Parents never expect their children to die before them.

Although we grieve when a parent dies, it follows the natural order of things for children to bury their parents, especially if they are elderly or sick. But, for parents, the idea of losing a child is inconceivable no matter how old that child is. When a young child who is terminally ill dies or is tragically killed in an accident, there may be thoughts that life isn’t fair. How could such a young child die? He or she didn’t even live long enough to do this or that. Why would God let a child die? The thoughts when an adult child dies may vary, but are nonetheless painful and sad.

Parents understand the various stages children go through as they strive to find themselves and gain their independence. Younger children experiencing normal growing pains of youth may think parents do not understand anything and the child knows it all. As the child matures, there is an appreciation for the wisdom and knowledge parents had all along but which the child couldn’t accept. Eventually, the relationship between parent and child may deepen and even assume the role of friend.

As the roles change, the adult child may be a source of emotional, physical, spiritual or financial support to the parents. When one of the parents dies, the adult child may be the person the remaining parent looks to for support, especially if he or she are elderly with many deceased family members and friends.

Caregiving is also a role the child may take on as the parent ages or declines in health.

One can only imagine the tremendous sense of loss if that adult child dies. Not only is there grief because of the death, there may be the loss of companion, caregiver, friend and support. There may also be a change in the relationship with the son/daughter-in-law, especially if that person establishes a new relationship in the future. That brings another sense of loss.

“The death of a child, regardless of age or circumstances, is always a horrendous event. Support is critical,” according to Kenneth Doka in his July 2003 *Journeys* article, *When an Adult Child Dies*. We would assume that grief support is automatic for the parents of an adult child, but that is not always the case. If the deceased child was a spouse, parent, or partner, the support may be directed to the children or surviving spouse or partner. So the support you expected and needed as the parent may not be forthcoming. What do you do?

Recognize that you have the right to grieve for your child no matter what their age. Understand that your loss is real and profound. Seek support from available resources. Consider attending a grief support group geared toward parents who have lost adult children. Perhaps one-on-one support would better meet your needs. The Elisabeth Severance Prentiss Bereavement Center (216.486.6838) is one community resource for grief support. Remember, you do not have to bear this grief alone—help is only a phone call away.
Hospice of the Western Reserve is 35 years old this year. This is a great accomplishment and I am extremely proud to be a part of this agency. September 15 is our Walk to Remember at the Cleveland Metropark’s Zoo. This is a wonderful opportunity to celebrate the lives of our loved ones.

Honoring the deceased takes various forms. Many bereaved young people have tattoos that memorialize their loved one. Getting a tattoo is often part of a ritual, and rituals are vital in grief work. Just as grief hurts, getting a tattoo is physically painful. In time grief softens, but it is always a part of you. Tattoos itch and burn as they heal. The skin softens. The healing of the tattoo is a process just like grief. And when the tattoo is healed, it becomes a part of the body. The tattoo is a symbol of the continuing bond the bereaved has with the deceased. The deceased not only lives on in the griever’s heart but also on their skin.

Here are some examples of ways tattoos can memorialize the deceased:

• The person’s name, date of birth and date of death
• Meaningful quotes and images
• Hearts and hearts with wings
• Portraits of the deceased
• Religious symbols (anything from artifacts to praying hands)
• “R.I.P.” – To “rest in peace” is what most grievers want for their beloved

Memorial tattoos can play an important part in the grief process. They provide an opportunity to tell the story. Tattoos mark the change that has occurred, give visibility to the loss and help maintain a continuing bond.

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

Diane Snyder Cowan, MA, MT-BC
216.486.6312
dscowan@hospicewr.org

From the Editor

There are no goodbyes for us.
Wherever you are, you will always be in my heart.

—Gandhi

Please “like” us on Facebook:
Facebook.com/ESPBCenter

Visit our Online Discussion Groups at:
hospicewr.org/discussions/grief

Visit The Bereavement Center’s Blog at:
hospicewr.org/bereavement-center-blog

Hospice of the Western Reserve
Walk to Remember
Sunday, September 15 | 8:00 a.m. to Noon
Cleveland Metroparks Zoo

Whether you have known someone who received our services, or want to remember a dear family member or friend, this walk is a wonderful way to celebrate life. Your admission (Minimum $20 per walker) will provide you entrance to the Zoo and Rainforest, a complimentary pancake breakfast, prizes, entertainment and much more.

For more information, visit hospicewr.org/walk

SPONSORED BY
The Vista Walk and Tribute Walks
Remember Your Loved One

The gardens at David Simpson Hospice House and Ames Family Hospice House offer beautiful outdoor spaces for meditation and reflection. We invite you to add your own memory to the Vista Walk on the eastside, or to the Tribute Walk in Westlake by purchasing a paving brick and writing your own personal dedication. For more information, please call the Development Team at 855.475.0245 or visit our tribute page online at tributes.hospicewr.org.

Ask Dr. Bob

Robert Ballantine, MSW, DCC, D.MIN., LISW-S

Dr. Bob,

I often wake up after a couple of hours of sleep and can’t fall back to sleep again. That’s when they start. The feelings of guilt that I have regarding my spouse’s death start playing over and over again in my head. During the day, they are not as bad if I keep real busy. But, at night, wow! Unbearable! What can I do to stop these thoughts? Help!

– Guilt-ridden

Dear Guilt-ridden,

Nighttime can really magnify one’s thoughts. During the night, many thoughts can start racing in our minds. If you have been experiencing feelings of guilt, they can surface and play over and over again, making you feel like you are the worst person in the world. I like to call these repeating thoughts “nags,” because they won’t stop. So, let’s take a look at guilty feelings.

Feelings of guilt often accompany a significant loss. It is one of the most common problems that people experience after a death. These feelings can be very painful and disturbing. It takes a lot of energy to keep them “under control.” These feelings need to be addressed or they can continue to “nag” you for the rest of your life. First of all, the best caregiver, spouse, or parent will feel that they could have done a better job in the roles and responsibilities they undertook with the deceased. We remember the one time when we were exhausted and said an unkind word, or when our caregiving was less than perfect. These are rich fodder for feelings of guilt to take root, and they tend to elicit thoughts and anxieties that we are a bad person and need to be punished for our perceived crime.

When a client reports that they are experiencing guilt, I first want to determine if the thoughts are rational or irrational. This is important because it can affect treatment decisions. Whether they are rational or irrational, the intensity of the feelings are the same to the individual who is experiencing them. A rational example would be: I actually did something wrong to the deceased, an abusive husband. Now I realize how abusive he was. An irrational example: I did not do anything wrong, but I believe that I did. For instance, I lit some incense at home and my spouse complained that it bothered him, but I kept it burning anyway. Later that evening, he wasn’t feeling well. He was admitted to the hospital and subsequently was diagnosed with lung cancer. I caused his lung cancer by lighting that incense and not extinguishing it when he complained. Whether the thoughts are rational or irrational, the feelings to the individual are real. Both of these situations can be treated. You do not have to be sentenced to a lifetime of living with these thoughts.

Another important thing: look at the context in which the word is being used. The word “guilt” means you are guilty of a wrong-doing. That’s pretty heavy. Are you guilty of a criminal or moral wrong-doing? After exploring the situation, you may determine that you are not guilty of anything. What you may be experiencing is regret. You may have regrets over something that occurred, but you are not guilty of anything. Regret doesn’t carry the same level of culpability as guilt. Using the right word can help change your attitude about what has been bothering you and helps to decrease the level of distress.

Feelings of guilt can be addressed, but it often takes the assistance of a professional grief counselor. The counseling staff at the Elisabeth Severance Prentiss Bereavement Center can assist you in exploring and managing these feelings.
MASSAGE THERAPY
Providing Comfort Through Touch
Stress is a normal part of life. As you move along grief’s journey, you may face many challenges. Massage therapy is a tool useful in helping to cope with stress, anxiety and fatigue. To schedule an appointment, call Felicia Dunlop at 216.486.6335. All appointments will be held at The Elisabeth Severance Prentiss Bereavement Center.

Basic Fees: $25 for 30 minutes $50 for 60 minutes

YOGA MATTERS
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. Classes held at Hospice of the Western Reserve Lakeshore Campus. For more information please call 216.486.6838.

On-going Yoga Class designed for caregivers & bereaved.

Wednesdays, 5:30 pm to 6:45 pm
Fee: $40/month or $12 Drop-in (sliding scale fee available)

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. Call to verify time and location.

Adult Support Groups
CIRCLE OF HOPE SERIES
A six-week educational support group for adults who have had a loved one die. Registration is required. Please call the facilitator listed below for more information or to register.

Ashtabula Office
Thursdays, October 3 – November 7, 10:00 to 11:30 a.m.
Susan Hamme 440.997.6619

The Elisabeth Severance Prentiss Bereavement Center
Wednesdays, October 9 – November 13, 10:00 to 11:30 a.m.
Diana Battles 216.486.6364

Lakeshore Campus
Mondays, September 23 – October 28, 6:00 to 7:30 p.m.
Tensie Holland 216.383.3741

Mentor Office
Tuesdays, September 17 – October 22, 1:00 to 2:30 p.m.
Lisa Florjancic 216.383.2222 ext. 1052

Warrensville Heights Office
Tuesdays, October 8 – November 12, 6:00 to 7:30 p.m.
Vicki Jackson 216.383.2222 ext. 1197

Westlake
St. John Medical Center, Westshore Professional Building
29160 Center Ridge Road, Suite R
Tuesdays, October 29 – December 3, 6:30 to 8:00 p.m.
JoDee Coulter 216.383.2222 ext.1301

CIRCLE OF HOPE
Widows And Widowers (ages 65 and older)
The Elisabeth Severance Prentiss Bereavement Center
Wednesdays, October 16 – November 20, 1:30 to 3:00 p.m.
Kathryn Harrison Brown 216.486.6331

CIRCLE OF HOPE
Art Therapy Edition
A six-week art and educational support class for adults who have had a loved one die. No previous art experience necessary.
The Elisabeth Severance Prentiss Bereavement Center

Art Therapy Studio
Six consecutive Wednesdays, September 18 – October 23, 10:00 a.m. to noon. Call Mollie Postotnik at 216.486.6544 or email her at mpostotnik@hospicewr.org to register.

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

Lakeshore Campus
3rd Monday of the month, 6:00 to 7:30 p.m.
April Ratcliffe 216.383.3782

Mentor Office
2nd Tuesday of the month, 10:30 to 11:30 a.m.
Lisa Florjancic 216.383.2222 ext. 1052

PARENT LOSS
A monthly support group for adults adjusting to life after the death of a parent.

Lakewood Office
2nd Tuesday of the month, 6:30 to 8:00 p.m.
Judy Beckman 216.383.2222 ext. 1114

PARENTS TOGETHER
A support group for parents coping with the death of an adult child. Registration is required.

Warrensville Heights Office
Thursdays, October 3 – October 24, 2:00 to 3:30 p.m.
Vicki Jackson 216.383.2222 ext. 1197

HOPEFUL HEARTS
A monthly grief support group for anyone age 60 and over who has experienced the death of someone special in the past two years.

Holy Spirit Family Center
410 Lear Road, Avon Lake
4th Tuesday of the month, 1:00 to 2:30 p.m.
JoDee Coulter 216.383.2222 ext. 1301
### Workshop

**GRIEF 102**
A group for those who have completed a basic grief group. We will explore a variety of coping tools including relaxation; music, nutrition, art, journaling. Registration is required.

**Lakewood Office**
Six Wednesdays, October 2 – November 6, 6:30 to 8:30 p.m.
Judy Beckman 216.383.2222 ext. 1114

### Spousal Loss Groups

**NEW BEGINNINGS**
A monthly support group for young widows and widowers (ages 55 and younger). This group is open-ended and on-going. Registration is not required.

**Westlake**
St. John Medical Center, Westshore Professional Building
29160 Center Ridge Road, Suite R
2nd Wednesday of the month, 6:30 to 8:00 p.m.
JoDee Coulter 216.383.2222 ext. 1301

**NEW JOURNEY**
A support group for widows and widowers of any age, adjusting to life without their spouse. This group is open ended and on-going. Registration is not required.

The Elisabeth Severance Prentiss Bereavement Center
2nd Thursday of the month, 10:00 to 11:30 a.m.
Diana Battles 216.486.6364

**HORIZONS**
A monthly support group for the older adult widow and widower. This group is open ended and on-going.

**Mayfield Village Baptist Church**
6500 Highland Road, Mayfield
2nd Tuesday of the month, 1:00 to 2:30 p.m.
Kathryn Harrison Brown 216.486.6331

**Lorain County Community College**
Spitzer Conference Center, Room 113
1st Friday of the month, 10:30 a.m. to 12:00 p.m.
Laurie Mason 216.383.2222 ext. 1359

### New Group

**PET GRIEF & GARDEN MEMORY STONES**
It is natural to grieve when a pet dies. Join us as we honor beloved pets. We will create memory stones and have a ceremony to celebrate their lives. You may bring items to incorporate into the stone if you wish.

**Lakeshore Campus**
Monday, September 30, 6:00 to 8:00 p.m.
Call Felicia Dunlop at 216.486.6335 to register

### Children & Family Support Groups

**New!!! KIDZ ART: Feelings Sculpture**
Kids (ages 6 and up), bring your parents along for an evening creating a paper clay sculpture in remembrance of your loved one! You can choose to make the sculpture together or individually, it’s your choice. Bring a story about your loved one to share. Refreshments provided. To register call Mollie Postotnik at 216.486.6544.

The Elisabeth Severance Prentiss Bereavement Center
(Actual workshop will be one floor above the Bereavement Center in room LS 206)
Thursday, November 6, 6:00 to 8:00 p.m.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Tuesday, November 12, 6:00 to 8:00 p.m.

**HOLIDAY FAMILY NIGHT**
Join us for a special evening using art to memorialize your loved ones during the holiday season. Materials and light refreshments provided. To register call Felicia Dunlop at 216.486.6335.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Wednesday, December 11, 6:00 to 8:00 p.m.

**HORizons**
A monthly support group for the older adult widow and widower. This group is open ended and on-going.

**Mayfield Village Baptist Church**
6500 Highland Road, Mayfield
2nd Tuesday of the month, 1:00 to 2:30 p.m.
Kathryn Harrison Brown 216.486.6331

**Lorain County Community College**
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Monday, September 30, 6:00 to 8:00 p.m.
Call Felicia Dunlop at 216.486.6335 to register

**ART FOR RELAXATION**

**Sparkling Ice Crystals**
These ice crystals are fun and easy to make. They will add wintery beauty to your holiday décor and remind you of the unique individuality of your loved one.

**Westlake Center for Community Services**
29694 Center Ridge Road, Westlake, 44145
Tuesday, December 10, 6:30 to 8:30 p.m.

**Warrensville Heights Office**
Wednesday, December 11, 6:30 to 8:30 p.m.

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

**Adult Retreat**

**Healing and Well Being Through the Heart of the Horse**
Join us for a day of healing and well being through the compassionate heart of the horse and the calming beauty of nature. To register call Lesley Dials at 216.486.6702.

**Pebble Ledge Ranch**
9796 Cedar Road, Novelty, OH 44072
Saturday, October 12, 9:00 a.m. to 4:00 p.m.

Support Groups Continued on Page 6 >>
Healing Arts Workshops, Fall 2013
Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary. Call Mollie Postotnik at 216.486.6544 or email her at mpostotnik@hospicewr.org to register no later than four days in advance of workshop date. Suggested $5.00 donation for supplies.

QUOTATION SPOONS
This workshop offers a unique way to remember your loved one while creating a meaningful keepsake using old silver or silver-plated spoons. Bring a favorite phrase or quote from your loved one to incorporate into the artwork. If you wish, tiny photocopied photos can also be included. Spoons will be provided.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Tuesday, October 8, 6:30 to 8:30 p.m.

Warrensville Heights Office
Wednesday, October 16, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, October 24, 6:30 to 8:30 p.m.

New!!! WEST SIDE FABRIC AND FEELINGS
A monthly grief support group for bereaved persons. Participants use fabric techniques such as quilting, doll making, needlework or photo transfer to create lasting memories. Clothing from loved ones can be incorporated. No sewing expertise is necessary.

Ames Family Hospice House (Art Therapy room)
4th Wednesday of the month, Sept. 25, 6:30 to 8:30 p.m.

FABRIC AND FEELINGS
A weekly 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, 2:00 to 4:00 p.m.
Mollie Postotnik 216.486.6544

GRATITUDE BOWLS
November is our traditional month for giving thanks. Create a bowl and embed words of gratitude for the gifts given to you by your loved one.

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

Westlake Center for Community Services
29694 Center Ridge Road, Westlake, 44145
Tuesday, November 19, 6:30 to 8:30 p.m.

Warrensville Heights Office
Wednesday, November 20, 6:30 to 8:30 p.m.

MONTHLY SCRAPBOOK NIGHT
Remember that scrapbook of your loved one(s) that you never got around to finishing? No matter where you are in the process or if you haven’t yet begun, come join us! Bring your photos (copies of originals is recommended), handwritten notes, poetry, etc. Scrapbooks and some embellishments provided.

The Elisabeth Severance Prentiss Bereavement Center
1st Thursday of the month, 6:30 to 8:30 p.m.

LGBT ART THERAPY GROUP
This group is for members of the Lesbian, Gay, Bi-Sexual, Transgender Community. Whether you have lost a partner or other family member, you are welcome in this group. Your loved one need not have been a patient of the Hospice of the Western Reserve. We explore a variety of art media and techniques.

The Elisabeth Severance Prentiss Bereavement Center
Last Tuesday of the month, 6:30 to 8:30 p.m.

HOSPICE OF THE WESTERN RESERVE OFFICE LOCATIONS

DAVID SIMPSON HOSPICE HOUSE AND LAKESHORE CAMPUS
300 East 185th Street
Cleveland, OH 44119-1330
216.383.2222 or 800.707.8922

THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER
216.486.6638

AMES FAMILY HOSPICE HOUSE
30080 Hospice Way
Westlake, Ohio 44145-1077
440.414.7349 or 835.281.5727

ASHTABULA OFFICE
1166 Lake Avenue
Ashtabula, OH 44004-2930
440.997.6619

HEADQUARTERS
17875 St. Clair Avenue
Cleveland, OH 44110
216.383.2222 or 800.707.8922

LAKEWOOD OFFICE
14601 Detroit Avenue, Suite 100
Lakewood, OH 44107-4212
216.227.9048

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

SUMMIT OFFICE
150 Springside Drive, Suite A-100
Fairlawn, OH 44334
330.800.2240

WARRENSVILLE HEIGHTS OFFICE
4670 Richmond Road, Suite 200
Warrensville Hts, OH 44128-5978
216.454.0399

WESTLAKE OFFICE
29101 Health Campus Drive
Building 2, Suite 400
Westlake, OH 44145-5268
440.892.6680

hospicewr.org
A Child's View
By Andy Getz, LISW-S, Grief Counselor

If you have recently lost someone you love, it may be a confusing time for you. Some days you may be happy and other days you may burst into tears for no reason. It can be tough not knowing what mood will greet you each day. Whatever you feel on any day is OK. Let your feelings be there and don’t feel that you need to hide them.

After your loved one dies, some days will feel black. You will feel lonely and sad. On these days you may want to write a note to your loved one. You may want to remember the special things they said or did with you. This may be a day when it is helpful to cry and express your sorrow.

Some days will be warm and filled with sunshine. These are blue days. On these days you may want to spend time outdoors. Notice the beautiful trees and changing leaves. Create sidewalk chalk drawings or things you love about your life. Eat ice cream on blue days.

Then there are grey days where you might be unsure of how you feel and may not want to do much at all. Perhaps that would be a good day to read a book or look through pictures of you and your loved one. Perhaps it is time to create a scrapbook of your favorite memories.

Believe it or not, you may have a day when you feel silly and want to do crazy stuff. I think that is a purple day. How about dressing up and taking funny pictures with your friends or family? You will have those pictures to remind yourself that not every day is really difficult.

You may wake up and remember how kind others were to you and your family. You may want to help others in return. That’s a yellow day. Raise money for your favorite charity. Make friendship bracelets for kids who are sick in a hospital. You need to know that you have the power to help others.

On pink days, when you want to remember your loved one who died, get together with friends and family and share stories about your loved one. Laugh at the fun and silly memories. Those memories will remain with you forever.

Every day may be a different color. You may feel different feelings within a single day. Whatever you feel is important, it is part of your journey through grief. Try to notice your feelings, think about what colors they are. How do you want to take care of yourself? How can you allow others to help you?

On a blank piece of paper, draw a circle. Then think of all the different feelings you have experienced since your loved one died. Pick a color for each. Fill your circle with your feeling colors. Think about how much space each takes up in the circle.

Draw another circle next month and notice if there are any changes. Over time there will be more happy days than sad ones. Days will be filled with more sweet than sad memories, but that takes time.

What color are you today?
The Elisabeth Severance Prentiss Bereavement Center 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.

**When A Man Faces Grief: 12 Practical Ideas to Help You Heal from Loss**
By Thomas R. Golden and James E. Miller

**A Man You Know Is Grieving: 12 Ideas for Helping Him Heal from Loss**
By James E. Miller and Thomas R. Golden

This uniquely styled book is two books in one. *When a Man Faces Grief* acknowledges that there is a difference between the way men and women handle the process of grieving the loss of a loved one. This portion describes the characteristics of masculine grief through twelve short chapters and prompts the bereaved man to “identify your own path through grief.” The authors also explain that masculine characteristics of grief are manifested by women, and similarly, men do adopt feminine characteristics in their healing process.

*A Man You Know is Grieving* is intended for someone who wants to offer support to a man who has had a loss. It identifies different styles of masculine grief and helps the reader to understand the grief process. Twelve important points are covered in separate chapters.

Both of the books contain solid and useful information. At the end of each one, an “In Summary” chapter offers bullet point reminders of the information given. Each book concludes with the advice, “Remember: there is a masculine style of grieving that deserves to be validated.”