



About *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

WINTER 2017-18

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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.



Who Did *You* Lose?

By Chemarra Bryant, MA, LPC

In our society, it is common for a grieving person to be asked: *Who did you lose?* However, the reaction of those asking can lead the bereaved

individual to feel as if their loss doesn't qualify because it doesn't fall under the "normal" category of what society considers a significant loss. For example, the death of a spouse may put a person in a

position where they can compare this loss to other losses in their own life. But because the experience of grief is unique to each person, we cannot compare different types of losses between people. **The death of a friend or a parent may be as devastating for one person as the death of a spouse is for another.** To try

to compare them creates the experience of disenfranchised grief in the person whose loss is seen as less significant.

Because the experience of grief is unique to each person, we cannot compare different types of losses between people.

Professor, author and grief expert Kenneth Doka defines disenfranchised grief in three parts. He defines it as "a grief not openly acknowledged, socially sanctioned, or publicly mourned." In other words, this type of grief leaves the bereaved person feeling devalued and isolated, which can create **major complications** in what could've been a healthy, normal grieving process.

Reverend Sandra L. Bochonok led a presentation on disenfranchised grief at a conference in 2012. She used both Doka's

see "*Who Did You Lose?*" on page 7

“A kind word *can warm three months of winter.*”

— JAPANESE PROVERB



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Those who are grieving often remark that they would like to SKIP over all holidays, skip the month of December and emerge on January 2. The absence of a loved one is palpable during the season of family-centered activities and feelings of acute grief are heightened.

Getting through the holidays is as individual as our grief, and at this time it becomes important to communicate your needs to family and friends. Only if they know your journey can they offer you the support you need. Others do their best to keep us happy, but sometimes being joyful is not exactly where we want to be. Maybe you're looking for quiet time to reflect and remember, or maybe you would prefer to gather with specific people rather than with a large group.

Making a plan ahead of time may be helpful. Pick and choose what you want to do. Know your support people and who or what might trigger grief reactions. This can eliminate the chaos and the last minute running around and added stress often associated with the holidays.

Don't be afraid to turn down or limit the invitations you accept, but be gracious and gentle when explaining your need to decline. Patience, allowing enough time for you to do and feel, and giving and receiving lots of hugs can be the best gifts of all.

Wishing you comfort, hope and peace in the coming year.

Diane Snyder Cowan, MA, MT-BC, CHPCA
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TRIBUTE GARDENS AND WALKWAYS

Remember Your Loved One

THE GARDENS AT AMES FAMILY HOSPICE HOUSE, David Simpson Hospice House and the Medina Hospice Inpatient Care Unit offer beautiful outdoor spaces for meditation and reflection. Whether it is with a tree, a paver or a rustic, stone bench, when you dedicate an outdoor tribute to your loved one, you are helping us create an atmosphere of care and healing. To inquire about garden tributes, please call **855.475.0245** or visit our tribute page online at hospicewr.org/tribute.



**THE ELISABETH SEVERANCE
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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

The Wintertime Jumble

Winter is a great time for sledding, snowmen, snow forts, and ice skating. However, it's also cold outside and the sun doesn't stay up for very long. In fact, winter starts on the shortest day of the year. You're likely to get up for school when it's dark outside and go to bed when it's dark. As winter moves along and spring gets closer adults may say "the days are getting longer," but it doesn't seem like they are. It's hard to notice the sun shining longer when your toes are freezing.

Grief can be like the days of winter. You may feel sad, angry or more confused than before your special person died. People may have told you that you'll start feeling better, but when you feel unhappy, it's difficult to believe that will ever happen. It's not always easy to remember what happy times feel like, just as it's not always easy to remember how hot, summer days feel when it's 20 degrees outside.

Just like the weather, there will be good days and sad days. We'll have days when we want to play with our friends, and we'll have days that are hard and we want to be alone. Eventually, we'll have more good days. In the meantime, do things on hard days that will help you feel better - ask for a hug, play with friends, look at pictures, draw or paint your own pictures, watch a favorite movie, or whatever works for you.

Here's a list of different feelings that you may experience when a loved one dies. Find the words in the search. When you've found them all, you can draw a picture of your special person.

SAD
HAPPY
WORRIED
RELIEVED
LONELY
SCARED
GUILTY
NUMB
SPACED-OUT
HURT
TIRED
SILLY
ASHAMED
SHOCKED
SHY
CONFUSED
ANGRY

A S H A M E D S S E D
A Q I S K A L P I A N
Y S H Y O N W A S C V
W P J E D G G C D F G
H M W O R R I E D A C
G U I L T Y Q D H U O
R O R T A Z T O A D N
E L X T V L I U P E F
L O Y L A D R T P O U
I S H O C K E D Y T S
E I M N S R D N S P E
V L Q E P F R C U A D
E L P L V B W H L M E
D Y O Y S C A R E D B

Support Groups

WINTER 2017/18

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 (5 Week Series)

Wednesdays, January 3-January 31, 10-11:30 a.m.
Register by December 29
☎ Susan Hamme 440.596.3582

Lakeshore Campus

Mondays, January 22-February 26, 1-2:30 p.m.
☎ Tensie Holland 216.383.3741

The Robertson Bereavement Center

Tuesdays, February 20-March 27, 6:30-8 p.m.
☎ JoDee Coulter 330.662.4240

Mentor Office

Tuesdays, January 16-February 20, 1-2 p.m.
☎ Lisa Florjancic 440.853.5365

West Campus

Mondays, January 15-February 19, 6:30-8 p.m.
☎ Judy Beckman 440.414.1731

Circle of Hope

Art Therapy Edition

SERIES 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, January 10-February 14, 10 a.m.-Noon
☎ Mollie Borgione 216.486.6544 or mborgione@hospicewr.org



Circle of Hope:
Art Therapy
Edition

Hope & Healing

MONTHLY 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, 6-7:30 p.m.
☎ April Ratcliffe 216.383.3782

The Robertson Bereavement Center

Second Tuesday of the month, 3-4 p.m.
☎ Theresa Suing 330.241.6282

Mentor Office

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

Parent Loss

MONTHLY For adults adjusting to life after the death of one or both parents.

West Campus

Second Tuesday of the month, 6:30-8 p.m.
☎ Judy Beckman 440.414.1731

Parents Together

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

Warrensville Heights Office

Second Thursday of the month, 2:30-4 p.m.
☎ Karen Kincaid 216.486.6973

Hopeful Hearts

MONTHLY 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, 1-2:30 p.m.
☎ Chemarra Bryant 440.414.1737

New Beginnings

MONTHLY For adults in middle life who have experienced the death of a spouse, partner or significant other.

West Campus

Second Wednesday of the month, 6:30-8 p.m.
☎ Chemarra Bryant 440.414.1737

Winter Escape: Coloring for Comfort

SPECIAL Come join us and learn about the benefits of adult coloring as you move through the grieving process. *Materials will be provided.*

The Elisabeth Severance Prentiss Bereavement Center

Thursday, February 8, 6-7:30 p.m.
RSVP by February 1
☎ Tensie Holland 216.383.3741

Winter Escape:
Coloring for Comfort



New Journey

MONTHLY For adults of any age who have experienced the death of a spouse, partner or significant other.

Ashtabula

St. Paul's Lutheran Church
89 East Satin Street, Jefferson
First Thursday of the month,
11 a.m.-12:30 p.m.

☎ Susan Hamme 440.596.3582

The Elisabeth Severance Prentiss Bereavement Center

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

☎ Kathryn Harrison Brown 216.486.6331

Horizons

MONTHLY For adults in late life who have experienced the death of a spouse, partner or significant other.

Mayfield Village Baptist Church

6500 Highland Road, Mayfield
Second Tuesday of the month, 1-2:30 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, 10:30-11:30 a.m.

☎ Laurie Mason 440.787.2099

Women's Workshop

SPECIAL A periodic workshop for women who have lost their partner, significant other or spouse.

Please call for date, time, and location.

☎ Judy Beckman 440.414.1731

Grief 101 (for the newly bereaved)

SPECIAL 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.*

The Robertson Bereavement Center

Wednesday, February 21, 3-4 p.m.

☎ Theresa Suing 330.241.6282

Warrensville Office

Tuesday, March 13, 6:30-7:30 p.m.

☎ Mary Murphy 216.763.6442

Restoring Hope: When a Loved One Dies From an Overdose

SERIES Five-week group for those adults who have had a loved one die from an overdose death. Registration is required. Registration for spring groups is underway. Please call 216.486.6838 to put your name on the list. Once the group is scheduled you will be automatically enrolled and notified.

Tips for Handling the Holiday

SPECIAL For those who've experienced the death of a loved one and seek advice on how to handle the holidays.

Mentor Office

Tuesday, December 5, 1-2 p.m.

☎ Lisa Florjancic 440.853.5365

Community Activities

Yoga Matters

ON-GOING 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. On-going Yoga Class designed for caregivers & bereaved.

Lakeshore Campus

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

Fee: \$40/month or \$12 Drop-in (sliding scale fee available)

☎ For more information, please call 216.486.6838.

Mother's Day Tea

SAVE THE DATE! 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 5, 1-3 p.m.



KEY

SERIES Registration is required. Please call facilitator listed for more information.

MONTHLY Registration is not required.

SPECIAL Registration may or may not be required. Please call facilitator listed to learn more.



THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER

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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

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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



The Light of My Life



A Paper Blizzard



Kidz Art: Bottle Cap Art

Fabric and Feelings

Healing Arts Workshops WINTER 2017/18



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.*

Holiday Family Night: A Paper Blizzard!

It is said that no two snowflakes are alike. Just as there will never be anyone exactly like your loved one. What made your loved one unique? Bring family members or come by yourself to join us in making snowflakes to usher in Winter. Perhaps by cutting up a blizzard of paper snowflakes, we can avoid the real thing!

West Campus
Tuesday, December 5,
6:30-8:30 p.m.

Warrensville Heights Office
Wednesday, December 6,
6:30-8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, December 14,
6:30-8:30 p.m.

Kidz Art: Bottle Cap Art

Create a mini design in memory of your loved one using beads, charms and other small items arranged into a small or large bottle cap. Items are held in place by clear-drying liquid glue and can be made into a pendant or magnet. Ages 6+. Kids are invited to bring family members along for this workshop. Light refreshments provided.

West Campus
Tuesday, February 27,
6:30-8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Tuesday, March 6,
6:30-8:30 p.m.



Grief and Comfort Collage

Grief and Comfort Collage

You may have heard of six-word memoirs or stories which describe one's life using just six words. At this workshop, participants will make a word and image collage illustrating their own six words of grief and six words of comfort.

West Campus
Tuesday, February 6, 6:30-8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, February 15, 6:30-8:30 p.m.

Warrensville Heights Office
Wednesday, February 21, 6:30-8:30 p.m.

The Light of My Life

In this workshop, participants will decorate a candle holder to remember the light that our loved ones brought into our lives. We will gather for a short candlelight ceremony at the end to honor them.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, January 11, 6:30-8:30 p.m.

West Campus
Tuesday, January 16, 6:30-8:30 p.m.

Warrensville Heights Office
Wednesday, January 24, 6:30-8:30 p.m.

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.

Art for Relaxation: Birds of a Feather

SAVE THE DATE! 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.

Warrensville Heights Office
Wednesday, March 14,
6:30-8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, March 15,
6:30-8:30 p.m.

West Campus
Tuesday, March 20,
6:30-8:30 p.m.



Art for Relaxation: Birds of a Feather



GRIEVING THE HOLIDAYS *as a Family*

Holidays can be intense. TV ads, music on the radio, store displays and parties can be overwhelming, but when you are grieving the death of a loved one, it can be even more stressful. Navigating grief as a family adds to the complexity.

Everyone grieves a little differently. Maybe mom frequently cries, feels sad and wants to talk about the loss. Or dad tries to be stoic, not talk about it, and can't even look at pictures yet. The teen in the family just wants to be left alone, but is struggling with schoolwork and the feeling of apathy. The youngest child vacillates between feeling sad or missing their loved one and acting like nothing happened or wanting to play with friends. Don't despair—just as we react in individual ways, there are many ways to honor each family member's grief.

Rituals during the holidays can help a family honor the loved one who has died. Some families light a candle and keep it on the table while they have the holiday meal. Others will light it early in the day, saying a prayer or sharing special memories of their loved one.

Sometimes families cook their loved one's favorite food, set a place at the holiday table for them, place a photograph of them on the table or have everyone share a special memory about the person during the meal. All of these are ways to acknowledge the elephant in the room at holiday time—a special person has died and life isn't the same anymore.

Visiting the cemetery around the holidays is another way to connect the family in their grief. Remember, though, while it is comforting for many people, others find going to the cemetery triggers such intense feelings that they can't make the trip. Don't force them. Give them time and honor their grief process.

Sometimes staying home for the holidays after a loved one dies is too intense. Some families have found it helpful to get away. This can lessen the difficulty of the first holiday. Taking a little vacation from grief and holiday traditions can be a needed break. Often families change some of their holiday traditions or begin new ones. This can also help ease the pain.

Remember, everyone in the family has a right to grieve in his or her own way. Support one another but respect individual grief needs. Holidays and grief are difficult at best, but when a family is able to acknowledge their feelings during this time, the heavy burden of grief can be lessened.

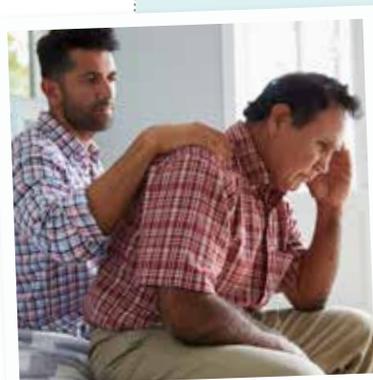
"Who Did You Lose?"

from page 1

definition and a well-known beatitude, "Blessed are those who mourn, for they will be comforted" to explain how acknowledged grief leads people to mourn and in turn, find comfort in both God and humanity. Bochonok's inclusion of this beatitude in her presentation is spot on when it comes to explaining disenfranchised grief. One must first understand **the power and healing that comes from acknowledged grief**. The concept of grief being acknowledged provides both permission to the bereaved to openly mourn while expanding the opportunity to be comforted. However, when grief is ignored by those in the bereaved person's circle or daily life (*i.e. family, friends and/or coworkers*), it is then defined as disenfranchised grief. The process of grief is difficult enough, but think of how painful it must be for those who **grieve without acknowledgment**.

Bochonok suggests five ways to "enfranchise the disenfranchised." Let the person know:

- 1 that you **see** them grieving
- 2 that you **hear** them
- 3 that you **recognize** and **honor** their loss
- 4 that you **respect** them
- 5 you **acknowledge** their loss as **valid**.



Grief is hard enough without putting limits on which deaths we are "allowed" to mourn. Take time to acknowledge your grief, and know that your feelings are valid.

300 East 185th Street
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*Serving the Northern Ohio
counties of Ashtabula, Cuyahoga,
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If you do not speak English, language assistance services, free of charge, are available to you. Call 216.383.6688.

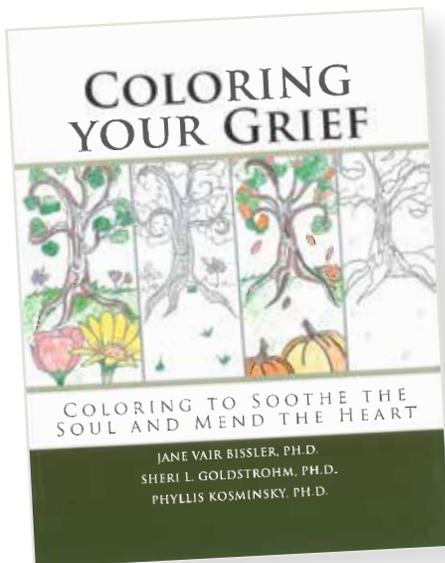
OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 216.383.6688.

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Western Reserve Grief Services is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.

BOOK REVIEW

By Tensie Holland, LSW, CT



Coloring Your Grief: Coloring to Soothe the Soul and Mend the Heart

By Jane Vair Bissler, Ph.D, LPCC-S, FT, Sherri L. Golstrohm, Ph.D
and Phyllis Kosminsky, Ph.D, LCSW, FT

In the past few years, coloring has become a very popular trend for adults. It can help individuals focus and increase mindfulness. Coloring can also help with decreasing stress and promoting calmness. It incorporates a childhood activity with adult creativity.

Coloring Your Grief is designed to aid the bereaved in their grieving process. The book starts with an introduction which will help the bereaved identify the benefits of coloring. There are 5 concept areas in the coloring book with specific objectives—



The authors indicate the pictures were chosen to encourage meditation and self-reflection. They advise and encourage readers to use it at their own pace.

Throughout the book, there are inspirational quotes which can be used as affirmations. There is space to journal and the book can also be used as a family or group activity.

This book is a great resource to channel your creativity while healing from the pain of grief.