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What Hospice Should Be

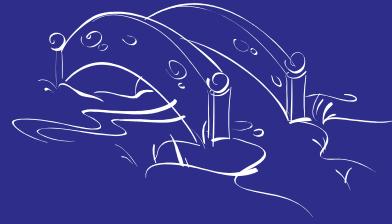
**THE  
HOSPICE  
OF BUTLER & WARREN  
COUNTIES**

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# The Bridge

Bereavement newsletter published by  
Pathways of Hope Grief Counseling Center at  
The Hospice of Dayton.



SUMMER 2011

## Grief Notes...

By M.Bernadine Parks, MS, PCC-S  
Director, Pathways of Hope

**T**he warm winds of summer seem to carry with them expectations of a more leisurely approach to life. "Summertime.... and the livin' is easy". Gershwin's beloved song speaks to our deep-seated desire to be given a sanctioned reprieve from the grind of daily life to indulge in the pleasures of the season. Sleeping with windows open, morning birdsong, blooming gardens, the bounty to be found at the local farmer's market, bare feet, swimming pools, picnics, open air concerts, baseball, family vacations - the list is almost endless.

**F**or all the glories that are summer, the season brings with it trials of its own. Seasonal weather systems may interrupt the bliss of beautiful days and balmy nights with unbearable heat and humidity, as well as with threatening storms or cloudless, drought-inducing skies. Heat waves send us scurrying back indoors, impose limits on our plans for summer fun and

frequently leave us feeling listless, irritable and uncomfortable. We seek relief wherever we can find it—the shady side of the street, a cool drink, blowing fans and air conditioned spaces.

Rainstorms may provide short-lived, cooling relief, only to be followed by a spike in the humidity with the sun's return. We follow the weather reports, hoping for an end to the heat-induced misery. During the height of an oppressive heat wave, most of us would be hard pressed to concur that the livin' is easy.

**G**rief can feel as oppressive to our spirits and energy as the most uncomfortable heat wave. We long for a reprieve from the challenges of adapting and adjusting to loss and yearn for a time when living will seem easy again. Our energies are often drained by the

demands of grief, leaving us with little interest or enthusiasm for the tasks that require our attention. We may find ourselves withdrawing from all but the most essential relationships and responsibilities.

Distractions may surface that provide brief respite from our emotional distress, but all too soon, our grief resurfaces, causing us to wonder if it might ever end. We seek relief from our distress where we can find it. Sometimes relief is found in the distractions and diversions that surround us—friends, family, television, jobs, household tasks and projects. Paradoxically we also find relief in confronting our grief – sharing experiences with others who have grappled with their own losses, reading grief-related materials, joining a support group, or seeking supportive counseling.

**J**ust as we care for ourselves in the height of a heat wave, so we should care for ourselves when grief invades the emotional climate of our lives. Like the heat waves of summer, grief will run its course, lifting its heavy weight from our hearts and spirits.



[www.hospiceofwarrenco.org](http://www.hospiceofwarrenco.org)

[www.hospiceofbutlerco.org](http://www.hospiceofbutlerco.org)

# Voices

By Bonnie Orlins, MSW, LISW-S  
Bereavement Counseling Associate

I am the daughter who lost my mother, my best friend, to cancer.  
 I am the sister with so many questions about why I lost my brother to suicide.  
 I am the father whose son died suddenly in a boating accident.  
 I am the wife whose husband is dying slowly, day by day, of Alzheimer's disease.  
 I am the one whose partner died of complications from Multiple Sclerosis.  
 I am the friend whose cherished confidante died as a result of a violent criminal act.  
 I am the grandchild whose grandmother can't talk to me anymore after suffering a stroke.  
 I am the grandfather missing my grandson who died of a drug overdose.

**V**oices of grief speak in many ways and are spoken by all kinds of people. Their voices speak of sadness, guilt, anxiety, anger, and sometimes even relief, but they need not speak alone.

**P**athways of Hope licensed counselors and social workers offer grief support services without charge to residents of the Miami Valley. Individual and group counseling is available at both The Hospice of Dayton and The Hospice of Butler and Warren Counties.

By Teresa Edingfield, MSA, MT-BC  
Music Therapist

## Notes on Music: Music for Relaxation

**T**ough days while experiencing the process of grief are expected. Anxiety, irritability, sensitivity to sound or sleeplessness may be heightened. Take this opportunity to see what relaxing music has to offer you in getting through those moments.

**T**ake an inventory of what you like. However, this may be a good time to explore more options. The following is an overview to get you started. Keywords for internet searches are provided to help you begin discovery. Recordings can be purchased in CD or digital format. Looking for recordings in your favorite discount, electronic or book store may be more convenient for you, but the categories of music are not as explicit as those mentioned here.

**I**nstrumental music: Varieties include combinations of instruments, such as orchestral, or guitar and piano, or a

featured instrument with string backgrounds. Solo instruments may include guitar, violin, harp, flute, Native American flute, piano.

**M**usic with environmental sounds: There are recordings with sounds of nature with or without instrumental backgrounds. Keywords to get you started include birds, songbirds, dolphins, humpback whales, rain, tropical rainforest, ocean waves, sea, or river. Some sounds of nature may be more conducive for evening listening (crickets, frogs...) and some, for morning listening (songbirds...). Instrumental styles vary widely (classical, new age, jazz...), which means that you can choose the musical style you prefer as well as the sounds of nature that appeal to you.

**M**usic with spiritual focus: Spirituality encompasses a range of beliefs, meaning of life and connection with others. Music is reflective of that. Consider these

search words: inspirational, devotional, Christian, Zen, Feng Shui, T'ai Chi, Chakra, Tibetan singing bowls, new age.

**M**usic with implied relaxing qualities: Keywords may include calming, meditation, massage, stress reduction, peace, soothing, spa. Some recordings with instrumental backgrounds offer a dialogue to coach you through relaxation, or help you focus on positive thoughts.

**V**ocal music: Consider male vs. female voicing, solo vs. group, styles that appeal (such as pop, country, new age, classical/opera, rhythm and blues, soundtracks from musicals, ethnic, etc.). Songs that have lyrics adds another dimension, which requires the mind to process thoughts. This could be reassuring, but in some cases, can cause overload.

## CONSTRUCTION PROMPTS TEMPORARY CHANGES TO PATHWAYS OF HOPE ENTRANCE AND PARKING



Efforts to improve access and ease navigation at The Hospice of Dayton have begun, resulting in short-term inconvenience and entry relocations until the work is completed. Parking for Pathways of Hope has been relocated from the lot at the back of the building to the front parking lot accessed by Wilmington Avenue. Pathways clients are encouraged to use the Colp entry and use stairs or elevator to the first level location of Pathways offices and group meeting rooms. Thank you for your patience in bearing with us while our refresh work is completed so that we can better serve patients and families in the future.

# PATHWAYS OF HOPE SUPPORT GROUPS

**The Hospice of Dayton memorial services**, which are held six times a year, provide hospice families with an opportunity to come together during the first year of loss to remember their loved one in a non-denominational memorial service. The services are designed to honor The Hospice of Dayton patients who have died during a given time frame. Family members are asked to bring a single cut flower for use in the service. Light refreshments follow the service, which lasts less than an hour.

**D**ue to the renovations occurring at the Wilmington Avenue campus of The Hospice of Dayton, Memorial Services will be moved offsite through the end of the year. Please call the Pathways of Hope office at (937)258-4991 for information regarding where a particular service is being held.

If you are unable to attend the memorial service designated to honor

patients who died in the same time frame as your loved one, it is fine if you attend a later one.

**We do ask that you wait at least three months following the death before planning to participate.**

Dates and times are as follows:

Date	Time	Honoring Patients Who Died Between
Sunday, Sept. 18, 2011	3:00 pm	5/1/11-6/30/11
Sunday, Nov. 13, 2011	3:00 pm	7/1/11-8/31/11
Sunday, Jan. 15, 2012	3:00 pm	9/1/11-10/31/11

## UNDERSTANDING THE GRIEF EXPERIENCE

The loss of a loved one can be a life-changing experience that challenges the bereaved individual at many levels. Making the necessary but painful adjustments and adaptations can be emotionally and physically exhausting. Knowing what to expect when loss enters our lives can do much to make the grieving process less challenging and more manageable. Taking the time to seek out a better understanding of the grief process can go a long way toward easing some of the pain of grief. For too many, inaccurate information or unrealistic expectations about grief add an additional burden to an already heavy load of personal distress.

*Understanding the Grief Experience* is a 90 minute educational program designed to help the bereaved learn about the grief process. Appropriate for anyone who has already suffered a loss as well as for those who are facing the loss of a loved one, *Understanding the Grief Experience* is a highly recommended starting point. Normal grief symptoms, the stages and tasks of grief, and healing coping strategies will be some of the topics covered. Helpful resources and materials for grieving individuals will be identified. Participants will be provided general information about grief support groups as well as specific information about the various grief support services available through Pathways of Hope or other community resources.

*Pre-registration is not required.* The program is free and open to the general public.

**Pathways of Hope—The Hospice of Dayton, 324 Wilmington Ave., Dayton, Ohio**

1<sup>st</sup> and 3<sup>rd</sup> Monday night of every month from 7:00 to 8:30 P.M.

2<sup>nd</sup> and 4<sup>th</sup> Monday afternoon of every month from 2:00 to 3:30 P.M.

**Butler & Warren Counties—Lorelei's Place at The Hospice of Butler & Warren Counties**

2<sup>nd</sup> Tuesday morning of every month from 10:00 to 11:30 P.M.

## Grief Support Groups

**G**rief support groups can provide a much-needed bridge over the difficult days, weeks and months following loss. Participants discover that the group is a place where understanding, encouragement, and practical suggestions may be readily found. Just as the stories of others can provide direction and hope in your own journey through loss, you may discover that your experience may benefit others as well.

**P**athways of Hope offers a number of grief support groups designed to meet different needs. Some groups are general grief support groups, while others are groups designed to bring together people that share similar losses. All of our support groups are open to anyone in the community who is coping with

the loss of a loved one and require no pre-registration or commitment for a set number of sessions. Thanks to the generous support of community donors, these services are offered at no cost.

**I**t's up to you how frequently you choose to attend. You are encouraged to attend at least two or three meetings before you decide that the support group isn't for you. If you would like more information, please call Pathways of Hope at (937)258-4991. A current schedule of our groups can always be found on our websites, [www.hospiceofdayton.org](http://www.hospiceofdayton.org), [www.hospiceofwarrenco.org](http://www.hospiceofwarrenco.org) or [www.hospiceofbutlerco.org](http://www.hospiceofbutlerco.org).

**Please turn this page over for MORE Groups and Youth support information**

## **MEMORIES OF MOM—4-SESSION GROUP—PRE-REGISTRATION REQUIRED**

Support group for adults who have experienced the death of their mother. Commitment to attending all 4 sessions in the series is required. Enrollment will be closed after the first session; pre-registration is required. New groups are offered throughout the year. For more information or to pre-register, please contact Pathways of Hope (937)258-4991.

**Pathways of Hope—Mondays, 6:30 to 8:00 P.M.**

August 2011 series: 8/1, 8/8, 8/15, 8/22

October 2011 series: 10/10, 10/17, 10/24, 10/31

## **FATHERLESS CHILD SUPPORT GROUP—4-SESSION GROUP—PRE-REGISTRATION REQUIRED**

Support group for adults who have experienced the death of their father. Commitment to attending all 4 sessions in the series is required. Enrollment will be closed after the first session; pre-registration is required. New groups are offered throughout the year. For more information or to pre-register, please contact Pathways of Hope (937)258-4991.

**Pathways of Hope—Mondays, 6:30 to 8:00 P.M.**

July 2011 series: 7/5, 7/12, 7/19, 7/26

September 2011 series: 9/6, 9/13, 9/20, 9/27

November 2011 series: 11/7, 11/14, 11/21, 11/28

## **LIVING WITH THE LOSS OF AN ADULT CHILD—TWICE MONTHLY—NO REGISTRATION REQUIRED**

Support group for parents who have experienced the death of an adult child.

**Pathways of Hope—2nd and 4th Wednesday night of every month from 6:45 to 7:45 P.M.**

## **WIDOW / WIDOWERS SUPPORT GROUPS**

### **WALKING THROUGH GRIEF: WIDOW AND WIDOWER SUPPORT GROUP—TWICE MONTHLY—NO REGISTRATION REQUIRED**

Widows and widowers meet others experiencing the death of a spouse.

**Pathways of Hope—I<sup>st</sup> and 3<sup>rd</sup> Wednesday night of every month from 6:30 to 7:30 P.M.**

**Pathways of Hope—I<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month from 10:00 to 11:00 A.M.**

**CENTERVILLE, Christ the King Lutheran Church, 50 Nutt Rd., Centerville**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 7:00 to 8:00 P.M.**

**WARREN & BUTLER COUNTIES, Lorelie's Place at The Hospice of Butler & Warren Counties**

**I<sup>st</sup> and 3<sup>rd</sup> Tuesdays of every month from 10:00 to 11:00 A.M.**

## **YOUTH SUPPORT**

### **SCHOOL-BASED GRIEF SUPPORT PROGRAMS—CALL FOR MORE INFORMATION—(937) 258-4991**

**Grief Support Groups, Specialized Grief Support Groups, 1:1 Supportive Grief Counseling,  
Grief Education for Staff and Students, Consultation, Debriefing**

Working together with school administrators, teachers, and parents, Pathways of Hope staff can provide grief support services designed to meet the particular needs of a school community. Over the past five years, Pathways of Hope has provided grief support services in over thirty schools or youth centers in Montgomery, Greene, Clark, Clinton, Butler and Warren counties. Due to the generous support of community donors, these services are offered at no charge to individuals or schools. For informational materials on Healing Pathways programs or consultation, please call Mary Gamage at 258-4991, ext. 1153.

## **CAMP PATHWAYS 2012—WEEKEND—REGISTRATION REQUIRED**

**Weekend camp for youths ages 7-17 who have experienced the death of a loved one. \$20/one child, \$30/two children, \$40/three or more children. Financial assistance is available if needed.**

**Friday morning, June 22 to Sunday afternoon, June 24, 2012 – Joy Outdoor Education Center, Clarksville, OH**

**\*Children must be registered prior to June 1<sup>st</sup>. Limited space available. Call in February for registration form.**

# Growing Through Grief

By Debbie Holt, MS, PCC-S  
Bereavement Counseling Associate

**T**he grief that follows when someone close and beloved dies is the most profound of all emotional experiences. Earlier on in the grief process, the mourner has the belief the intense suffering will never end and all that is ahead is to languish in the pain of loss indefinitely. The changes in one's self and in life seem overwhelmingly negative. However, most grievers, eventually, recognize that as they have traveled the journey of grief, they have also grown in ways they never had imagined. Like any growth process, growing through grief takes time. It doesn't happen overnight. It's hard work and it's painful, but it can also be rewarding.

In asking grievers to share ways in which they have grown through grief, they have shared:

- “I realized I've done many things I wasn't sure I'd be able to do. I've learned I am capable”.
- “I used to be ashamed of my feelings, but I have learned to accept and express them”.
- “I've learned to reach out to people with far more compassion and understanding.”
- “I have become more independent and learned I can build a new life with new interests.”
- “I am learning new priorities and how to live in the moment.”

**G**rowth takes place by keeping an open mind and a positive attitude towards change, having a willingness to learn new tasks and take risks, and being very mindful and affirming of personal progress on the journey of grief. Joining a grief support group can also facilitate growth as fellow grievers encourage one another in the difficult changes of life.

## Working Through the Pain of Grief

By Nancy Gardner-Messer, MSW, LISW-S  
Bereavement Counseling Associate

**A**s presented in the previous edition of The Bridge, William Worden described four tasks of grief in his book *Grief Counseling and Grief Therapy*. The four tasks relate to the work grievers complete in order to heal from their loss. The first task of grief, “to accept the reality of the loss,” was discussed in the Spring newsletter. “To work through the pain of grief” is the second grief task. The death of a dear loved one causes pain. The more the loved one meant in one’s life, the greater the pain. Pain comes with loss. Almost everyone who has experienced a significant loss quickly becomes aware of this fact. The emotional distress can be so great at times that grievers do whatever they can to **not** feel the pain of the loss. Yet the task is to work through the pain. Helen Keller once said, “The

only way to get to the other side is to go through the door.”

**W**hat are some healthy ways to go through the painful door of grief? Begin by becoming aware of your feelings. Once you become aware of what you are feeling, find healthy ways to express them. Talk to a friend who can listen to your pain. If a friend is not available, find a support group of other grievers. You may be more comfortable expressing feelings by writing in a personal journal. A journal provides a safe, confidential place for expressing unspoken feelings, unsaid goodbyes. Talking and writing are not comfortable means of expression for everyone. Instrumental grievers may find that feelings are

better expressed through loss related actions such as funeral planning, completing estate issues or planning a memorial to their loved one. Physical activities from gardening to running can also be healthy ways to release emotions. Whichever approach is taken, it is important to acknowledge and accept the feelings we carry in order to gradually let them go as we work through the pain of grief.



# Tips for Coping After the Loss of Your Spouse

**"Now what?"**

**"How will I manage on my own?"**

- **Make no big changes for a year**
- **Seek out information**
- **Make "one day, hour, or minute at a time" your motto**
- **Ask for help**
- **Keep a journal**
- **Seek out "kindred spirits"**
- **Be gentle with yourself**

The loss of a life partner changes one's life in innumerable ways. The loneliness can at times seem overwhelming. The shift from "us" to "me", "we" to "I" challenges long-grained habits of personal identity. After days, weeks, months or years of caregiving, surviving spouses often struggle with how to fill the days and hours stretching before them with meaningful pursuits. "Now what?" and "How will I manage on my own?" are the universal questions of the newly widowed. The accumulated wisdom of those who have faced the challenges of widowhood is the source for the following tips to the newly widowed.

- Make no big changes for a year. Although some major changes may be unavoidable, delaying major decisions until a later date will help assure decision making is ruled by logic, rather than emotional pain.
- Seek out information. Reading or talking with others who have the knowledge and/or skills that you may personally lack can relieve anxiety and open the door to new solutions and life skills.
- Make "One day, hour or minute at a time" your motto. By focusing on the challenges and joys of the present moment, the challenges of widowhood are managed.
- Ask for help—and be specific. No one knows better than you what you need and where the gaps are in your skills and knowledge. You may be surprised at how many resources are available for the asking.
- Keep a journal. It doesn't have to be anything fancy- a spiral notebook will suffice or a running document on your computer. Journaling can be a great place to express your concerns, feelings and fears. Reviewing what you wrote days or weeks ago can also provide a helpful mirror that allows you to reevaluate your concerns and note your progress.
- Seek out "kindred spirits". Whether in conversation with trusted old friends or in the safety of a support group you will learn a lot from others who have walked a similar path. You will gain a lot from having the opportunity to share the ups and downs of your journey with others.
- Be gentle with yourself. Remember that you are only human- failure from time to time is an expected part of the human experience. For most of us the most important things we have ever learned come from our mistakes, not our successes. Treat yourself as compassionately as you would treat a friend or a loved one.

## On-Line Link to Back Issues



Back Issues of *The Bridge* can be found on The Hospice of Dayton website at [www.hospiceofdayton.com](http://www.hospiceofdayton.com), [www.hospiceofwarrenco.org](http://www.hospiceofwarrenco.org) and [www.hospiceofbutlerco.org](http://www.hospiceofbutlerco.org).

From our home page, navigate to Grief Support to find links to *The Bridge*. Back issues cover a variety of topics which may be helpful to specific concerns and needs.

# Nov. 5: Save the Date!

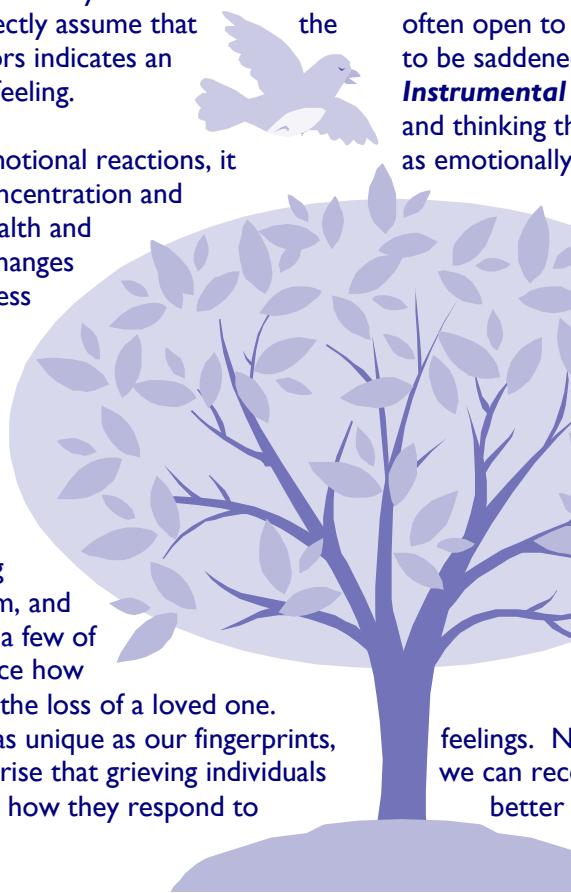


The Hospice of Dayton 5K Remembrance Walk will be held this year on Saturday, November 5, 2011. This annual event provides families and friends with a meaningful opportunity to honor memories of deceased loved ones. Carl Nichols, retired Chief Meteorologist for WDTN Channel 2, will again be our Grand Marshal and Walk Leader. The Walk will start at The Hospice of Dayton on Wilmington Avenue, proceed through the neighborhood and lead back to The Hospice of Dayton. Walk begins at 10:00 a.m. and registration opens at 8:30 a.m. Proceeds support Pathways of Hope and enable us to continue to offer a variety of bereavement services hospice families and bereaved members of our community. Sponsorships are available but you can participate on an individual basis or your group or company can walk as a team made up of co-workers, neighbors, friends or families. For more information and registration materials please call Lori Igel at 937-256-4490 ext. 2230.

## Aren't They Grieving?

**H**ow do we know how deeply someone is grieving? Because not everyone grieves in the same way, it is sometimes difficult to discern a grieving heart, especially when the more obvious emotional signs of grief seem to be absent. If we assume that grief always manifests itself in certain ways, we may incorrectly assume that the absence of particular behaviors indicates an absence of grief or a lack of feeling.

**A**lthough loss triggers emotional reactions, it also affects thinking, concentration and memory, impacts physical health and well being, can bring about changes in behavior such as restlessness or changes in sleeping or eating habits, or challenges our spiritual equilibrium. How we grieve is determined by a host of factors specific to the given individual. Prior experiences with loss, age, gender, coping abilities, spiritual belief system, and cultural conditioning are but a few of the many factors that influence how any one person will react to the loss of a loved one. Those individual factors are as unique as our fingerprints, so it should come as no surprise that grieving individuals may appear very dissimilar in how they respond to loss.



**E**xperience and research with bereaved individuals suggests that there are two general **styles** of grieving. For individuals who are **Intuitive** grievers, grief is an openly emotional experience. These people may struggle with emotions that always seem to close to the surface; they are often open to talking about their loss and physically appear to be saddened and de-energized. Those who are **Instrumental** grievers process their loss through activity, and thinking through their loss experience. They often feel as emotionally wounded as their **Intuitive** counterparts, but their pain is much less obvious to the casual observer. These styles exist along a continuum with most of us leaning toward one pole or the other of the continuum with very few individuals relying completely one or the other style. In any given family you are likely to see both styles of grieving—one sibling may require physical comforting and lots of interpersonal support, while another sibling may cope by taking charge of tasks related to the loss and appear reticent to acknowledge their feelings. Neither style is “better” than another. When we can recognize and respect the differences, we are better able to support one another through the territory of loss.



## The Griever's Bookshelf

• *Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies* by Alan Wolfelt (2003).  
 • Companion Press.

• Like the other books in Dr. Wofelt's *Healing Your Grieving Heart* series, this volume contains a wealth of suggestions and practical ideas for its target audience of bereaved spouses. This easy-to-read book provides the reader with an understanding of the grief process while offering numerous practical, action-oriented suggestions and tips. This book is recommended for any bereaved spouse who is faced with the challenges of widowhood.

### **Autumn Retreat for Bereaved Teens; Planned**



Planning is underway for a one day grief retreat for grieving teens, 13-18. The day long program, which is specifically designed to meet the needs of the teen population, will be held Saturday, October 22<sup>nd</sup> from 9am to 4pm. For further information and registration materials, please contact Mary Gamage at Pathways of Hope (937)258-4991.

*The Pathways of Hope Grief Counseling Center at The Hospice of Dayton relies on the individual and community donors who so generously support the services we provide. Thanks to your generosity all Pathways of Hope services are available without charge to serve the bereavement needs of anyone in the communities we serve. Donations to support our services are gratefully accepted through The Hospice of Dayton Foundation, 324 Wilmington Ave., Dayton, Ohio, 45420.*



What Hospice Should Be

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