

# In Touch South

April-June 2019

# Brady West

is an 18-year-old recent Perkins High School graduate. He started as a camper in 2006 when he was 6 years old and had recently lost his grandpa.

We asked Brady what camp meant to him and he said: "Camp really helped me out in a time that I really needed help. I knew from the first day of camp that I wanted to give back. It was an amazing experience."

We asked Brady why he came back to camp as a volunteer once he turned 15 and he said: "It means a lot knowing I can help a child through a point in their life that was the lowest and darkest gloom for me, and help lead them to the light and a new way of thinking."



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### STEIN HOSPICE

Mission Statement: To provide comfort, compassion and support during life's final journey.

Michael Marsh, RN, Director of Nursing

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### Camp Good Grief continued from cover...

# E IT HOS

# Kalynn Welch

My first experience of loss in my life was when I lost my best friend, my dog Maddie. I was 8 years old and I had a ton of feelings running through me. I wasn't understanding why after months after losing her, I was still crying and having periods of sadness. My aunt recommended that I attend Camp Good Grief. While at Camp Good Grief I was able to meet other kids younger and older than me that were feeling the same way, some of who had way bigger losses than I did. I was able to learn the stages of grief, that it is okay to cry and feel the different feelings that I was feeling. I was also able to interact with those other kids who were feeling the same way.

While I liked attending Camp Good Grief as a camper, I now have a different purpose, being a volunteer. I have been a volunteer for the last three years. I enjoy the chance to earn campers trust with their worries and how they are feeling. I cherish the relationships that I develop with the campers, whether they are in my group or they are in a different group. There is a special bond that volunteers and campers have.



Mt. Orab campers participate in the balloon release ceremony on the last day of camp.



On the last day, campers' loved ones attend camp for a graduation, balloon release, and picnic full of yummy treats.



Campers create feelings mask to reflect and express the many different feelings they may be having about their loss.



Stein Grief Counselor Christa Bronner helps campers learn how to calm and center themselves by doing yoga.



Campers at the Mt. Orab Camp Good Grief play a parachute game at camp.



Campers at Mt. Orab learn how animals can love you unconditionally, offer you comfort, and be a trusted companion you can talk to.





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