

WESTERN RESERVE GRIEF SERVICES



About *grief*

A PUBLICATION OF
HOSPICE OF THE WESTERN RESERVE

WINTER 2025 - 2026



*The Practical Side Of Grief:
Cooking for One*

page 4

800.707.8922 | hospicewr.org



Support Groups

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Groups are subject to change. All groups require advance registration, and the number of participants is limited. Virtual groups will be offered via Microsoft Teams. For more information or to register for a group, please call or email the facilitator listed for that group.

FROM THE EDITOR

As the days grow shorter and the air turns cold, many find that grief feels heavier in the winter season. The quiet and stillness can stir memories and magnify the ache of absence. Please remember – you don't have to carry it alone. Our bereavement team is here to listen, to walk beside you, and to help you find small moments of light and warmth along the way.

We invite you to reach out, join a group, or simply connect with us whenever you need support. This winter, may you feel the gentle reminder that healing doesn't mean forgetting – it means allowing hope to share space with your sorrow.

Susan Hamme, LSW, CHP-SW
Director of Grief Services

shamme@hospicewr.org
440.596.3582

GENERAL GRIEF SUPPORT

Hope and Healing

A monthly support group for adults who have experienced a loss.

(In-Person)

THIRD TUESDAY OF EACH MONTH

6 – 7:30 p.m.

Location:

Robertson Bereavement Center

Contact: Betsy Fox
efox@hospicewr.org
216.414.1737

Grief 101

This 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.

(In-Person)

WEDNESDAY, DECEMBER 3

1 – 2 p.m.

Location: Erie County Senior Center
620 East Water St., Sandusky 44870

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

THURSDAY, DECEMBER 11

6 – 7:30 p.m.

Location:

Mansfield Richland Public Library
43 W. 3rd St., Mansfield 44902

Contact: Anne Hughes
ahughes@hospicewr.org
216.383.3741

THURSDAY, JANUARY 22

1 – 2:30 p.m.

Location: Ashland Public Library
224 Claremont Ave., Ashland 44805

Contact: Anne Hughes
ahughes@hospicewr.org
216.383.3741

THURSDAY, FEBRUARY 19

6 – 7:30 p.m.

Location: Knox County Office

Contact: Anne Hughes
ahughes@hospicewr.org
216.383.3741

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

FEBRUARY 5, 12, 19, 26

3 – 4:30 p.m.

Location: Ashtabula Office

Contact: Nick Peckham
npeckham@hospicewr.org
216.383.3782

Registration Deadline: February 2

Lunch with Friends

A social group for adults who have experienced the death of a loved one; participants pay for their own meals

(In-Person)

FIRST WEDNESDAY OF EACH MONTH

Noon – 1 p.m.

Location: Bob Evans
4800 US 250 N, Norwalk 44857

Contact: Kathy Failor
kfailor@steinhospice.org
419.202.1234

THIRD WEDNESDAY OF EACH MONTH

Noon – 1 p.m.

Location: Sandusky Yacht Club
529 East Water St., Sandusky 44870

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

Healing Hearts Support Group

A monthly support group for adults who have lost an adult loved one.

(In-Person)

SECOND THURSDAY OF EACH MONTH

10 – 11:30 a.m.

Location:

Aurora Senior Center
Aurora Community Room
129 W. Pioneer Trail, Aurora 44202

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

Grief in the Second Year

For anyone exploring the second year of grief, including why it can be more challenging and ways to cope

(In-Person)

TUESDAY, FEBRUARY 3

2:30 – 4 p.m.

Location:

Robertson Bereavement Center,
Medina

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

Registration is required.

SPOUSAL/PARTNER LOSS

Loss of Spouse/Partner Grief Support Group

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

FIRST WEDNESDAY OF EACH MONTH

6 – 7:30 p.m.

(Virtual)

Contact: Vanessa Smylie
vsmylie@hospicewr.org
216.763.6441

FIRST THURSDAY OF EACH MONTH

7:30 – 8 p.m.

(In-Person)

Location:

Avon Lake United Church of Christ
32801 Electric Blvd., Avon Lake
44012

Contact: Amy Boyd-Kirksey
a Boyd-Kirksey@hospicewr.org
216.383.3788

SECOND TUESDAY OF EACH MONTH

10:30 a.m. – noon

(In-Person)

Location: Lakeshore Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

SECOND TUESDAY OF EACH MONTH

2 – 3:30 p.m.

(In-Person)

Location: West Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.633

For Women Only: Loss of Spouse/Partner Grief Support Group

(In-Person)

THIRD THURSDAY OF EACH MONTH

2 – 3 p.m.

Location: West Campus

Contact: Emily Ross
eross@hospicewr.org
216.383.3765

For Men Only: Loss of Spouse/Partner Grief Support Group

(In-Person)

LAST THURSDAY OF EACH MONTH

2 – 3 p.m.

Location: West Campus

Contact: Laurie Mason
lmason@hospicewr.org
440.787.2099

PARENT LOSS

Gen-Z/Millennial Grief

A group for adults ages 23-40 grieving the death of a parent or parent figure.

(Virtual)

SECOND WEDNESDAY OF EACH MONTH

6 – 7:30 p.m.

Contact: Sarah McIntosh
smcintosh@hospicewr.org
216.486.6364

Parent Loss Group

(Virtual)

SECOND MONDAY OF EACH MONTH

6 – 7:30 p.m.

Contact: Anne Huges
ahughes@hospicewr.org
216.383.3741

CHILD LOSS

Parents Together

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

(Virtual)

SECOND TUESDAY OF EACH MONTH

6 – 7:30 p.m.

Location: Lakeshore Campus

Contact: Betsy Fox
efox@hospicewr.org
440.414.1737

ALTERNATIVE GRIEF SUPPORT

The Practical Side Of Grief: Cooking for One

An opportunity to learn and share tips and strategies to help navigate a new way of cooking.

(In-Person)

TUESDAY, JANUARY 13

6 – 7:30 p.m.

Location: West Campus

Contact: Amy Boyd-Kirksey
aboyd-kirksey@hospicewr.org
216.383.3788

Registration required by January 7.

The Practical Side Of Grief: Dealing With All The "Stuff"

An opportunity to learn and share tips and strategies to help deal with a person's possessions following their death.

(In-Person)

TUESDAY, JANUARY 20

6 – 7:30 p.m.

Location: West Campus

HOLIDAY GRIEF SUPPORT

Coping with Grief During the Holidays

A supportive discussion for adults facing the holidays after a death. Registration is required.

(In-Person)

MONDAY, DECEMBER 1

5 – 6:30 p.m.

Location: Knox County Office

Contact: Anne Hughes
ahughes@hospicewr.org
216.383.3741

TUESDAY, DECEMBER 2

6 – 7:30 p.m.

Location: Ashland Office
Contact: Anne Hughes
ahughes@hospicewr.org
216.383.3741

MONDAY, DECEMBER 8

6 – 7:30 p.m.

Location: West Campus
Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

THURSDAY, DECEMBER 11

1 – 2 p.m.

Location:
Monreal Srnick Funeral Home
35400 Curtis Blvd., Eastlake 44095

Contact: Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

TWC Grieving During the Holidays – Children's Retreat (ages 7 – 13)

This retreat creates a safe and caring space for families to remember and honor their loved ones together during the holiday season. Children will take part in activities that help them express memories and feelings in a supportive way. At the same time, parents and guardians will receive guidance on self-care and practical ways to support children through the holidays after loss. (In-Person)

SATURDAY, DECEMBER 6

1 – 3 p.m.

Location:
Robertson Bereavement Center
Contact: Betsy Fox
efox@hospicewr.org
440.414.1737

MEETING LOCATIONS

The Elisabeth Severance Prentiss Bereavement Center

300 East 185th Street
Cleveland, OH 44119
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
440.414.7349 or 835.281.5727

Ashtabula Office

1166 Lake Avenue
Ashtabula, OH 44004
440.997.6619

Ashland Office

1021 Dauch Drive
Ashland, OH 44805

David Simpson Hospice House and Lakeshore Campus

300 East 185th Street
Cleveland, OH 44119
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

Knox County Office

17700 Coshocton Road
Mount Vernon, OH 43050

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

Stein Hospice Main Office

1200 Sycamore Line
Sandusky, OH 44870
419.625.5269

West Campus

22730 Fairview Center Drive
Fairview Park, OH 44126

Grief support groups provide:

A safe place to express emotions • A place to "tell your story" • Education about grief and loss
Normalization and validation of your grief experience • Opportunities to learn new roles, ways to
problem-solve and cope with situations • New friendships • A chance to laugh



Winter's Quiet

Winter brings a stillness to the world after the bustle of the holidays has worn down to a close. While many will find a moment of relief in the closure of the holiday expectations, the stillness that comes after can feel heavy and all too quiet. How do we navigate this time of stillness? One of the healthiest ways, is to lean into the stillness and let yourself pause, reflect, rest and restore. There is a great deal of literature that will tell you about self care and the importance of doing that. Many have asked me, "how?" or "what does that really mean?"

Here are some practices that you can try on your own to see what suits and soothes you through the season:

Create a daily pausing ritual. Choose a 15 minute period of time in the day to sit, light a candle, make a cup of tea, coffee or cocoa or just be. No expectations, just reflect on how you are feeling in the moment, and what your body may need.

Journaling. This can be hard to start, but allow yourself to go slowly. Start with questions like, What are 3 things that were hard for me today? What are 3 things that I am grateful for today? What is a good memory that surfaced today and why is that memory important to you?

Step outside. Yes, even when it is cold! Notice your breath, the cold air. How does it feel? What memories does it bring to you? This helps you to have a "mico moment" when you are in touch with all of your senses and truly present in the moment.

Rest without guilt. Winter gives us a permission slip to be a little less active outside of our homes. Curl up with a warm blanket, a favorite book. Work on a crossword puzzle, wordseach, sudoku, or start a jigsaw puzzle. It may be easier to allow yourself to sit if your hands and your brain have a distraction. Define this for yourself as healing, not laziness!

Small connections. Isolation is always a winter time risk. Allow yourself the opportunity to stay connected without the burden of pressure to do an activity or go somewhere. Send some cards to family and friends. Just a few a week will remind you of the people in your life that are still here and still connected to you. Attend a virtual support group from the comfort of home. You will meet people navigating the same highway and there is a comfort in that shared experience.

Give yourself this opportunity to slow down and pause, and that will allow for the renewal to come in it's time.



BOOK REVIEW

Sorry For Your Loss: What People Who Are Grieving Wish You Knew

By Alicia King

Susan Hamme, LSW, CHP-SW

Alicia King's Sorry For Your Loss: What People Who are Grieving Wish You Knew is a simple and breathtakingly honest look at how the response people have to loss can affect the grieving person. King gathers the information from her own experience as well as from others who have lived with losses. She describes those things that people who are grieving often think but feel they cannot say. And she describes the efforts made to provide comfort which have helped, as well as those which have hurt.

In this easy-to-read book, the author offers many useful tips to make us feel less helpless and uncomfortable when trying to support those we love who are grieving. For instance, often people just don't know what to do or say. That can lead to avoiding our showing that we care, or to making some well-intentioned mistakes. Nearly all of the individuals interviewed mentioned that when they were grieving they simply wanted someone to be there

and someone to listen. For the person trying to help, it is comforting to know that those who grieve are not looking to us to "fix" anything.

This book also is a great resource for those who are grieving themselves. It is written with elements of humor and stories of experiences to which many of us can relate. It emphasizes how many of those less than helpful things that loved ones have said very likely came from a caring place. The chapters also include discussions about the stages of grief, the warning signs of complicated grief, and suggestions for ways to pay tribute to the deceased. Throughout the book the message is clear: give the grieving person permission to be honest and direct about what he or she truly needs; and give those who want to help a framework for doing just that.



300 East 185th Street
Cleveland, OH 44119-1330

Serving the Northern Ohio counties
of Ashland, Ashtabula, Cuyahoga,
Erie, Geauga, Huron, Knox, Lake,
Lorain, Medina, Ottawa, Portage,
Richland, Sandusky, Seneca,
Stark, Summit and Wayne.

800.707.8922 | hospicewr.org



Non-profit Org.

U.S. Postage

PAID

Cleveland, OH

Permit No. 848

If you do not speak English, language assistance services, free of charge, are available to you. Call 216.383.6688.

© 2025 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.



Our vision is to build a future in which every member of our community can experience quality of life at the end of life. Replacing our hospice care center on Lake Erie in Cleveland is the next step toward making this vision a reality.

Our Quality of Life capital campaign will help fund a new, state-of-the-art Hospice Care & Community Center on our existing lakeside property. This will allow us to deliver the highest level of end-of-life care in the highest quality care environment to ensure every patient and their family has access to the support and services they need in a welcoming and comfortable environment.



**Scan this QR code
with your phone
to donate.**

