



About *grief*

A PUBLICATION OF HOSPICE OF THE WESTERN RESERVE

SUMMER 2020

IN THIS ISSUE

- 1 The Power of Support Groups
- 2 From the Editor
- 3 Life As We Knew It
- 4 Support Groups
- 6 Healing Arts Workshops
- 7 A Child's View
- 8 Book Review

STAY IN TOUCH

 Facebook
facebook.com/WRGServices
facebook.com/hospicewr

 Western Reserve
 CareLink
hospicewr.org/carelink

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.



The Power of Support Groups

By Shawn Eigenbrode, MSW, LSW, GC-C

ALTHOUGH GRIEF IS A NEARLY UNIVERSAL HUMAN EXPERIENCE, IT IS ALSO DEEPLY PERSONAL. Grief can be lonely. The death of a loved one can leave us feeling out of sync with the world around us and disconnected from our usual social support systems. We may withdraw in order to protect ourselves or to conserve energy. Family members may be unable to offer comfort if they too are grieving. Friends and colleagues may not relate to our loss, or they may be uncomfortable discussing death. Even sincere well-wishers often say or do things that simply are not helpful.

Support groups, also called “mutual aid” groups, offer a practical tool to fill this void by bringing together community members facing similar challenges. Led by a facilitator, support groups provide a structured yet flexible forum for discussing problems, asking questions and sharing

One common misconception about grief support groups is that they are depressing. Skeptics assume that discussing grief and listening to others’ stories will only add to their own burdens. Typically, the opposite occurs. Attendees routinely report gaining a sense of relief and comfort from the group setting and may even experience moments of laughter and joy. Contacting the facilitator in advance can help to ease anxieties and answer preliminary questions.

Variations on support groups offer options to the bereaved. “Psychoeducational” groups, like Western Reserve Grief Services’ Circle of Hope series, typically emphasize information and learning. They meet more frequently, but for a limited number of weeks.

If you prefer creative outlets rather than discussion or information-based forums, WRGS also offers

*Regardless of your loss or coping style,
remember that you do not need to grieve alone.*

compassion. Support groups do not provide counseling or therapy, but they may supplement those services.

Grief support groups, whether online or in person, can provide a safe space where the bereaved can share experiences, express difficult emotions – anger, fear, guilt, disappointment, regret – or candidly discuss relationship dynamics.

Attendees may also choose simply to listen. Grief support groups offer connection without obligation, judgement or expense. Attendees bring a wide range of perspectives and wisdom.

a variety of Healing Arts Workshops. A board-certified art therapist leads these supportive workshops, but participants do not need artistic skills or training to participate. Online groups or virtual communities provide web-based alternatives to traditional in-person support groups. Depending on your computer skills, these options may provide unique benefits or convenience.

Sometimes, more than one attempt may be necessary to find the option or group that best meets your needs. Please do not be discouraged; it’s okay to experiment. Regardless of your loss or coping style, remember that you do not need to grieve alone.

About grief

a Publication from



WESTERN RESERVE GRIEF SERVICES

SUMMER 2020
VOLUME 30/NO 2

EDITOR

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

EDITORIAL ASSISTANT

Felicia Dunlop

VOLUNTEER EDITOR

Samantha Cowan

CONTRIBUTING WRITERS

Shawn Eigenbrode,
MSW, LSW, GC-C
Bereavement Coordinator

Kathryn Harrison Brown,
MA, LPC
Bereavement Coordinator

Vanessa Smylie, MSW
Bereavement Coordinator

April Ratcliffe, LSW
Bereavement Coordinator

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

FROM THE EDITOR

Healing doesn't usually spring up instantaneously, instead it manifests itself in small yet delightful doses of "normal".

- Anonymous



PHYSICAL DISTANCING AND GRIEF

WHEN THIS NEWSLETTER WENT TO PRINT, MOST OF THE NATION WAS SHELTERING IN PLACE. People had become familiar with the phrase "social distancing," though that has begun to give way to "physical distancing," which I prefer for many reasons. During this time of physical distancing, we are grieving the loss of our normal life. From playdates, to school and work, to religious services and yoga classes, our routine has been disrupted. Grief reactions such as fear, anxiety and sadness may be overwhelming.

We are very aware that those who are currently grieving a loss may be unable to do so in ways they are accustomed to. Meanwhile, those wishing to comfort mourners are also grieving the loss of providing consolation in person.

While funeral services can be streamed via the web, food can be ordered and delivered and texts, cards, phone and video calls can keep us connected, we need to acknowledge that for many, it is not the same without hugs, touch and physical closeness.

For many, grief is an isolating experience. As grief professionals, we encourage mourners to reach out to one another and perhaps attend a grief support group. But the world is changing, and with the current pandemic, a group activity is not an option.

So, what are we to do with our grief, our fears and anxiety during this time?

- 1. Spread kindness, not germs.** Doing acts of kindness is often helpful when grieving. These can be done in honor of your loved one. This might be a phone call or a thoughtful and compassionate email sent to someone who is isolated. It could be getting groceries or leaving a meal on the doorstep.
- 2. Stay connected.** Physical distancing does not have to mean social disengagement. Reach out via phone calls or video chats. Explore virtual support groups and websites.
- 3. Practice self-care and mindfulness.** Focus on your breathing. Move your body. These exercises will go a long way in keeping you healthy in body, mind and spirit.
- 4. Recognize moments of joy.** Take a walk outside. Let nature do its magic. Watch a silly video. FaceTime an old friend. Laugh. Smile.

We care about you and know these are tough times. We continue to be here with comfort and support.

Be safe and be well.

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

Life As We Knew It....

By
Kathryn Harrison Brown, MA, LPC

According to the “natural order of things,” our parents will probably die before us. Although we expect this, the death of a parent can rock the foundation we leaned on for so many years. Whether we’re five or 50 years old, we have the illusion that our parents will be here forever. As children, we rely on parents for our most basic needs like food, shelter, clothes, comfort and support. Parents also build our emotional and social framework, which prepares us for the future.

As young adults, we turn to our parents for their wisdom and guidance as we make major life decisions about college, career choices, marriage and having our own children. As we get older, our parents play important roles in our children’s lives as grandparents. Even as their roles evolve, our quest for them to approve of our choices remains.

As we reach middle age ourselves, the roles can reverse. Physical changes in the elderly may require more assistance from their children or professionals. Memory problems can result in poor judgment and lead to safety

issues. As we provide more help, we become more realistic about this role reversal, even though it is difficult to accept.

When one parent dies, children grieve the loss but also must cope with the remaining parent’s grief. After both parents die, adult children may feel orphaned, despite having their own family. The realization that you are no longer anyone’s child can hurt beyond belief. According to Professor Andrew Scharlach, previously of USC, “As long as a parent is alive, there is somebody between us and what we fear. We are symbolically protected.” According to Scharlach, the death of our parents forces us to face our own mortality because we are “next in line.”

Accepting the death of the people we thought would always be here can be overwhelming and intense. The many emotions and feelings that surface are part of the normal grief process. Sharing your story with someone, whether family, friends, clergy or professionals, can be helpful.



DAVID SIMPSON HOSPICE HOUSE



AMES FAMILY HOSPICE HOUSE



MEDINA INPATIENT CARE CENTER

THE VISTA WALK AND TRIBUTE WALKS

Remember Your Loved One

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. When you dedicate an outdoor tribute to your loved one with a paver or stone bench, you are helping us create an atmosphere of care and healing. Contact us at **855.475.0245** or visit hospicewr.org/tribute to learn more.

Support Groups

SUMMER 2020

At the time of printing, all in-person groups have been postponed or cancelled. Please check the status of your group by calling **216.486.6838** or emailing **thebereavementcenter@hospicewr.org**. If you are interested in virtual groups, please email us at **thebereavementcenter@hospicewr.org**.



Circle of Hope:
Art Therapy
Edition

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, June 17 – July 22
10:30 a.m. to Noon

☎ Susan Hamme 440.596.3582

Lakeshore Campus

Fall dates to be announced

The Robertson Bereavement Center

Fall dates to be announced

West Campus

Mondays, June 15 – July 20
6:30 to 8 p.m.

☎ Judy Beckman 440.414.1731

Circle of Hope: Art Therapy Edition

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

The Elisabeth Severance Prentiss Bereavement Center

Wednesdays, July 15 – August 19
10 a.m. to Noon.

☎ Mollie Borgione 216.486.6544 or
mborgione@hospicewr.org

Hope & Healing

MONTHLY An ongoing monthly support group for grieving adults. *Registration is not required. Please call facilitator for more information.*

Lakeshore Campus

Third Tuesday of the month
6 to 7:30 p.m.

☎ April Ratcliffe 216.383.3782

The Robertson Bereavement Center

Second Tuesday of the month
3 to 4 p.m.

☎ JoDee Coulter 330.662.4240

East Side

Mentor Public Library

8215 Mentor Avenue, Mentor
First Tuesday of the month
10 to 11 a.m.

☎ Lisa Florjancic 440.853.5365

Portage County

United Church of Christ

1400 E. Main Street, Kent
Second Tuesday of the month
1 to 2:30 p.m.

☎ Margaret Bossaller 330.241.6282 or
mbossaller@hospicewr.org

Parent Loss

MONTHLY A support group for adults adjusting to life after the death of one or both parents.

West Campus

Fall dates to be announced

Parents Together

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

Lakeshore Campus

Second Wednesday of the month
2:30 to 4 p.m.

☎ Shawn Eigenbrode 216.486.6364

Hopeful Hearts

MONTHLY A support group 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 to 2:30 p.m.

☎ Mary Ellen Jordan 440.414.1737

Seniors

For seniors who have experienced a loss
Please call for dates
1 to 2:30 p.m.

Lakewood Senior Center

16024 Madison Avenue, Lakewood
☎ Judy Beckman 440.414.1737



**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

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

EAST CAMPUS
34900 Chardon Road, Suite 105
Willoughby Hills, OH 44094
440.951.8692

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

HMC HOSPICE OF MEDINA COUNTY
5075 Windfall Road
Medina, OH 44256
330.722.4771

WEST CAMPUS
22730 Fairview Center Drive
Fairview Park, OH 44126
216.227.9048

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 ongoing. *Registration is not required.*

New Beginnings

MONTHLY For adults in middle life

West Campus

Second Wednesday of the month
6:30 to 8 p.m.


 Mary Ellen Jordan 440.414.1737

New Journey

MONTHLY For adults of any age

Ashtabula Office

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.

 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 to 2:30 p.m.


 Kathryn Harrison Brown 216.486.6331

Yoga Matters

Designed for caregivers & bereaved

ONGOING Give yourself the gift of time and attention. Practicing 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.

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

 Please call 216.486.6838.

Women's Workshop

A periodic workshop for women who have lost their partner, significant other or spouse. *Please call for date and to register.*

Panera Bread

19705 Center Ridge Road, Rocky River
6 to 8 p.m.


 Judy Beckman 440.414.1731

Healing the Heart

Grief after an overdose death
Please call to register.

East Campus

First Tuesday of the month
6 to 7:30 p.m.

 Shawn Eigenbrode 216.486.6364 or
seigenbrode@hospicewr.org

Restoring Hope

Grief support group for those who have lost a loved one due to a drug overdose
Registration is required.

West Campus

Tuesdays, July 7 – August 11
6:30 to 8 p.m.

 Judy Beckman 440.414.1731

ADULT RETREAT: 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.

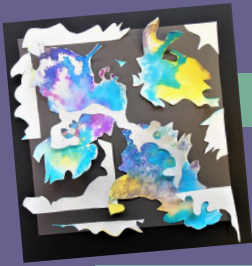
Pebble Ledge Ranch 9725 Cedar Road,

Novelty

Saturday, October 10, 2020
9 a.m. to 4 p.m.

Register by October 1.

 **Call to register 216.486.6838**



Putting Things Back Together



Kids Art: Memory Puzzle



Words and Snapshots



Art for Relaxation

Fabric and Feelings



Healing Arts Workshops SUMMER 2020



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*

ART FOR RELAXATION: LANDSCAPES OF THE HEART

Painting a natural landscape can sometimes help reveal one's emotional landscape. You can paint a scene from our grounds on the lake if weather permits at our Lakeshore Campus to express mood and feeling. At any of the workshops, you can also paint from a stock photograph, bring your own or just paint how your grief feels.

The Elisabeth Severance Prentiss Bereavement Center

Thursday, August 13
6:30 to 8:30 p.m.

West Campus

Tuesday, August 18
6:30 to 8:30 p.m.

Christ Episcopal Church 3445 Warrensville Center Road, Shaker Heights

Wednesday, August 26
6 to 8 p.m.

Please note the time.

WORDS AND SNAPSHOTS: PHOTOGRAPHY 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, September 2 – 30
10 a.m. to Noon

📞 Mollie Borgione 216.486.6544 or
mborgione@hospicewr.org

KIDS ART: MEMORY PUZZLE

We all have lots of memories of time spent with our loved ones. They are like a jigsaw puzzle that we put back together in our hearts so that we remember them. Participants will each be given pre-cut pieces to decorate with memories, then they will put the pieces back together to make a meaningful shape. Ages 6+. Kids are invited to bring family members along for this workshop. Light refreshments provided.

The Elisabeth Severance Prentiss Bereavement Center

Tuesday, July 28
6:30 to 8:30 p.m.

West Campus

Tuesday, August 4
6:30 to 8:30 p.m.

FABRIC AND FEELINGS

WEEKLY A 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 to 4 p.m.

PUTTING THINGS BACK TOGETHER

A familiar feeling after the death of a loved one is the loss of control in our lives. We ask, "Who am I now? What will my life look like now?" This art therapy and gentle movement workshop collaboration will be centered around regaining control and putting your life back together after the loss of your loved one. Vanessa Smylie, one of our bereavement coordinators who is also an experienced dance instructor, will co-facilitate. (Accommodations will be made for those who need to sit.)

West Campus

Tuesday, July 7, 6:30 to 8:30 p.m.

Christ Episcopal Church 3445 Warrensville Center Road, Shaker Heights

Wednesday, July 15, 6 to 8 p.m.

Please note the time.

The Elisabeth Severance Prentiss Bereavement Center

Thursday, July 23, 6:30 to 8:30 p.m.



Gratitude Flags

SAVE THE DATE

GRATITUDE FLAGS

Prayer flags are hung high outdoors all over Tibet, Nepal and India. They are hung to send out blessings and wishes to the world. The traditional Tibetan belief is that the prayers of a flag become a permanent part of the universe as they are weathered by rain, snow and sun. In this workshop, you will decorate a string of flags to send out your gratitude and appreciation for your loved one's life into the world.

The Elisabeth Severance Prentiss Bereavement Center

Thursday, September 10
6:30 to 8:30 p.m.

West Campus

Tuesday, September 22
6:30 to 8:30 p.m.

Christ Episcopal Church 3445 Warrensville Center Rd., Shaker Heights

Wednesday, September 23
6 to 8 p.m.

Please note the time.

We're All In This Together

By
Vanessa Smylie,
MSW

A CHILD'S VIEW



Children and teens are often told “we’re all in this together” in times of loss to remind them that other people are grieving, too. This phrase can also bring hope. Through a grieving child’s eyes, hope can be missing, lost or hidden. This is a crucial time for the trusted and caring adults in their life to restore hope and a sense of openness to what they are feeling. While grieving, hope is often the force that keeps us moving forward. Hope allows us to wake up in the morning and take on the day to endure that next big cry and face feelings of uncertainty. Providing hope and a listening ear as an adult who is also grieving can be a difficult task. But hope is a funny thing: like a sunflower, it droops its head in darkness, but always lifts to find the light. We can’t always see hope or even feel it, but it consistently and gently nudges us to keep taking that next step forward.

Restoring hope for our children and young adults goes hand in hand with respecting their emotions and their grieving rights. Inspired by the Constitution’s Bill of Rights that gives citizens rights and respect, a group of teens from Good Grief, Inc. developed a “Grieving Kid’s Bill of Rights”. This list reminds adults to view grief through children and teens’ perspectives. Kids may need extra time, space or even permission to grieve in different ways. Showing them we understand they are grieving after a loved one’s death lets them know they are cared for, heard and respected.

Grieving Kid's

BILL OF RIGHTS

As written by Good Grief Teens

EVERY GRIEVING KID HAS THE RIGHT TO:

- ♥ Attend the funeral of the person who died. ♥
- ♥ Know the details of the death. ♥
- ♥ Ask as many questions as they want. ♥
- ♥ Have their personal space respected. ♥
- ♥ Grieve the way they want to grieve. ♥
- ♥ Feel what they want to feel. ♥
- ♥ Cry whenever they feel the need to. ♥
- ♥ To be able enjoy themselves. ♥
- ♥ Not be expected to always be happy. ♥
- ♥ To talk about grief when they want to. ♥
- ♥ Not talk about grief when they don't want to. ♥
- ♥ Have fun days, and not talk about death. ♥
- ♥ Not receive unnecessarily long hugs. ♥
- ♥ Be treated the same as before the death. ♥
- ♥ Have people remember that they are still grieving. ♥

Together
We Can

Together We Can camps provide the opportunity for kids to be with others who are also grieving a loved one's death. Camps are expressive 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](tel:216.486.6838) or visit hospicewr.org/grief to register online.

Five-day Riding Through Grief

Fieldstone Farm
16497 Snyder Rd, Chagrin Falls
June 22 - 26, 9:00 a.m. - noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8-12 who have experienced a loved one's death. Through riding and working with horses, campers explore grief issues supported by trained counselors.

Three-day Red Oak

Red Oak Camp
9057 Kirtland Chardon Rd., Willoughby
August 4 - 6, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6-13 who have experienced a loved one's death. Transportation available from two locations.



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.

© 2020 All Rights Reserved

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

A Mother Loss Workbook: Healing Exercises for Daughters

By Diane Hambrook CSW, MSW, and Gail Eisenberg with Herma M. Rosenthal

April L. Ratcliffe, LSW

When Diane Hambrook was a student in her bereavement counseling class, she was strongly impacted by the profound words of her instructor, Dr. Patrick DelZoppo. “Mourners need to tell their story and have someone bear witness to their experience,” DelZoppo said. Hambrook found this to be true when she attended motherless daughter support groups. Women who grew up without moms talked about feeling unloved, unimportant, angry, empty, confused and profoundly sad from never having known their mothers.

These experiences planted the seed for Hambrook’s 1997 book, *A Mother Loss Workbook: Healing Exercises for Daughters*.

Hambrook and her co-authors break down the book into four parts:

1. Remembering the past/Life without mother and family
2. Touched by loss/The circumstances and ramifications of her death
3. Who am I now/Who are you as a result of the loss
4. Who will I be/Approaching a place of healing, integrating the loss and taking charge of your future

The authors share multiple activities, open-ended questions and thought-provoking topics for journaling. They encourage you to be specific, thorough and include details. They also recommend not censoring your thoughts, but rather listening to yourself and letting go.

A Mother Loss Workbook also includes stories of other motherless women ranging in age from their late teens to mid-seventies, placed to inspire and reinforce the fact that you are not alone.

A Mother Loss Workbook was created so you can tell your story. It is a wonderful supplement to professional therapy or support groups, or on its own if you are not ready to talk about your loss with others. It is a tool: a safe space to assist women who are grieving and are defined by a loss. A space where you can work at your pace, in your own time, at any stage of the grief process; a space where no one will judge you.

