



**HOSPICE  
OF THE  
WESTERN  
RESERVE**

The Elisabeth Severance Prentiss  
Bereavement Center

FALL 2011  
*Community  
Support Groups  
& Activities*

**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-Stanley 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)

**ALCOHOLICS ANONYMOUS**

**Lakeshore Campus**

Wednesdays, 12:45 pm

For more information, call 216.241.7387

**Bereavement Support Groups**

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Please note, the Westlake groups will be held at St John Medical Center, Community Outreach, 29160 Center Ridge Road, Suite R. Groups are subject to change. Call to verify time and location.

**Adult Support Groups**

**CIRCLE OF HOPE SERIES**

A six-week educational support class **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**

**Mondays, Sep. 12 – Oct. 17, 5:00 to 6:30 p.m.**

Marti Dixon 440.997.6619

**The Elisabeth Severance Prentiss Bereavement Center**

**Wednesdays, Oct. 12 – Nov. 16, 10:00 to 11:30 a.m.**

Diana Battles 216.486.6364

**Lakeshore Campus**

**Mondays, Sep. 26 – Oct. 31, 6:00 to 7:30 p.m.**

Tensie Holland 216.383.3741

**Lakewood Office**

**Mondays, Sep. 12 – Oct. 17, 6:30 to 8:00 p.m.**

Judy Beckman 216.298.0405 ext. 1114

**Mentor Office**

**Wednesdays, Oct. 5 – Nov. 9, 10:00 to 11:30 a.m.**

Lisa Florjancic 216.298.0405 ext. 1052

**Warrensville Heights Office**

**Tuesdays, Oct. 18 – Nov. 22, 2:30 to 4:00 p.m.**

Vicki Jackson 216.298.0405 ext. 1197

**Westlake**

**St John Medical Center, Community Outreach**

29160 Center Ridge Road, Suite R

**Thursdays, Sep. 22 – Oct. 27, 6:30 to 8:00 p.m.**

JoDee Coulter 216.298.0405 ext. 1301

**HOPE & HEALING**

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

**Lakeshore Campus**

**3<sup>rd</sup> Monday of the month, 6:00 to 7:30 p.m.**

April Ratcliffe 216.383.3782

**Mentor Office**

**3<sup>rd</sup> Tuesday of the month, 10:30 to 11:30 a.m.**

Lisa Florjancic 216.298.0405 ext. 1052

**FOR THE YOUNG ADULT (20'S)**

**The Elisabeth Severance Prentiss Bereavement Center**

**3<sup>rd</sup> Wednesday of the month, 6:00 to 7:30 p.m.**

Diana Battles 216.486.6364

**HOPEFUL HEARTS**

Grief support for anyone **age 60 and over** who has experienced the death of someone special.

**Holy Spirit Family Center**

410 Lear Road, Avon Lake

**4<sup>th</sup> Tuesday of the month, 1:00 to 2:30 p.m.**

JoDee Coulter 216.298.0405 ext. 1301

**PARENTS TOGETHER**

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

**Lakewood Office**

**Mondays, Oct. 24 – Nov. 14, 6:30 to 8:00 p.m.**

Judy Beckman 216.298.0405 ext. 1114

**Coventry Public Library**

1925 Coventry Road, Cleveland Heights

**Wednesdays, Sep. 7 – Sep. 28, 1:30 to 3:00 p.m.**

Kathryn Harrison Brown 216.486.6331

**Warrensville Heights Office**

**Thursdays, Dec. 1 – Dec. 22, 2:30 to 4:00 p.m.**

Vicki Jackson 216.298.0405 ext. 1197

## 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, Community Outreach**

29160 Center Ridge Road, Suite R

**2<sup>nd</sup> Wednesday of the month, 6:30 to 8:00 p.m.**

JoDee Coulter 216.298.0405 ext. 1301

#### **Warrensville Heights Office**

**1<sup>st</sup> Tuesday of the month, 6:00 to 7:30 p.m.**

Vicki Jackson 216.298.0405 ext. 1197

### 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**

**2<sup>nd</sup> Thursday of the month, 10:00 to 11:30 a.m.**

Diana Battles 216.486.6364

#### **Ashtabula Office**

**2<sup>nd</sup> Thursday of the month, 6:00 to 7:30 p.m.**

Marti Dixon 440.997.6619

### 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

**2<sup>nd</sup> Tuesday of the month, 1:00 to 2:30 p.m.**

Kathryn Harrison Brown 216.486.6331

#### **Maple Heights Library**

5225 Library Lane, Maple Heights – Room 4

**4<sup>th</sup> Thursday of the month, 1:00 to 2:30 p.m.**

*(No group held in Nov.)*

Vicki Jackson 216.298.0405 ext. 1197

## Children & Family Support Groups

### S.T.A.R.S. (Supporting Tears, Anger, Remembrance & Sadness)

A six-week support group for grieving children ages 6-12. While the children are meeting, there is an adult support group to assist parents and family members in dealing with their own grief. The groups are free and open to the public. Registration is required.

**The Elisabeth Severance Prentiss Bereavement Center**

**Thursdays, Oct. 6 – Nov. 10, 6:00 to 8:00 p.m.**

Colleen Thompson 216.486.6316

### HELPING HANDS/HEALING HEARTS

A monthly support group for children ages 6-13 and adults, who have experienced the death of a loved one. While the adults are meeting, there is a co-existing support group for the children. Registration is not required.

**The Elisabeth Severance Prentiss Bereavement Center**  
**3<sup>rd</sup> Tuesday of each month, 6:00 to 8:00 p.m.**

Colleen Thompson 216.486.6316

### CONNECTIONS

A six-week support group for families who have experienced the death of a child. After pizza together, parents have a support group while children (ages 6-12) gather for expression through art, music, play and discussion with others who have lost a sibling. Registration is required.

#### **Lorain County Office**

**Tuesdays, Oct. 4 – Nov. 8, 6:00 to 8:00 p.m.**

Andy Getz 216.298.0405 ext. 1342

### PHOTOGRAPHY FOR ADOLESCENTS

A four-week group using phototherapy and journaling as an expressive and safe way to share feelings and reflect on the grieving process. The group is open for teens under 18. Pizza dinner is provided. There is a limited number of cameras to use, so participants are encouraged to bring their own. Registration required.

#### **Lakeshore Campus**

**Mondays, Sep. 12 – Oct. 3, 5:30 to 7:00 p.m.**

Molly Kohut 216.486.6275 or [Mkohut@hospicewr.org](mailto:Mkohut@hospicewr.org)

### LITTLE ONE'S GRIEF

A 4-week support group for children ages 3-5 and their parent/guardian who have experienced the death of a loved one. Sessions include art, play and discussion activities designed to support the grief processes of each child. Registration is required.

#### **Lakeshore Campus**

**Wednesdays, Oct. 5 - 26, 10:00 to 11:30 a.m.**

Molly Kohut 216.486.6275 or [Mkohut@hospicewr.org](mailto:Mkohut@hospicewr.org)

### 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

## Special Events

### DINNER AND A MOVIE FAMILY NIGHT

Come join us for a light dinner and a family film examining concepts of grief and loss. We will provide time for a short discussion and a creative activity for remembrance. Registration is required.

**Movie – TBA**

**Westlake Office**

**Monday, Oct. 24, 6:00 to 8:00 p.m.**

Shavaun Jones 216.486.6319

## Healing Arts Workshops, Fall 2011

Healing Arts Workshops provide the bereaved with a creative outlet for their grief and are open to all grieving people. No art experience is necessary. **Call Mollie Postotnik at 216.486.6544 or email her at [mpostotnik@hospicewr.org](mailto:mpostotnik@hospicewr.org) to register no later than four days in advance of workshop date. Suggested \$5.00 donation for supplies.**

### ART FOR RELAXATION: MIXED MEDIA MONOPRINTS



Participants will create a design or scene using multiple watercolor monoprints. You can then embellish your piece with hand-made paper, metallic or non-metallic markers, and pencils or pens.

**Elisabeth Severance Prentiss Bereavement Center  
Thursday, Sep. 15, 6:30 to 8:30 p.m.**

**Warrensville Heights Office  
Wednesday, Sep. 21, 6:30 to 8:30 p.m.**

**Westlake  
St. John Medical Center, Community Outreach  
29160 Center Ridge Road, Suite R, Group Room D  
Tuesday, Sep. 27, 6:30 to 8:30 p.m.**

### STEPPING STONES



Make a cement stepping stone to commemorate a loved one. Small stones, tiles, glass beads and personal mementoes may be embedded. Names and dates can be stamped. May be used in your garden (if you polyurethane it after it dries) or can be displayed indoors.

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

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

**St. John Medical Center Community Outreach  
29160 Center Ridge Road, Suite R, Group Room D  
Tuesday, Oct. 25, 6:30 to 8:30 p.m.**

### GRATITUDE COLLAGES



A collage is a work of art made from assembling photos, newspaper clippings, ribbons, handmade papers, and other found objects. Participants will create a collage that depicts gratitude for their loved ones and their lives together.

**Elisabeth Severance Prentiss Bereavement Center  
Thursday, Nov. 3, 6:30 to 8:30 p.m.**

**Warrensville Heights Office  
Wednesday, Nov. 9, 6:30 to 8:30 p.m.**

**St. John Medical Center Community Outreach  
29160 Center Ridge Road, Suite R, Group Room D  
Tuesday, Nov. 15, 6:30 to 8:30 p.m.**

### COMFORTING YOUR MIND, BODY & SPIRIT: AN ADULT BEREAVEMENT RETREAT

Join other adults who have experienced the death of a loved one for a day of reflection, renewal and creativity. The fee is \$20 and lunch will be provided. Registration is required. Call Felicia Dunlop-Stanley at 216.486.6335.

**Saturday, Oct. 1, 10:00 a.m. to 4:00 p.m.**

Wildwood Cultural Center, 7645 Little Mountain Rd., Mentor

### MEMORIAL SERVICE

A memorial service for Hospice of the Western Reserve patients who have died in the past six months will be held on Saturday, October 22<sup>nd</sup> at 1:00 pm at Corporate College East. Family and friends are invited to join us for this time of remembrance. Invitations will be mailed in September. You may also call 216.486.6335 for more information.

## HOSPICE OF THE WESTERN RESERVE OFFICE LOCATIONS

**Lakeshore Campus**  
300 East 185th Street  
Cleveland, OH 44119-1330  
216.383.2222

**Hospice Care Center**  
26376 John Road  
Olmsted Township, OH 44138  
440.235.3134

**Mentor Office**  
5786 Heisley Road  
Mentor, OH 44060-1830  
440.951.8692

**Westlake Office**  
29101 Health Campus Drive,  
Building 2, Suite 400  
Westlake, OH 44145-5268  
440.892.6680

**Headquarters**  
17876 St. Clair Avenue  
Cleveland, OH 44110-2602  
800.707.8922

**Lakewood Office**  
14601 Detroit Avenue, Suite 100  
Lakewood, OH 44107-4212  
216.227.9048

**Summit County Office**  
150 Springside Drive, Suite A-100  
Fairlawn, OH 44334  
330.800.2240

**The Elisabeth Severance  
Prentiss Bereavement Center**  
300 East 185th Street  
Cleveland, OH 44119-1330  
216.486.6838

**Ashtabula Office**  
1166 Lake Avenue  
Ashtabula, OH 44004-2930  
440.997.6619

**Lorain County Office**  
2173 N. Ridge Road E., Suite H  
Lorain, OH 44055-3400  
440.787.2080

**Warrensville Heights Office**  
4670 Richmond Road, Suite 200  
Warrensville Hts, OH 44128-5978  
216.454.0399