



## From the Mailbag

There just aren't words to convey our thanks for all you did for our Dad and our family. We deeply appreciate the help, guidance, patience, care, love and respect.

*With grateful hearts  
The Leber Family*

Thank you very much for the care and attention given our Aunt Jayne during her last days. Your organization is truly a blessing for patients and their families during a most difficult time.

*The family of  
Mary Jayne Van Buren*

How can we ever thank you for the care you gave my mother? Yours were hands of mercy and kindness. Thank you for being so compassionate to us as well.

*Family of Helen Wagner*

## Veterans Day and National Hospice and Palliative Care Month Work Together

*By: Craig R. Engesser*

November is host to two national observances that, from my personal experience, go hand-in-hand — National Hospice and Palliative Care Month, and Veterans Day.

The relationship between the two, at least for me, involves my dad, who was a veteran, and his receiving wonderful benefits at the end of his life from hospice care.

So while my dad's passing in 1998 remains with me, the fact that he received great hospice care as his life came to a close is a positive aspect of an otherwise very difficult time. In fact, knowing he was given excellent care continues to provide the entire family with strength and tranquility years later.

The theme for this year's National Hospice and Palliative Care Month, according to the National Hospice and Palliative Care Organization (NHPCO), is "Care on your terms."

The theme takes on a life in the actions of hospice and palliative care professionals as they tend to the patient and family during a most difficult time. I felt that Dad's wishes were honored. We never felt alone and were offered all the support we needed 24/7. While it's never easy to watch a father pass, we were comforted by the compassion and respect of the hospice folks and their genuine concern for my father and his comfort and dignity.

For the month of November, local hospice organizations are being encouraged to host local events to create an opportunity for hospice and palliative care

professionals to meet with, educate, and answer questions of the local community. According to NHPCO, there are 1.6 million people receiving hospice and palliative care each year in the US. So the need is clearly there, and with the aging population, an ever increasing number of people and their families will be seeking the services of the nation's hospice and palliative care providers.

According to NHPCO, "the hospice team provides expert medical care to keep patients comfortable and able to enjoy time with loved ones. The hospice team answers questions, offers advice on what to expect, and helps families with the duties of being a caregiver. The team also provides emotional

*Veterans, continued on page 3*

### National Hospice Month Events

#### Senior Fest

November 19th, 10 a.m. - 2 p.m.  
Midway Mall in Elyria

#### Social Media

November 21st, 3 p.m. - 4 p.m.  
Beth Frank  
Bellevue Care Center-Orchard Grove

#### Peace Works

November 21st, 7 p.m.  
Julie McCormick  
Knights of Columbus Hall, Sandusky

#### 50+ Plus Expo

November 22nd, 10 a.m. - 2 p.m.  
Spitzer Center

#### MEDICAL DIRECTORS

James Preston, DO  
Andrew Ache, MD  
Reagan Bristol, DO  
Christina Canfield, MD  
Dennis Furlong, DO  
Todd Keller, MD

Michael McHenry, MD  
Charyse McMillion, DO  
Edward Radatz, DO  
Larry Robinson, DO  
Sara Snyder, DO  
Todd Williams, MD

#### MANAGEMENT

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Tamara Zuilhof, *Chief Operating Officer*  
Barb Metcalf, RN, CHPN, *Chief Compliance Officer*  
Jane Bruck, *Finance Director*  
Allison Burroughs, PHR, *Human Resources Director*  
Gretchen Franklin, LISW-S, *Social Services Director*  
Samantha Bechtel, LISW-S, CTS, GC-C, *Clinical Operations Director*  
John Gerber, RN, BS, *Nursing Director*  
Beth Frank, MBA, BSN, CPHQ, *Quality and Education Director*  
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Julie Yeager, *Veteran Services Director*  
Susan Figula, RN, CHPN, *Market Development Director*  
Rev. M. Webster Maughan, *Staff Development Director*  
Ann Davis, LPN, LMT, *Comfort Care Director*  
JoAnn Didion, LISW-S, *Practice Manager*

#### STEIN HOSPICE

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

#### LOCATIONS

**Administrative Office**  
**Sandusky**  
1200 Sycamore Line  
Sandusky, Ohio 44870  
419-625-5269  
1-800-625-5269

**Stein Hospice Care Center**  
**Firelands Regional Medical Center South Campus**  
1912 Hayes Ave., 3rd Floor  
Sandusky, Ohio  
419-558-4164  
1-866-230-7597

**Norwalk**  
257 Benedict Ave., Suite B  
Norwalk, Ohio 44857  
419-663-3222

**Tiffin**  
100 Madison St.  
Tiffin, Ohio 44883  
419-447-0475

**Port Clinton**  
1848 E. Harbor Road  
Port Clinton, Ohio 43452  
419-732-1787

**Lorain**  
4000 Oberlin Ave., Suite 4  
Lorain, Ohio 44053  
440-282-3939

**Ohio Veterans Home**  
3416 Columbus Ave.  
Sandusky, OH 44870  
419-625-2454 ext. 1373

**Ohio Veterans Home**  
2003 Veterans Blvd.  
Georgetown, OH 45121  
937-378-2900 ext. 2760

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419-625-5269, 1-800-625-5269  
FAX 419-625-5761

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



## GO GREEN

Help Stein Hospice save money and care for the environment by receiving "In Touch" electronically. Just send an email to [newsletter@steinhospice.org](mailto:newsletter@steinhospice.org) and include both your email and mailing address. We will not distribute your email address or use it for any other purpose. "In Touch" is published every two months and is also available online at [www.steinhospice.org](http://www.steinhospice.org).



Jan Bucholz,  
Chief Executive Officer

## Message from Chief Executive Officer

In my memory, I have never used this venue for a personal testimonial. Before this year, I would have thought such an article would be self serving. I don't think that now. So... here goes.

My Father, John Weske, died this summer under the care of Stein Hospice. Dad was 90 years old - an army veteran of World War II - a member of the greatest generation. He was an unassuming man, with a strong work ethic, and an even stronger sense of right and wrong. Dad had a wicked sense of humor and a tendency to alter words in a peculiar way that has found its way into my vocabulary. I've always wanted to be like him. He was, and still is, my hero. When his health began to fail, I knew that I had a debt to pay. He had always been there for me. It was my turn to be there for him. I had one chance to make this a not terrible time for him. So, I called Stein Hospice.

You know, as the CEO, I have a belief that I know about everything there is to know about the services and care Stein provides. The reality of being on the receiving end of that care was....humbling. On the day before my Father died, I was in his living room with two of his nurses. His chaplain had just left. His STNA was coming and continuous care had been started. I remember thinking "what do people do at a time like this without Stein?" How do people make it through the sadness, the tough conversations, the hard decisions? That was a strange thought considering that I know the answer to this question. When my mother died 19 years ago, we didn't know that hospice could admit people in the hospital. Like so many people, I kept thinking she would get better. I was busy pretending that things were "OK" and that I needed to be "strong for her." I failed to take the opportunity to talk to my Mother about her fears...her hopes. I never cried with her. While her death wasn't a textbook example of horrible - it also lacked so much in the way of real support. My failure haunted me for years and I was determined never to let that happen again. I wouldn't run from those discussions. I wouldn't pretend that things were fine when they weren't. I would deal.

My Father and I took this journey together with his Stein team. Between Stein's physician, nurse, social worker, chaplain, STNAs, volunteers and anticipatory grief counselors, just about every topic was covered. No conversations were avoided. While there were times that were hard, we got through them and as strange as it may seem, gained strength and wisdom in this process. We learned that hope might change but is always present. We learned that peace comes from dealing with the hard things. We learned that love lives on.

For my Stein family. From the bottom of my heart I thank you for what you did for Dad...and for me and the rest of my family. It

*Message, continued on page 7*

# We Salute Our Veterans

## Veterans Day: Honoring America's Veterans Includes Caring at Life's End

It surprises many Americans to learn that 25 percent of all deaths in the US are Veterans. That's 1,800 people a day; more than 680,000 Veteran deaths every year. As the nation honors these American heroes for their military service on Veterans Day, November 11, it's important to remember that they also deserve recognition and compassionate care at the end of life's journey.

An innovative program, We Honor Veterans, is helping healthcare professionals honor our Veterans.

The National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs launched We Honor Veterans, a pioneering campaign to help improve the care dying Veterans receive from the nation's hospice and palliative care providers.

By recognizing the unique needs of our nation's Veterans who are facing a life-limiting illness, hospice and palliative care providers are able to accompany and guide these men and women towards a more peaceful ending. For Veterans who experienced combat service or other trauma, this can be particularly important as experiences from the past may resurface at the end of life.

"All hospices are serving Veterans but often aren't aware of that person's service in the armed forces. Through We Honor Veterans we are taking a giant step forward in helping hospice and palliative care professionals and volunteers understand and serve Veterans at the end of life," said J. Donald Schumacher, NHPCO president and CEO. "It is time that we step up and acquire the necessary skills and fulfill our mission to serve these men and women with the dignity they deserve."

More than 1,000 hospice organizations across the country have joined We Honor Veterans and are increasing their skills and capacity for serving Veterans. Activities range from utilizing a military history checklist at admission, recognition events like pinning ceremonies and certificate presentations, to outreach to other community organizations.

Additionally, WHV is helping hospices work more effectively with VA medical facilities in their communities.



## Veterans, continued from cover

and spiritual support for the entire family."

And, of course, talking about November would not be complete without a discussion of Veterans Day — November 11.

As I mentioned earlier, my dad was a veteran of World War Two. He served in the Air Force as a technical sergeant in the 456th sub depot of the 100 Bomb Group (Heavy), also known as "the Bloody Hundredth" of the 8th Air Force. My dad was a mechanic on B-17 bombers and was stationed at Thorpe Abbott's air base in England, about 80 miles north of London. Incidentally the air base has been turned into a museum, with the control tower serving as the primary museum building, but other components of the base still exist and are present for viewing.

Over the years my dad shared some memories of the war and his base. One that reminds me about how lucky we are now is the story he told of jumping in a B-17 after the war had ended and flying to Paris with just the pilot and co-pilot. It apparently was a spur of the moment kind of thing, and my dad loved airplanes, so he jumped at the chance when the pilot asked him to come along.

Once airborne, my dad asked them the purpose of the trip. With a wry smile, the pilot turned toward my dad and said, "we know a place in Paris serving fresh eggs!" Sure enough, after the short flight, and a jeep ride, they ended up at a small café where the three enjoyed fresh eggs, some toast and as dad described it "harsh coffee," then returned! My dad still laughed when he told the story. He said, "Craig, you have no idea how much trouble we could have gotten into if the brass ever found out!" But he added, "It was one of the best meals I had over there, and we had a blast doing it!"

So something that we all take for granted, fresh eggs, were not so easy to come by during WWII, and while it's a fun story, it also demonstrates how easily we may forget what we have in this country. And we have our veterans to thank in part because of the sacrifices they made, and that our active military members continue to make on our behalf.

Unfortunately, veterans continue to need the services of hospice and palliative care, as do active members of the military, so we are also fortunate to have a well-established hospice and palliative care profession that can serve their needs as well as the needs of their families.

Many of us have lost loved ones, or friends or neighbors, from military service. So on this Veterans Day, take a moment to pause and reflect on what they did for the country, and how they have helped us live a great life with great things. Let's thank them in our own personal way. They gave us what we have, it seems to me to be the least we can do.



# Stein Hospice Annual Light Up A Life

Stein Hospice's 29th annual Light Up a Life will be held in two locations in December, free and open to all who want to memorialize or honor a loved one during the holidays.

A donation of \$15 or more will light a bulb on one of the Hospice Holiday Trees located in Washington Park, downtown Sandusky, and St. Peter Evangelical Lutheran Church, Norwalk. To purchase a light, go to [www.steinhospice.org](http://www.steinhospice.org) or call 800-625-5269. Donations accepted until January 15, 2014.

The names of those being memorialized and honored are placed in the Book of Life, which is placed on the altar during the two church services, then moved to the reception. The Book of Life is displayed throughout the year at Stein Hospice main office, 1200 Sycamore Line, Sandusky.

## The two services are:

**Sunday, December 8**  
St. Peter Evangelical Lutheran Church  
Benedict at Executive, Norwalk

**Sunday, December 15**  
First Presbyterian Church  
Jackson and W. Washington Sts.  
Downtown Sandusky.

Both services begin at 4:30 p.m. followed by the tree lighting and a reception.

Proceeds directly benefit patients and families in Erie, Huron, Ottawa, Sandusky, Seneca, Lorain and surrounding counties. Stein Hospice is a not-for-profit agency that has been serving patients and families since 1981.



## Holiday Grief Relief for Children and Adolescents

The holidays without a loved one can be difficult, especially for children. Holiday Grief Relief is a two hour workshop that offers grieving children and adolescents tips on how to cope with stress, guilt, sadness and holiday blues. Participants will also learn new ways to remember their loved ones while gaining support from their peers.

**December 19, 2013**  
**5:30 p.m. - 7:30 p.m.**  
Stein Hospice  
1200 Sycamore Line, Sandusky

Children of all ages are welcome. Some of the evening events include cookie decorating, music therapy, art therapy and a memorial tree decorating ceremony. Dinner will be provided.

The registration deadline for Holiday Grief Relief is December 16. To register contact Hope Seavers, Bereavement Care Liaison at 419-625-5269 or 800-625-5269.

## Dine with Stein

Come dine with Stein Hospice at Cleats Club Seat Grille Thursday, December 5  
3:00 p.m. - 9:00 p.m.

*10% of all food sales will be donated to Stein Hospice.*



6801 E. Harbor Rd.  
Marblehead, OH 43440  
419-734-9464





### Stein Hospice Luau

Mainlanders and Islanders alike donned their leis for the 2nd annual Stein Hospice Luau on Middle Bass Island. About 100 people enjoyed a pig roast, island tour and live music on the back patio at J.F. Walleyes. A special thank you to Chris Zeitler, Lori Ann Suglia and the rest of the Walleye's staff for hosting another successful Luau for Stein.

### Stein Hospice Spaghetti Dinner

The 3rd annual Stein Hospice Spaghetti Dinner took place on September 22 at the VFW Post 17 in Sandusky. Stein Hospice volunteer and Vietnam Veteran, Gary Wilson, was on hand to thank Veterans for their service and welcome home those who served in Vietnam. Special thanks to our sponsors, the "Big 3", Amvets Post 17, VFW Post 2529, and American Legion Post 83. All proceeds from this event support the PeaceWorks, the Stein Hospice Veteran Program.



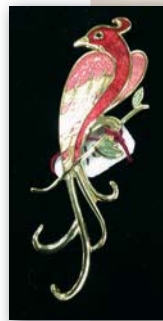
## Shop Encore for the Holidays

In the hustle and bustle of the holiday season, it can be difficult to find unique, personal gifts for our friends and family. Beat the lines and crowds and shop Encore for your holiday gifts. Encore has an ever-changing array of items perfect for everyone. Jewelry, handbags, artwork, and furniture from new to vintage are just some of what Encore has to offer. Encore is located at 126 Columbus Ave. in Downtown, Sandusky.

### Shop Hours:

Monday-Friday, 11 a.m. - 5 p.m.  
Saturday, 11 a.m. - 2 p.m.

All proceeds from the Encore Shop benefit the patients and families of Stein Hospice.



# Volunteer Opportunities

The Volunteer Department is excited to announce upcoming opportunities for our current volunteers and for individuals who are interested in becoming Stein Hospice volunteers.

A Veteran for Veteran LifeCourse class will be held in January 2014 at the Ohio Veteran's Home (OVH). This class is open to everyone, with emphasis on having Veterans attend who are interested in volunteering with Veterans at OVH. Dates and times are being firmed up and detailed information will be made available in December. Registration is required by calling Amanda Michaels at 1-800-625-5269.

LifeCourse classes for individuals interested in becoming a Stein Hospice volunteer are in the works for February, April, and September. As dates, times, and locations are confirmed, flyers will be sent to all of our volunteers. You are our best source of recruitment for additional volunteers. We are asking that when you receive these flyers in the mail, that you pass them on to a friend or family member who you think would be a good volunteer for Stein Hospice. Tell them your story and encourage them to become a hospice volunteer. If every volunteer encouraged just one person to become a Stein Hospice volunteer, imagine all the patients and families we could touch.

## It's Great to be a Stein Hospice Volunteer

We are offering a Guided Imagery class with Gretchen Franklin, Director of Social Services for Stein Hospice. Gretchen has presented this class nationally and we are pleased to bring this opportunity to our volunteers. This class will be held on Tuesday, November 12 from 5:30 p.m. - 7 p.m. at the Stein Hospice 3rd floor conference room at Firelands Regional Medical Center South Campus. This class is only available to current Stein Hospice volunteers. Registration is required by contacting Sue Laeng at 1-800-625-5269 no later than Friday, November 8.

A Paws Up meeting is being held for all volunteers who are part of our pet therapy program. This meeting will encourage open discussion on the Paws Up program as it currently stands and ideas for plans for the future. It is being held on Thursday,

November 14 beginning at 5:30 p.m. at the Main office on Sycamore Line in Sandusky.

A Feeding class is scheduled for Wednesday, December 11 at the Ohio Veteran's Home from 8 a.m. - 2 p.m. In addition to the classroom training, supervised hands-on feeding will be part of the class. There is a great need for volunteers in this area. Registration is required by calling Gail Shatzer at 1-800-625-5269.

Mark your calendar for the Stein Hospice Volunteer Christmas party scheduled for Friday, December 13, 2013 at the Sandusky Yacht Club. Invitations to the Volunteer Christmas party will be mailed out in mid-November to active Stein Hospice volunteers. This is a wonderful opportunity to celebrate the holidays and meet with other volunteers.

Volunteers who have completed LifeCourse will be given the opportunity to participate in continuing education classes for Bereavement training. These classes will be held on Wednesdays for 6 weeks from January 8th through February 12th. Classes will be held at the Stein Hospice Main Office on Sycamore Line in Sandusky. Watch for additional information to come to you in the mail. Registration is required by calling Laurie Allison at 1-800-625-5269.

Are you looking for another way to volunteer at Stein Hospice? Sandusky Mall is having an Expo on Saturday, January 11, 2014 from 10 a.m. - 4 p.m. We will have a booth set up there and are looking for volunteers willing to take 2 hour shifts to hand out brochures and answer questions about volunteering. If you enjoy being around people and are looking for a great excuse to go to the mall, please consider calling Gail Shatzer at 1-800-625-5269.

Additional classes are being planned. Please look for specific information regarding dates, times, and locations in upcoming "In Touch" newsletters and in your mail.

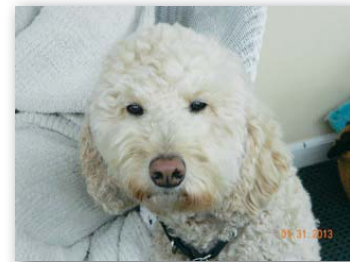
## Casey Chaney 2009-2013

Every once in a great while someone or something comes into our life and brings unexpected joy- and we ask ourselves--how did I manage before this?

"Living with Casey was like that! She was fun, friendly and really seemed to believe it was her mission to greet, love and play with everyone," said her owner and handler Sue Chaney, a Paws Up volunteer since 2011

Casey was a dedicated volunteer. Through much training, she achieved CGC (canine good citizen) and TDI (therapy dog international) certification which allowed her to visit nursing homes, hospitals and schools. Whatever setting she worked in she always knew what was expected of her-----whether sitting with patients or listening to children read.

Casey will be honored at Stein Hospice for her service in the "Paws Up Program" with a memorial brick in our rose garden. We doubt we will ever have another dog like Casey.



But for those 4 years we are very grateful. And grateful as well to all of you who loved her and paid tribute to Casey.

"We grieve the loss of this incredible dog -----we will always miss her. And judging by the many cards, calls and visits that we have received, we are not alone in our grief. We have been amazed by the outpouring of condolences! Casey loved all of you and-----clearly you loved her. Our veterinarian made the comment---"Casey was a person in a dog's body". Oh we definitely believe that's true."

-Sue and Bill Chaney

# Calendar of Events

## November

### Open Labyrinth Walk

Wednesday, November 13

9 a.m. to 11 a.m.

Terra State Community College



### Senior Fest

Tuesday, November 19

10 a.m. to 2 p.m.

Midway Mall in Elyria

### Social Media

Thursday, November 21

3 p.m. to 4 p.m.

Beth Frank

Bellevue Care Center-Orchard Grove

### Peace Works

Thursday, November 21

7 p.m.

Julie McCormick

Knights of Columbus Hall, Sandusky

### 50+ Plus Expo

Friday, November 22

10 a.m. to 2 p.m.

Spitzer Center

## December

### Dine with Stein

Thursday, December 5

3:00 p.m. to 9:00 p.m.

Cleats Club Seat Grille  
Marblehead

10% of all food sales will be  
donated to Stein Hospice

### Light Up a Life

Saturday, December 7, 7 p.m.

Ohio Veterans Home, Georgetown  
Services are followed by tree lighting  
and reception. To purchase a light,  
(donation \$15 or more) visit [www.steinhospice.org](http://www.steinhospice.org)

AND

Sunday, December 8, 4:30 p.m.

St. Peter Evangelical Lutheran Church,  
Benedict at Executive, Norwalk.

AND

Sunday, December 8, 4:30 p.m.

First Presbyterian Church,  
Jackson and W. Washington Sts.,  
Sandusky

### Holiday Grief Relief for Children and Adolescents

Thursday, December 19

5:30 p.m. to 7:30 p.m.

Stein Hospice

1200 Sycamore Line, Sandusky

A program for grieving children of all  
ages. Dinner provided. For reservations  
contact Hope Seavers, 800-625-5269,  
[hseavers@steinhospice.org](mailto:hseavers@steinhospice.org).

## Volunteer Panel: A Welcome Addition to LifeCourse

In September 2013, LifeCourse training was offered in Sandusky and Norwalk to 30 people interested in becoming volunteers for Stein Hospice. An exciting addition to this program was a Volunteer Panel. This panel consisted of active volunteers from various disciplines, such as direct patient care in homes and facilities, the Stein Care Center, Pet Therapy, the Ohio Veteran's Home, the Encore shop, and office support. These volunteers were happy to share their stories. They shared their experiences—the rewarding ones, the emotional ones, and also some learning experiences. These stories were told with compassion, a few tears, and with humor. Their stories touched the hearts of the attendees and helped them to understand that they don't have to be super-human to be a volunteer with Stein Hospice; they just need to be themselves. They need to have a heart to help others, the ability to show compassion, and the desire to give of their time. The volunteer class learned that Stein volunteers are people just like them.

The Volunteer Department feels that this panel was instrumental in encouraging the class attendees that they have what it takes to volunteer at Stein Hospice. We would like to thank the volunteers who so willingly gave of their time and served on the panels:

Pat Bergmoser  
David Fitzthum and Eli  
Gene Heinzerling  
Diane Hire  
Carol Kegarise  
Millie McCready  
Bonnie Meisner  
Sister Pat Meyer  
Susie Miller  
Dick Mittendorf  
Kathy Preston  
Carol Sima  
Heidi Strong and Pete

## TAI CHI

Every Tuesday and Friday  
8:30 a.m. - 9:30 a.m.

Community Center, FRMC South Campus  
Cost: FREE

## Message, continued from page 2

is an honor to work with you. It is tempting to think you did special things for my family. While, yes, you did do special things, I know it is the same for every family we serve. You humble me.

While the end of the year is filled with budgets and forecasts and all that comes from the challenges facing health care, the goal is simple. Make sure we are here for everyone who needs us. The services we provide today are the very services we will make available to the people we love.....and, someday, for ourselves. So, we better get it right.

With love and respect,





Sandusky Office  
1200 Sycamore Line  
Sandusky, Ohio 44870

ph. 419-625-5269  
fax 419-625-5761

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## SUPPORT GROUPS

All groups are free and available to anyone in the community whether or not they have had previous involvement with Stein Hospice. For more information contact Hope Seavers, Bereavement Care Liaison 800-625-5269 or [hseavers@steinhospice.org](mailto:hseavers@steinhospice.org)

*\*Participants purchase their meal.*

### Adult Support Groups:

- **Serenity Seekers:** for the loss of any adult loved one.
- **Healing Hearts:** for graduates of Serenity Seekers.
- **Compassionate Friends:** for adults who have experienced the loss of a child.
- **MOMS:** for mothers who have experienced the death of a child, any age.
- **A New Dawn:** for adult survivors of divorce.
- **A New Day:** for graduates of A New Dawn.
- **With the Guys:** for men who have lost a loved one.
- **Rain's End:** for adults who have lost a loved one through suicide.
- **Clear Skies:** for graduates of Rain's End.
- **Angel Warriors:** for women who have experienced a loss and face self-confidence issues.
- **M.I.S.S. You:** for parents who are grieving loss through miscarriage, infant death and stillbirth.
- **In It Together:** for families who have a loved one in the military and deployed. Contact Kim Gentzel, 419-750-0642.

### Adult Social Event Groups:

- **Bunch for Lunch:** Potluck 12 p.m., first Monday of month, at Stein Hospice, 1200 Sycamore Line.

- **Sandusky Yacht Club Lunch Bunch\*:** 12 p.m., third Wednesday of month. 529 E. Water St., Sandusky.
- **Huggers and Munchers\*:** 5 p.m., second Tuesday of month, at different restaurants.
- **Healing Hearts Lunch Bunch\*:** 12 p.m., first Wednesday of month, at Berry's Restaurant 15 W. Main St., Norwalk.

### Children and Adolescent Support Groups:

- **Recovery Riders:** for children ages 7-12 who have lost a loved one through death.
- **R.U.O.K:** for adolescents ages 13-18 who have lost a loved one through death.
- **Tough Cookies:** for children ages 7-12 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/caretakers who have been incarcerated.
- **Next Step:** for adolescents ages 13-18 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/caretakers who have been incarcerated.
- **Club USA:** for children ages 7-12 who have a loved one in the military who has been deployed.
- **Camp Good Grief:** a weeklong summer day camp for children ages 5-13, held in several local parks.