Summer is a time of sunshine and warm temperatures. We’ve planted our gardens, anticipating the beauty and serenity that comes from all our hard work. Now it’s time to get out, relax, vacation, and go on picnics.

Picnics can be full of warmth, laughter and good times, but sometimes the wind blows and the sand gets in our eyes and our clothes, and the ants are determined to invade our space. We pack our picnic baskets and coolers with all the things we will need; blankets to protect us from the sand, air tight containers to keep the ants out, sunscreen to protect us from the harsh rays, coolers to keep things just the right temperature, possibly some insecticide or candles to prevent the unwelcome intruders. Maybe an umbrella in case it rains.

When someone close to us dies, people will often say the experience “is no picnic.” Those are the times the wind blows the sand and the ants seem to be everywhere. We can plan ahead, but when the death comes, our emotions can catch us off guard. We are sometimes surprised and unprepared for the associated losses and the adjustments we must make.

Helping to identify those specific losses can help identify what course of action we need to take. It may be finding new purpose in life, creating new routines, making new companions and discovering new interests. It sounds simple, but after a lifetime of doing things one way, it can be the most difficult challenge we face. And nothing will ever totally eliminate that empty space in our hearts. We only learn to live with it.

So, what’s in your life’s picnic basket? What do you want to see when you open it? What supplies do you need to put in it? How prepared are you for the grief journey ahead? Who or what is your blanket that keeps you protected? Are you able to put things in their appropriate container, kept safe until you are ready to open it? Have you put yourself in an air tight container that keeps everything/everyone away? Are there people and/or things in your life that need a healthy spray of insecticide? What are the things you need in your basket to improve the quality of your picnic? Do you have good friends and good food to nourish your body, mind and spirit? Do you have a plan for your day?

Life is a journey. Sometimes there’s some rain, but the sun always comes out. What’s ahead for you?

Grief is No Picnic
— Karen Kincaid, MA, PCC
Independence Day, commonly known as the Fourth of July, is right around the corner. Communities celebrate with fireworks, parades, concerts, carnivals and fairs. Families celebrate with picnics, barbeques, and baseball games. Politicians look for a format for speeches and ceremonies. And there are many other public and private events celebrating the history, government and traditions of the United States.

But what if your loved one isn’t around this year? What if your deceased husband was the one to raise the flag in front of your home? Or if your loved one died while serving the country? You may not feel much like celebrating.

Summer holidays and get-togethers can often trigger our grief reactions. Here are some ideas that might help:

• Create a photo collage. Sort through old holiday photos to create a collage that highlights these memories.
• Light a candle that you have specially selected to represent your loved one. The lighting of this candle will provide a symbol of their presence.
• Have your loved one’s favorite meal for your holiday picnic or barbeque.
• Sing or listen to their favorite patriotic song.
• Donate to a favorite charity. The selfless act of giving to others might be just the thing you need.
• Write a letter to your loved one. Share how you feel, how it’s different and how it’s the same.

You will very likely have other ideas that honor your loved one. Remember, you are not alone. Take care of yourself and reach out for help as needed.

Two Ways to Remember Your Loved Ones

Join us at the 2018 Walk to Remember on Sunday, June 10 at Cleveland Metroparks Zoo and help support our patients and families while walking in memory of your loved one. Enjoy all day admission to the Zoo and Rainforest, entertainment, snacks and more. Learn more about how you can be involved at hospicewr.org/walk.

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. For more information, please call the Development Team at 855.475.0245 or visit our tribute page online at hospicewr.org/tribute.
Technology and grief go together like…well they really don’t go together, do they? Yet nowadays, everything we do is impacted by technology from ordering food to how we communicate. And this includes how we grieve. The current generation is exposed to technology from birth so they are the first ones to feel its influence throughout their entire childhood and adolescence. As parents and caregivers, it is often overwhelming to sort through what our youth is exposed to, but we must.

We have seen many new developments in the area of grief and loss related to technology. For instance, people grieve online both individually and communally. Teens and kids often first hear about deaths on social media or by a text. Facebook “In Memory of” pages and Instagram “Insta-Memorials” are quickly created and grow minute by minute. Hashtags about the deceased pop up and multiply in an instant. These tools can provide a supportive and appealing space for young people, but are also almost impossible to monitor and often become rife with random comments. Finally, this new way of sharing grief is not the same as a face-to-face experience or sending a card. But we have to accept that this is their reality even though it can detract from more personal encounters.

As James, Oltejenbruns, and Whiting state in their article, “Grieving Adolescents: The Paradox of Using Technology for Support”, technology is here to stay. There is much research and exploration ahead of us but we must accept that we are not going back to the previous means of communication. The challenge lies in providing that in-person support and processing while respecting that many of our youth use technology as their primary communication. So much to consider.

Rest assured, we will be here navigating this challenging terrain along with you!

Together We Can Grief Camps

We offer a variety of camps to meet the grieving needs of 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.

RIDING THROUGH GRIEF
Chagrin Falls, Ohio
June 18 – June 22, 9:00 a.m.–Noon

This five-day 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.

COMMON GROUND
14240 Baird Rd, Oberlin, OH 44074
Saturday, July 14, 9:00 a.m.–3:00 p.m.

A one-day bereavement camp for children ages 8-14 who have experienced the death of a loved one. This camp is offered in collaboration with Common Ground – The Cindy Nord Center for Renewal.

RED OAK
Red Oak Camp Kirtland, Ohio
August 7 – 9, 9:00 a.m.–3:00 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 convenient locations.

FAMILY EVENTS
Family Day at the Beach (all ages)
Mentor Headlands, Mentor, Ohio
Saturday, July 28, 3:00–5:00 pm

Join us for fun and festivities as we honor the life of your special person.
Support Groups
SUMMER 2018

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
Wednesdays, August 8 – September 12, 10:00-11:30 a.m.
Susan Hamme 440.596.3582

The Elisabeth Severance Prentiss Bereavement Center
Tuesdays, June 26 – July 31, 10:00-11:30 a.m.
Vanessa Smylie 216.763.6441

Lakeshore Campus
Mondays, September 24 – October 29, 6:00-7:30 p.m.
Tensie Holland 216.383.3741

West Campus
Mondays, June 25 – July 30, 6:30-8:00 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, July 11 – August 15, 10:00 a.m.- Noon
Mollie Borgione 216.486.6544 or mborgione@hospicewr.org

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

Lakeshore Campus (New Day)
Third Tuesday of the month, 6:00-7:30 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, 10:00-11:00 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, 6:30-8:00 p.m.
Judy Beckman 440.414.1731

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

Lakeshore Campus
Second Thursday of the month, 2:30-4:00 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, 1:00-2:30 p.m.
Laurie Mason 440.787.2099

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
MONTHLY For adults in middle life.

West Campus
Second Wednesday of the month, 6:30-8:00 p.m.
Judy Beckman 440.414.1731

New Journey
MONTHLY For adults of any age.

Ashtabula
St. Paul’s Lutheran Church
89 East Saitin 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, 10:00-11:30 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, 1:00-2:30 p.m.
Kathryn Harrison Brown 216.486.6331

Circle of Hope: Art Therapy Edition
**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

**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.**

**The LCADA Way**  
Avon Lake Wellness Center  
525 Avon Belden Road, Suite 1, Avon Lake  
Thursdays, June 28–July 26, 6:30–8:00 p.m.  
Register by March 26  
Judy Beckman 440.414.1731

**Who Am I?**  
**SERIES** A five-week group for those who are trying to 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. Recommended for those whose loss was 6 months ago or more.  
**Registration is required.**

**Ashtabula Office**  
Wednesdays, June 27-August 1, 10:00–11:30 am  
Susan Hamme 440.596.3582

**Coloring for Comfort**  
**SPECIAL** Join us for an evening of Coloring for Comfort. At the Lakeshore Campus location, we’ll go outside and the lake will be our inspiration.  
**Lakeshore Campus**  
Thursday, October 18, 6:00–7:30 p.m.  
Please register by October 12  
Tensie Holland 216.383.3741

**Walking with Grief**  
**SPECIAL** Getting moving after the loss of a loved one can be a challenge and there are so many benefits to walking. Why not take the first step and join others who are grieving for friendship, motivation and some sharing. May through October – weather permitting.  
**Mugrage Park (meet at the Pavilion)**  
4985 Windfall Road, Medina  
May 8 & 22, June 12 & 26, 9:00 a.m.  
JoDee Coulter 330.662.4240

**Senior Workshop**  
**SPECIAL** A grief workshop for seniors who have suffered losses. Come for discussion, support and comfort. Refreshments served. We meet once every three months. **Please call for date, time, and to register.**  
**Lakewood**  
Lakewood Senior Center  
16024 Madison Avenue, Lakewood  
Judy Beckman 440.414.1731

**Save the Date**

**Healing and Well-Being Through the Heart of a Horse**  
Join us for a day of healing and well-being through the compassionate heart of the horse and calming beauty of nature.  
**Pebble Ledge Ranch**  
9725 Cedar Road, Novelty  
Saturday, September 22, 9:00 a.m.–4:00 p.m.  
Register by September 14.  
Call 216.486.6838 to register.

**KEY**  
**SERIES** Registration is required. Please call facilitator listed for more information.  
**MONTHLY** Please call to confirm group.  
**SPECIAL** Registration may or may not be required. Please call facilitator listed to learn more.
Healing Arts Workshops SUMMER 2018

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.

My Rock
Was your loved one the rock in your life? Decorate a rock with paint, images and words to remember the strengths of your loved one. You may bring a large flat unpolished rock (about the size of the palm of your hand or smaller) or pick one when you get to the workshop.

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

**West Campus**
Tuesday, July 17, 6:30–8:30 p.m.

**Christ Episcopal Church**
3445 Warrensville Center Rd,
Shaker Heights, 44122
Wednesday, July 25, 6:00–8:00 p.m.

Please note the time.

**ART FOR RELAXATION:**

**LANDSCAPES OF THE HEART**

Painting a natural landscape can sometimes help reveal one’s emotional landscape. Come and paint a scene from our grounds on the lake, if weather permits, at our Lakeshore Campus to express mood and feeling. If you attend either one of the other workshops, you can paint from a stock photograph or bring your own.

**West Campus**
Tuesday, August 7, 6:30–8:30 p.m.

**The Elisabeth Severance Prentiss Bereavement Center**
Thursday, August 16, 6:30–8:30 p.m.

**Christ Episcopal Church**
3445 Warrensville Center Rd,
Shaker Heights, 44122
Wednesday, August 22, 6:00–8:00 p.m.

Please note the time.

**WORDS AND SNAPSHOTSPHOTOGRAPHY AND JOURNALING**

**GRIEF SERIES**

This five-week series is for those who desire a more introspective way to convey their feelings of grief for their loved one through digital photography and writing. Participants will need their mobile phone or another digital camera to take photos and the ability to either email or print them. (Space is limited, so register early!)

**The Elisabeth Severance Prentiss Bereavement Center**
Wednesdays, August 22 – September 19.
10:00 a.m.–Noon
Tuesday, May 15, 6:30–8:30 p.m.

Please note the time.

**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, 2:00–4:00 p.m.

**CIRCLE of LOVE BOOKS**

The three photos show the book when folded up, when partially opened, and fully opened. At this workshop, you will put a circle book together. You can begin to add photos, notes, and other two dimensional mementos to remember your loved one at the workshop, or add them at home.

**Christ Episcopal Church**
3445 Warrensville Center Rd,
Shaker Heights, 44122
Wednesday, September 12, 6:00–8:00 p.m.

Please note the time.

**The Elisabeth Severance Prentiss Bereavement Center**
Thursday, September 13, 6:30–8:30 p.m.

**West Campus**
Tuesday, September 18, 6:30–8:30 p.m.
Grief encompasses a broad spectrum of behaviors and feelings that are common after the death of a loved one. Many of the normal grief reactions may seem like characteristics of depression, but grief and depression are very different. Let’s look at some of the differences between grief and depression.

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

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

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

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

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

Although grief and depression may seem to mimic one another, there is a definite difference between the two. Knowing these differences can normalize the grief reaction. These reactions are a direct response to the death of a loved one and the feelings will pass given time and support.
In this sensitive and compassionate book, the authors address grief experiences that may happen during specific blocks of time after death. (The reader can easily reference a chapter that points to where they are in the grief cycle; anywhere from 1 to 4 months and up to 18 to 24 months.) Various issues and areas of concern for the bereaved are considered.

The authors consider several aspects of grief such as shock, numbness, anxiety, depression, feeling overwhelmed and anger. While these may seem negative, they also look at hope and ways to honor and take care of oneself while grieving. Helpful “Do’s and Don’ts for the Bereaved, Friends and Family” are also provided.

The authors offer ideas on why grief may feel worse later than it did right after the death. A transitional object is recommended such as a loved one’s ring, picture or key chain when other things can’t seem to comfort an individual.

Ways in which emotions can change after the initial numbness has worn off and reality has set in are also discussed. The question “How will you know when you are healing?” is looked at and the authors suggest that “when you think of your loved one without the accompanying strong emotion of longing and sadness you are healing.” This doesn’t mean you have forgotten your loved one, it is saying that they don’t occupy all your waking thoughts. The overriding theme of the book is that everyone grieves in their own way and there is no right or wrong way to walk this journey of grief. The authors assure people that what they are feeling is probably normal grief.