

SUMMER/FALL 2016

# BRIDGE

A PUBLICATION FOR OUR FRIENDS FROM PATHWAYS OF HOPE



Addressing Anxiety page 10

# Grief Notes

## Seasons of Grief

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**Director of Care: Patient and Family Support Services**

The summer months in Ohio provide us with beauty, warmth and time to quietly rest, spend time with friends and family and to engage in outdoor activities. We hope that you have been enjoying this season, even as you grieve the loss of your loved one.

Here at Pathways of Hope, we have been working with individuals and support groups and leading Camp Pathways, (our grief camp for children and teens).

In this edition of *The Bridge*, you will find information on many common concerns of grieving people, including coping with anxiety and helping teenagers through grief. You will find information on our individual and group support services, including “Drawn Together”, an inter-generational support group that uses art to help heal. A list of our memorial services, which serve to honor and remember our loved ones, can be found on page 5.

Thanks to the financial support from the greater Dayton community, all of our services are offered at no cost to you. We look forward to the opportunity to speak with you about how we can help support your journey through grief. Please call us to speak with a grief counseling professional about how we can best serve you during this time. (937) 258-4991.





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## **Grief FAQ's:**

### **Frequently Asked Questions about Grief**

**Since my loved one died, I find myself having a hard time concentrating and remembering things. I'm worried that I am becoming more forgetful. Is this normal?**

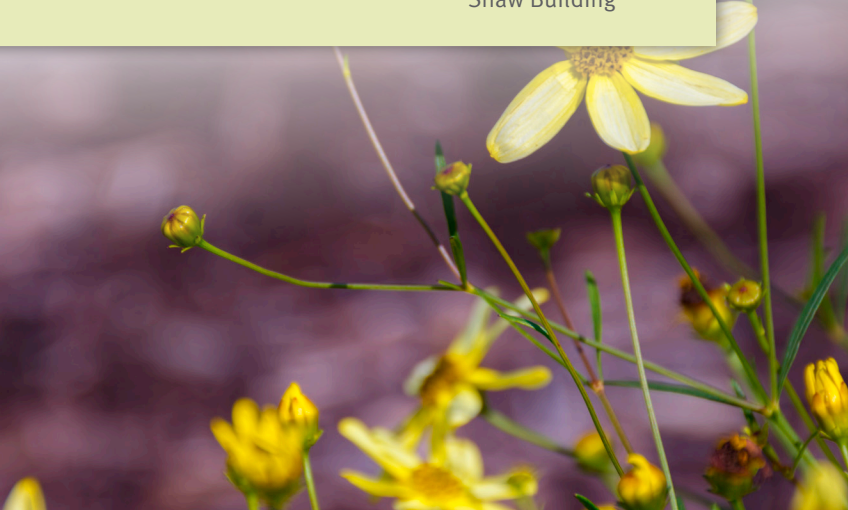
Concentration and memory problems are common complaints after the death of a loved one. Stress and a feeling of exhaustion is common in grief. Our physical and mental abilities are affected when we are tired. Stress always weakens our ability to understand and remember. Grief is certainly a stressful experience. Grief also demands a lot of our attention, making it harder to focus on other things. Physical or emotional pain can distract us from other important matters.

As a result, we may find we are forgetting things that would have been easily recalled under other conditions. If memory problems persist or grow worse, talk to your doctor. Memory loss may have causes other than grief.

# Time of Remembrance

**TIME OF REMEMBRANCE** services at Ohio's Hospice of Dayton offer our families an opportunity to come together during the first year of loss to remember their loved one in a nondenominational memorial service. Family members are asked to bring a single cut flower for use in **Time of Remembrance** services. Each service will last less than an hour. If you are unable to attend the memorial service designed to honor patients who died in the same time frame as your loved one, please join us for a later one. Invitations will be sent out for all of the services and RSVPs are appreciated.

Date	Time	Location
Time of Remembrance Sunday, September 18, 2016	3:00 pm	Ohio's Hospice of Dayton Community Room Shaw Building
Hope for the Holidays Monday, November 28, 2016	7:00 pm	Ohio's Hospice of Butler and Warren Counties Team and Staff Center
Hope for the Holidays Thursday, December 1, 2016	7:00 pm	Ohio's Hospice of Dayton Community Room Shaw Building
Hope for the Holidays Monday, December 5, 2016	7:00 pm	Ohio's Hospice of Dayton Community Room Shaw Building



# Pathways of Hope Grief Counseling Center

Pathways of Hope, the Grief Counseling Center of Ohio's Hospice of Dayton, provides a variety of services to the community. Support and education are provided by a team of Masters-prepared counselors, social workers, and an art therapist with significant experience and expertise in journeying with grieving children, adolescents, and adults.

Our philosophy is that grief is a normal reaction to loss, that each individual's experience is unique, and that each relationship is one of a kind. The Pathways staff seeks to understand what is needed for each individual to navigate the grief process and to assist with an effective plan to cope with this life change.

One-on-one counseling sessions for children, teens and adults are available by appointment. Just one session often provides adequate information for griever to feel they are processing grief normally. Our bereavement counselor/social worker will develop an individual plan of care based on each individual's needs.

Grief support groups can provide a much-needed bridge over the difficult days, weeks and months after a loss. Participants discover that the group is a place where understanding, encouragement and practical suggestions are readily found. Designed to meet different needs, all of our groups are open to anyone in the community who is coping with the loss of a loved one. Our groups typically meet on a rotating basis throughout the year. Contact Pathways of Hope at (937) 258-4991 for the schedule.



**GROWING THROUGH GRIEF GROUPS** focus on education and support, meeting for six sessions over a period of 12 weeks. Registration is required. The groups are:

- Loss of a Parent Group
- Spousal Loss Group
- Living with the Loss of an Adult Child Group
- Loss of a Loved One Grief Support Group

**COFFEE CONNECTION** groups provide more informal support for bereaved adults, meeting monthly for an hour at locations in Springboro and Dayton. No registration is required. Call Pathways of Hope (937) 258-4991 for more information.

Our **SUDDEN LOSS SUPPORT GROUP** is for those who have lost a loved one suddenly from disease, drug overdose, accident, homicide, suicide or natural disaster. This ongoing group meets the second and fourth Wednesday evening from 6:30 to 7:30. Registration is not necessary, but it is strongly advised to speak to a Pathways of Hope professional staff member before attending.

**HEALING PATHWAYS** are school-based grief support programs providing 1:1 supportive grief counseling, grief support groups and grief education for staff and students.

**ART FOREVER AFTER** group is a multi-generational art-based group providing the opportunity for children, teens, friends and family members of all ages to make art with each other. Located at the William & Dorothy Yeck Family Grief Counseling Art Center on the Ohio's Hospice of Dayton campus, this group is offered weekly in three-month segments starting in September on Monday evenings from 6:30 to 8:30 pm.

Pathways of Hope serves all friends and family of any Ohio's Hospice of Dayton patient, as well as the community, free of charge, thanks to the support of the community through the Ohio's Hospice of Dayton Foundation.

Please call (937) 258-4991 to arrange for a time to meet so we can understand your needs and create a plan that works for you.



## When Will The Grief Get Easier?

In the early days of grief, many think there will never be relief from the intense feelings of grief. Grief may cause you to lose energy, motivation and desire. You may experience sleepless nights. You may be unable to concentrate on the simplest tasks. You may feel a crushing longing, loneliness and sadness. As the days go by, other people in your life may express concern over your grief. They may suggest it is time to “move on.” You may begin to wonder if your grief is normal.

It is important to understand that “normal” varies widely from one person to another. Strong emotional, physical and mental reactions are very normal in the early stages of grief. As time goes on, the intensity and frequency of these reactions decrease. Grief is often most intense two to three months after the loss and again before the first anniversary. Special days and events can continue to trigger grief for years to come. Sudden, unexpected grief may occur at times such as hearing a special song or spotting a favorite restaurant. With time, you will gain experience in dealing with grief in healthy ways that allow the activities of daily life to go on without too much disruption.

Look for small signs of healing. Perhaps you find yourself laughing more. You begin looking forward to future events and plans for the future. For most grieving people, healing occurs. Hold on to that hope and look for small signs of healing. This can bring comfort during the heavy days of early grief.



# Healing Links



## **Sad Isn't Bad : A Good-Grief Guidebook for Kids Dealing with Loss**

**Author:** Michaelene Mundy

**Publisher:** Abbey Press

Many parents and caring adults struggle to know what to say to a child when someone they love has died. Talking to children about loss can bring us closer and present an opportunity for growth for both adults and children. This book speaks directly to kids giving straight talk about what to expect after a loss. Mundy spells out what is normal, invites questions, encourages sharing, and offers a positive, life-affirming outlook focusing on helping children cope with their grief.

## **A Time to Grieve: Meditations for Healing After the Death of a Loved One**

**Author:** Carol Staudacher

**Publisher:** Harper San Francisco, 1994

This book is a series of short readings that speak to the personal concerns of anyone facing grief. It covers a wide range of topics. It is not meant to be read in any particular order. The choice of a reading can be random or can match the reader's concerns. The book's format and the comfort and wisdom it offers make it a good choice, no matter where one is in the grieving process.



# Addressing Anxiety

You have lost someone you dearly love and your world has been turned upside down. In addition to the overwhelming feeling of loss, you may feel confused and stressed by the many tasks that are now part of your daily life. Anxiety is a very common component of grief. If you have been prone to anxiety in the past, you may feel it creeping back into your life.

Common symptoms of anxiety include:

- flutters in your chest
- nausea
- dizziness
- dry mouth
- shortness of breath
- feelings of restlessness
- problems falling asleep
- general feeling of dread

Grief can breed anxiety – but you don't have to be controlled by it. It is essential to address anxiety actively and consistently. The following are some helpful tips to control anxiety before it controls you!

**Incorporate relaxation into your life.** Listen to soothing music, take a yoga class, or close your eyes and imagine yourself in a peaceful environment such as the beach or a beautiful meadow. Let your imagination run free – take in the experience with all five senses. Learn to take deep breaths – breathing in deeply to the count of three, holding the breath for a count of three, and slowly blowing out to the count of three. Imagine yourself breathing in cool, fresh air and blowing out all the stressful thoughts and feelings.



### **Make dietary and lifestyle changes.**

Stop or limit the use of stimulants such as caffeine, sugar and tobacco. Engage in pleasurable exercise. Limit TV watching or reading that feed anxious thoughts. Banish anxiety-producing self-talk. Using phrases like “I can’t do this” leads to feeling helpless, which produces anxiety. Instead, use statements such as “I don’t like doing this, but I will get through this.”

**Seek out medical advice.** Your doctor may want to prescribe medications such as anti-depressants to reduce symptoms of anxiety. It is also imperative to have a complete medical exam to be certain symptoms of anxiety are not signs of other ailments.

### **Talk to someone supportive.**

Expressing your grief and fears openly can relieve stress and help you to come up with problem-solving strategies for difficult situations. Grief often feels frightening and full of unknowns – being aware of the normal symptoms and process of grief can be very beneficial. The bereavement counselors at Pathways of Hope can provide reading material, support groups and one-on-one support to help you address anxiety.



# Challenges of Teenage Grievers

Each year, thousands of teenagers in the United States experience the death of someone they love. Teens feel the painful loss of someone who helped shape their lives when a parent, brother, sister, friend or relative dies. Unless grief is healed, these feelings about the death can become a part of their lives for years.

## Teen Years Can Be Naturally Difficult

Teens are no longer children nor are they adults. Other than infancy, no developmental period has more dramatic change. Teens begin moving away from parents and forming a new sense of independence. They are questioning the beliefs and values they learned during childhood and beginning to form their own. The death of a loved one can be an overwhelming experience for teens.

Because teenagers are moving away from parents, they usually look to their friends for support. Unfortunately, they may not receive the help they hope to find within their circle of friends. Teens may also try to hide their grief because they don't want to be seen as weak or different. Seeking help and accepting support can be difficult and may increase confusion and loneliness.

## Signs a Teen May Need Extra Help

Because grief can be so difficult during the teenage years, it is helpful to understand signals that a teen is struggling with grief. Below are some grief symptoms to be aware of in teens:

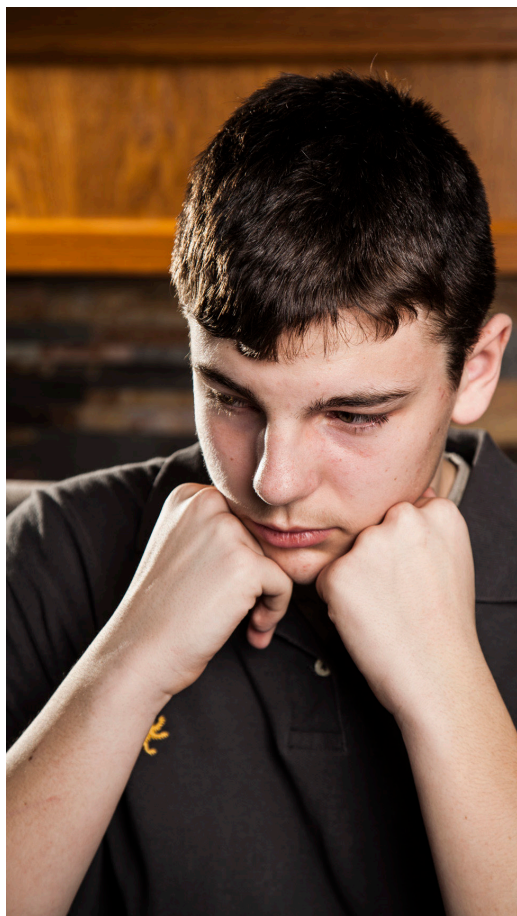
- **Emotional:** Long-lasting depression, deep sadness, constant irritability, restlessness and low self-esteem.
- **Physical:** Sleeping difficulties or oversleeping, eating too much or not at all, fatigue, stomachaches and headaches as well as other physical complaints.



- **Social:** Breakdown of relationships with family and friends, wanting to be alone all the time, risk-taking such as drug and alcohol abuse, fighting, sexual promiscuity, denying pain while at the same time acting overly strong or mature.
- **Intellectual:** Trouble paying attention, falling grades, lack of interest in school or social activities, or over-activity and acting too busy (trying to block out the pain).
- **Spiritual:** Anger with God, concerns about the afterlife, questioning or loss of belief system, struggling with feelings of forgiveness and guilt.

## Caring Adults' Role

How adults respond when a loved one dies can have a huge effect on the way a teen experiences grief. Sometimes adults struggle with the death of a loved one and don't want to talk about the death. They may believe that by doing so teens will be spared some of the pain and sadness. Adults avoiding their own grief may discourage teens from sharing their grief. Grieving teens are often pressured to act as if they are doing better than they really are.



When a parent dies, teens may be told by well-meaning family members to “be strong” and to “carry on” for the surviving parent. The teen may be working very hard to cope with his or her own grief and not be able to support someone else. This can

*Article continues on page 14*



make the teen's grief more difficult.

Teens need caring adults to tell them that it is natural and healthy to feel sadness along with many other emotions after a loved one dies. Teens benefit from gentle reminders that the pain they feel now will not go on forever. They need to hear that their grief will slowly heal. When teens receive the message "ignore your grief," they may suffer more from feelings of being alone in their grief than from the death itself.

### **What Helps**

Teens having a hard time with grief can get help through community resources. School counselors, clergy, and private counselors can help.

Teen grief support groups are one of the best ways to support grieving teens. Pathways of Hope offers one-on-one grief counseling, art therapy, family grief counseling, school support groups, and Camp Pathways.

For information call (937) 258-4991.

**DATE:**

September 10, 2016

**WHERE:**

Smith Park | Middletown

**WHEN:**

Registration opens at 8:30 am

Walk starts at 10 am

# 5th Annual Ohio's Hospice of Butler & Warren Counties' 5k Remembrance Walk/Run

Please join us on Saturday, September 10, 2016, at Smith Park in Middletown for the 5k Remembrance Walk/Run benefitting Ohio's Hospice of Butler & Warren Counties! Walk or run in memory of a loved one. Registration begins at 8:30 am, and the 5k begins at 10 am.

**To register:**

Visit: [www.hospiceofbwco.org](http://www.hospiceofbwco.org)

Call : (937) 222-**WALK** (9255)

Questions? Contact Ashley Robison:

Email: [arobison@hospiceofdayton.org](mailto:arobison@hospiceofdayton.org)

Call: (937) 723-2899





# Ohio's Hospice of Dayton 5K Remembrance Walk

**DATE:**

October 22, 2016

**WHERE:**

Hospice of Dayton Campus  
324 Wilmington Avenue

**WHEN:**

Registration opens at 8:30 am  
Walk starts at 10 am

Teams and individuals are invited to take part in the twelfth annual Remembrance Walk to honor the memory of a loved one and benefit the patients and families of Ohio's Hospice of Dayton.

The date for the annual event is Saturday, October 22. The Walk route is through the campus neighborhood of Ohio's Hospice of Dayton, 324 Wilmington Avenue, and includes a 5k or a shorter 3k option.

Presenting sponsors for the 2016 Remembrance Walk are Exhibit Concepts and Progressive Printers. Retired Chief WDTN TV 2 Meteorologist Carl Nichols will serve as the Grand Marshall. Advance registration by October 1 assures participants a t-shirt for the event. The cost is \$25 for adults and \$10 for children ages 12 and younger. The course is wheelchair and stroller accessible. For the safety of all participants, no roller blades, bicycles or unleashed pets are permitted.

Presenting sponsors will receive trophies before the walk begins. Proceeds from the event support the mission and programs of Ohio's Hospice of Dayton including indigent care services; comprehensive services including massage, art, music, occupational therapies and palliative care; and community-wide grief support services available to all at no cost.

**To Register or for more information:**

Visit: [www.hospiceofdayton.org/walk](http://www.hospiceofdayton.org/walk)

Call: Marsha Bernard (937) 258-5537

Email: [mbernard@hospiceofdayton.org](mailto:mbernard@hospiceofdayton.org)



# Is My Grief Normal?

Intense grief can be a new and frightening experience. Most people feel like strangers in unfamiliar territory when experiencing grief for the first time. Fear of “going crazy” may prevent the griever from asking others if this experience of grief is normal. The truth is that people grieve differently and one person’s experience may look very different from that of another.



Though everyone grieves in a unique way, certain thoughts, emotions and behaviors are almost universal to grief, including the following:

- Overwhelming sadness and tearfulness
- Feelings of emptiness and loneliness
- Difficulty with concentration and memory
- Problems falling and/or staying asleep
- Changes in appetite
- Lack of energy and/or motivation
- Decreased interest in things that formerly held your interest
- Desire to withdraw socially
- Restlessness and/or increased anxiety

Just knowing these grief symptoms are normal may be enough to calm your fears. However, if you still have questions about your grief journey, attending a support group may help. Listening to the stories of other grievers can assist in understanding your own grief symptoms. The Pathways of Hope Center offers a variety of grief support groups. A complete list of groups can be found in the current edition of *The Bridge*; or, feel free to call and schedule an individual appointment with one of our grief counselors.

# The Drawn Together Art Program

The goal of Drawn Together is to support patients and families through life-enhancing art making. Another goal is to encourage the effective expression of grief through art. Participants do not have to be artistically gifted to create art or to benefit from it. Art activities are designed to provide a creative distraction from the stress of illness, to honor and cherish loved ones, or to encourage the expression of grief. Drawn Together provides the following options:

## Drawn Together Open Studio

This open art studio is designed especially for children and family members visiting patients at the Ohio's Hospice of Dayton Hospice House. People of all ages may come to The William & Dorothy Yeck Family Grief Counseling Art Center on the hospice campus to make art. A flyer is delivered to all patient rooms in the Hospice House letting patients and families know when the open studio is offered. This will typically be offered on Wednesdays from 4:00 to 6:00 pm from September through November and from February through April.



## Art Cart

The Art Cart is a free service to all patients and family members who would like a creative distraction while visiting the Hospice House. No artistic talent required. The Art Cart runs throughout the Hospice House wings on various days and times.

Calling All Volunteers! We are looking for individuals (age 18 +) interested in helping to run our Mobile Art Cart. Training is required for new volunteers.

### For more information:

**Call:** Annette Burckart, (937) 260-6971

**Email:** [aburckart@hospiceofdayton.org](mailto:aburckart@hospiceofdayton.org)



## Individual Art Therapy Sessions

Since 2002, Pathways of Hope has offered art therapy support to grieving children, teens and adults of the community. These sessions are a creative way for all ages to express grief in a way that doesn't rely on "talking about it." One advantage of individual art therapy is the ability to pay attention to a specific aspect of grief that may seem especially painful.



## The Art Forever After Group

This multi-generational art-based grief group provides the opportunity for individuals, friends and family members to make art with others. Art Forever After meets at The William & Dorothy Yeck Family Grief Counseling Art Center on the Ohio's Hospice of Dayton campus. This group is offered in three-month segments from 6:30 to 8:30 pm every Monday from September through November and from February through April. Contact Pathways of Hope to register.





OHIO'S  
*Hospice*  
OF DAYTON

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Dayton, Ohio 45420

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