
- ◆ Books or CDs
- ◆ Craft supplies
- ◆ A deck of cards
- ◆ Crossword puzzles or word searches, etc.
- ◆ A list of favorite websites for games or blogs on a favorite topic
- ◆ An adult coloring book and markers or crayons ▼





The Elisabeth Severance Prentiss  
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300 East 185th Street  
Cleveland, OH 44119-1330

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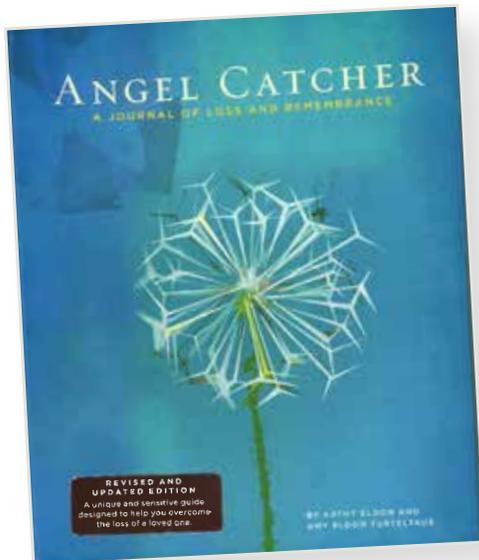
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The Elisabeth Severance Prentiss Bereavement Center and The Robertson Bereavement Center are community-based grief support programs that provide services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.

## BOOK REVIEW

By April Ratcliffe, LSW



# Angel Catcher by Kathy Eldon & Amy Eldon Turteltaub

**A**ngel Catcher is a beautiful journal book written by Kathy Eldon and her daughter Amy Eldon Turteltaub after the tragic loss of one of their family members. This journal of remembrance was first published in 1998, then revised to reach a new audience with the message of hope and peace as one copes with a loss.

Kathy and Amy begin by giving their testimonials regarding their feelings of grief and devastation after the murder of Dan, Kathy's son and Amy's brother.

Angel Catcher, a "book to capture an angel" is designed to assist the grieving in "capturing the essence of someone no longer with you." The pages can be filled with private thoughts, memories, pictures, recipes or songs that will become your own special book of memories. These memories come to life as one responds to open-ended statements, answer fill in the blank questions or write poetry. A back pocket is attached to place special letters, cards or mementos.

Amy Eldon Turteltaub also created *Angel Catcher for Kids*, a similar resource which provides healthy and effective methods for children to cope with their loss.

Angel Catcher is a wonderful tool which guides the bereaved to express feelings and "find a new greater sense of joy and fulfillment," reminding us of our resilience despite the loss of a loved one.