



## From the Mailbag

My family and I want to thank all of you wonderful people for your excellent care of Bonnie Fleming, of Port Clinton and Gilbert, Arizona. You have a wonderful place there and we want you to know how much we appreciated your thoughtfulness. You can tell you love your work.

*Bonnie Fleming family*

My mom, Maxine Phipps, had the best "cheerleading squad" I believe I've ever met. There was not one person that did not help her along her path, and she so looked forward to "Therapy Days" with enthusiasm and dedication to working out.

*Sandee Abele*

The kindness and compassion that you showed to Papa (Laurel Cannon) and to all the family will never be forgotten. He deserved the very best because he spent his life caring for everyone else. It was so difficult for me to admit that I couldn't give him the care he deserved, so I was so relieved and happy to see that he was receiving such good care.

*Laurel Cannon family*

Thank you for showing an entire family that the beautiful road to that place we call heaven began when we walked through the doors at Stein Hospice.

*Betty Myers family*

## Healing Spiritual Pain

Hospice workers are experts in treating physical pain, but when it comes to spiritual pain, knowledge and understanding are often lacking. As a result, patients are unnecessarily anxious and over-medicated; their loved ones feel helpless and the end-of-life experience is not peaceful.

Stein Hospice, though, offers a different approach, thanks to its affiliation with an innovative national training program called "The Sacred Art of Living & Dying."

Using simple questions, comfort touch and other holistic interventions, Stein chaplains, social workers, nurses, aides and volunteers help patients lean into their spiritual pain. If a person is in spiritual or soul pain, it is always because of some kind of crisis, such as hopelessness or non-forgiveness toward themselves or others. Forgiveness pain is so prevalent that it has been called the "common cold" of spiritual pain.

Since 2006, more than 150 staff and 50 volunteers from Stein Hospice have received Sacred Art training from the Oregon-based organization. This year, Stein began offering an in-house training program for nurses and aides, becoming the first hospice permitted to do so by the Sacred Art Center. Two staff members, Gretchen Franklin, social services director, and Rachel Berry, a nurse in the Quality and Education department, are among just a handful of professionals nationwide that the Sacred Art Center is training to be facilitators.

"If we use these Sacred Art tools, people will die more peacefully, are not going to need as much medication, and families will be much more satisfied with the care their loved ones received," Rachel said.

Last year Stein began tracking Sacred



Art interventions, such as the soothing sounds of the Threshold Choir and guided imagery. More than 3,000 were documented. 2012 survey results from the family evaluation of hospice care show that approximately 70% of our patients participated in discussions about spiritual or religious beliefs, and of those, 97% said it was the right amount of contact for them.

The Sacred Art of Living and Dying program began in 1997 by Richard Groves, who was then a hospice director and chaplain, and his wife Mary Groves, a bereavement and grief counselor. The couple feared that hospice government regulations were squeezing out spiritual care, and began the center as a way to keep end-of-life spirituality alive. More than 20,000 people have completed the 8-day training program, which is now taught worldwide.

The program, which has its roots in the Celtic tradition, does not advocate a particular theology, but instead draws from lessons found in every great spiritual tradition.

The Stein nurses and aides who are currently being trained give the program high marks, saying it offers many new ideas to use at the bedside to help the patient relax. "Just listening and being present can help a patient tremendously," one participant wrote on the evaluation.

For more information about Sacred Art visit their web site, [www.sacredartofliving.org](http://www.sacredartofliving.org).

## 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*  
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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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## GO GREEN

Help Stein Hospice save money and care for the environment by receiving "In Touch" electronically. Just contact Molly Kavanaugh, mkavanaugh@steinhospice.org, 800-625-5269 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

Like so many organizations, Stein Hospice relies on the generous men and women who give their precious time to help those we serve. But I have to tell you – OUR volunteers are the best. Yes, they give of their time, and even help out with just a few hours' notice when an emergency arises. But they also give the gift of their presence, opening themselves up to a range of emotions that can surface when spending time with a seriously ill patient and their family.

These dedicated men and women are our family, and we cherish each and every one of them. And now, with an expanded service area and increased number of patients, our family needs to grow. Maybe you or someone you know would like to join our family. Many of you reading this, though, might think – I don't have what it takes to be a hospice volunteer. That's what Bonnie Meisner thought too. Now the Willard woman can't imagine life without her weekly visits with hospice patients. "It's just an awesome thing," she says. (Read more about Bonnie on page 6).

Port Clinton resident Gene Heinzerling sings to our patients. She is a member of our Threshold Choir, an all-female choir who sing lullabies and other soothing music at the bedside of patients. Requests for the choir continue to grow. In order to meet this growing demand, we need more of these talented volunteers. Do you have a song in your heart you can share?

Or how about a four-legged friend in your house? Our Paws Up volunteers take their trained dogs to visit patients in their homes, nursing rooms and the Care Center, generating lots of smiles and fond memories. During visits, David Fitzthum likes to ask his white German Shepherd Eli, "Where do the angels live?" Eli answers by looking up to the sky. "It opens your eyes to a lot of things you don't think about," David says.

Our Veteran patients often have special needs and enjoy spending time with a military buddy. U.S. Army Veteran Dick Mittendorf remembers how nervous he was when he visited his first patient at the Ohio Veterans Home three years ago. The patient said, "Don't be nervous Dick," and our volunteer quickly grew comfortable in his new role.

I wish I had space to tell you about so many other volunteers who are as committed and caring as Dick, David, Gene and Bonnie. Please help our family grow. Call our volunteer department for more information or to sign up for our volunteer training class. Enrich your life by sharing it with Stein Hospice.

With love and respect,



# We Salute Our Veterans

## Honor Flight Lifts Veteran Spirits

Six Veterans who live at the Ohio Veterans Home in Sandusky recently visited Washington, D.C. and had a non-stop day that left them exhausted. But the men, ranging in age from 81 to 92, aren't complaining.

"It was one of the best days of my life," said Eugene Mack, about his trip aboard Honor Flight, a national organization that flies Veterans to D.C. at no charge so they can visit the war memorials. The 92-year-old Marine fought in the battle of Iwo Jima, where nearly 7,000 U.S. troops were killed.

The six Veterans, part of a group of 2 dozen Veterans who flew from Cleveland to D.C. on July 31, visited the Iwo Jima Memorial and other major war memorials - World War II, Vietnam and Korea. They also saw the changing of the guard at Arlington National Cemetery.

"It was a lot in one day, but it was wonderful. The preparation that went behind it really impressed me," said Reynold Johnjulio, who joined the U.S. Army right after D Day.

Alex Bosko was impressed by the kindness of so many strangers, who stood and clapped for all the Veterans as they walked through the airports.

Every Veteran on Honor Flight is assigned a guardian. Stein Hospice provided three guardians - Registered Nurses Ron Brooks, pictured here with Reynold, and Mike Marsh, and Ed Aaron, a nursing assistant. Two of the Veterans - Don Nelson and Alex Bosko - traveled with their daughters.

"It was such a privilege to share the day with him and the other Veterans," said Alex's daughter, Kathy Reed.

The other OVH residents aboard Honor Flight were Joe Kennedy and William Mariner.

### ***Veteran names and hometowns:***

Reynold Johnjulio, 88, Youngstown & Norwalk

Joe Kennedy, 81, Plymouth

Alex Bosko, 83, Mansfield

Eugene Mack, 92, Norwalk

Don Nelson, 87, Medina

William Mariner, 88, Rocky River



## Staff Spotlight



### DENISE BOWERMAN

Registered nurse Denise Bowerman found what she was looking for when she joined Stein Hospice in 1994. She has held many positions over the past 20 years, but her sense of fulfillment has not changed.

"Hospice is the kind of care you go into nursing for, it becomes your heart and your passion," she says. Denise was hired as a night, on-call triage nurse and has been a case manager and cared for patients in the Care Center and those needing continuous care. Now she is a quality educator, providing training to staff and volunteers, and assists with patient care and continuous care when needed.

In Denise's early years, hospice primarily cared for cancer patients and relied almost solely on medicine to control pain and symptoms. Today, hospice treats patients with a myriad of diagnoses and offers many non-pharmacological techniques, several that Denise uses.

She has been trained in Reiki and completed a 2-year Anamcara Apprenticeship Program that offers interventions for spiritual pain. She is also a member of the Threshold Choir, composed of women staff and volunteers who sing at the bedside of patients.

"The music is not only calming for the patient, but has a healing effect on the family," she says.

She recalled a visit the choir made to the Ohio Veterans Home in Sandusky. They walked into the cafeteria where several Veterans with dementia were seated, and began singing patriotic songs like "The Star-Spangled Banner." The faces of the Veterans lit up, and many of them began moving their lips.

"It was profound, we got tears in our eyes," Denise says.

Denise likes to include her five children, ranging in age from 7 to 17, and her husband, Tim, in Stein activities. The Bellevue family helped prepare a Christmas meal for patients at the care center and has volunteered at some of the fundraisers, like the Memorial 5K.

After all these years, Denise still smiles when she talks about her work at Stein.

"I truly believe in its mission," she says.



## Our Wish List

Three years ago we put out a call to our supporters asking for vintage handkerchiefs that we could launder and hand out to grieving family members. And boy did you respond. Hankies flowed in with colorful embroidery and tating, decorated with roses and poinsettias, embossed with initials and "Mother." Since then, our chaplains, social workers and Threshold Choir have been handing them out to appreciative family members. But their hankie supply is dwindling.

So we're back once again asking for men's and women's handkerchiefs. Also, volunteer Doris Quayle makes gowns and clothes savers for patients so we also need gently used flat sheets (any size) and medium towels. Donations can be dropped off at Stein Hospice, 1200 Sycamore Line, Sandusky. To arrange for a pickup, contact Gail Shatzer, 800-625-5269.

Read Threshold Choir member Kathy Hummel's moving experience comforting a family with a handkerchief.

*Singing at the bedside of people on the threshold of transition is a profoundly moving experience. So often I can feel the presence of grace around me as I sing. That feeling was especially present one Friday when I was called to sing with three other members at the bedside of an imminent patient.*

*The patient's husband of nearly 64 years was wheeled into the room and put into the circle around his wife. We began to sing, sometimes threshold songs, sometimes her favorite hymns. And the family joined in when they knew the words. It was lovely and happy and the tension in the room evaporated as we sang.*

*When we left the room, one of the patient's daughters joined us in the hall and as frequently happens, she and another family member hugged each of us. As is our custom, our leader pulled out two donated handkerchiefs to give to the daughters as a remembrance. The daughter said, "How did you know?"*

*The woman held up the two handkerchiefs which were both embroidered, one with an A and one with an E. She said, "My name is Amy and my sister's name is Ellen." When our leader said that she didn't know and just pulled those out at random, Amy said, "This is the sign we have been looking for that everything will be OK."*

*It was truly a moment of grace.*

Stein Hospice patient Dean Bollenbacher fondly recalls the first Cleveland Indians baseball game he attended in 1947. Alicia Bogard, an anticipatory grief and bereavement counselor at Stein, is helping Dean fill out a life review workbook.



## Leaving a Legacy

Often the key to self-discovery starts with simple, but specific questions: Who has been influential in teaching you life lessons? What were your happiest moments? Your biggest fear?

At Stein Hospice, social workers help patients answer those questions by using a life review workbook entitled "My Life's Reflection." The workbook is given to every Stein Hospice patient, along with a comfort pillow and letter from Jan Bucholz, Stein Hospice CEO.

"We believe strongly that everyone leaves a legacy, no matter how big or small and that we all have a purpose in life, not always easily realized. We hope this exercise can provide them with some peace," Jan said.

Hospice patient Dean Bollenbacher, formerly of Bellevue and now a resident at the Ohio Veterans Home, says he enjoys reminiscing about the past. But a stroke last year affected his memory and ability to write, so he needs help filling out the workbook.

"I wanted to be a baseball player," he tells Alicia Bogard, anticipatory grief and bereavement counselor. Dean pauses, and then remembers the name of his favorite player – Mickey Mantle.

Our country's saddest moment? "When President Kennedy was killed," he says. And the happiest moment was when the Cleveland Indians won the World Series in 1948.

"This really brings back memories," he adds, as the interview session came to a close.

His daughter Dena is also helping him with the book. "I think it gets his mind going and makes him work a little," she says, adding, "I know I will treasure it."

The workbook exercises are not just for hospice patients. They can easily be used by people at various stages of their life who want to impart memories and life lessons to their loved ones. The book also includes questions about lighter topics, such as favorite recipe and car, which can also add insight into a loved one's life.

Alicia, who is assigned to OVH and works with non-hospice residents too, said that many Veterans are reluctant to talk about their military service in general terms, but ask them about their comrades and they are likely to talk for hours. "The bonding with their comrades is huge," Alicia says.

She is helping Kato Thompson, a Vietnam Veteran from Cleveland, fill out his book. During one interview, he talks about the various roles he has held throughout his life.

"Since I don't have any kids of my own, I try to be a father figure to my nephews," he says to Alicia, adding, "I think I would have made a good father."

Someday Kato plans to share the completed book with relatives.



## CIC Tailgate

About 100 people enjoyed an evening of summer fun and Buckeye music during the annual tailgate at the Catawba Island Club. Thanks to CIC, Mike and Ginger Schenk and The Ohio State University Pep Band.



## Open House at Lorain Office

Thanks to everyone who helped us celebrate the official opening this summer of our Lorain County office, located at 4000 Oberlin Ave. in Lorain. A special "hats off" to Tony Gallo and all the members of the Lorain County Chamber of Commerce for their warm welcome.



## Camp Good Grief

For the first time Steinhospice expanded its Camp Good Grief to Norwalk, which attracted more than 20 campers. In all, four day camps were held this summer, reaching approximately 100 boys and girls who have experienced a grief-related loss. Comments included: "I liked today because I got to meet kids with similar experiences to mine" and "I learned that sadness won't last forever." Special thanks to: Wightman-Wieber Charitable Foundation; JBT Foodtech; Nora Wilder Charitable Trust of Elyria; Blue Chip Machine and Tool LTD; Mad River Harley- Davidson; McDonald's; Trinity Lutheran Church, Willard; Robert Rice; Structured Investment Advisors; Eagle Lake Camping Resort of Fremont; TSGS, Inc. McDonalds; Zonta Club of Greater Sandusky; Firelands Regional Medical Center; Zion Evangelical Lutheran Church, Sandusky; and Great Lakes Benefits and Wealth Management.

## Dog Days

Who says dogs aren't artistic? At the annual Steinhospice Pet Expo in August some dogs painted a pretty picture, while others tried their luck with races and fashion show. Special thanks to the Petco Foundation, Groff Pet Loss Services, CritterCroft Pet Clinic, Mapleview Animal Hospital and No. 2 Dog Waste Removal Services.



## Ohio Hospice Leaders at OVH

More than 30 members of the Hospice Veteran Partnership of Ohio visited the Ohio Veterans Home in August for a meeting hosted by OVH and Steinhospice. Steinhospice bereavement counselors Stephen Boros and Alicia Bogard presented "A Soldier Always" workshop that explains the various emotional and social issues Veterans face depending on when and where they served.



## Eagle Creek Charity Golf Classic.

More than 100 golfers enjoyed an overcast day on the Norwalk golf course supporting Steinhospice. Co-chair Taylor Hart said the annual event is really a celebration, honoring an agency that has touched so many people. Hart hopes to reach the \$1 million mark during next year's 20th event. This year's event was generously supported by Hart Advertising, Wise Hospice Options, Kaiser Wells Pharmacy & Homecare, Therapy Support, Tusing Builders & Roofing Services, Fisher-Titus Medical Center, Groff Funeral Homes, Sandusky Register, Smith Paving, Chapman & Chapman Advisors LLC, Fisher-Titus Foundation, ICP, Inc. and Maple City Rubber.





## Volunteer Focus

Bonnie Meisner never thought about becoming a volunteer at Stein Hospice, but a newspaper article caught her eye, and touched her heart.

Years before, her father had been a hospice patient and the staff was a tremendous help in educating Bonnie about the physical and emotional changes at the end-of-life. That ad brought back heartfelt memories. "I can't explain how or why, I just knew I was supposed to become a hospice volunteer," says the Willard woman, who retired as director of the Norwalk Child Care Center in 2009.

Now, two years into volunteering, Bonnie can't imagine life without weekly visits to her hospice patients. Currently she visits Janice Wiegand, pictured here, and three other patients at the Laurels of New London and the Willows at Willard. She helps with meals, visits at the bedside and sometimes just sits quietly while the patient sleeps. "There is a true connection, even if the patients don't always know who you are or that you are there," Bonnie says.

One of her former patients was an Indians fan, so the two women watched baseball games when Bonnie visited. The woman shared with Bonnie what was going on in her world, which included seeing people who were deceased. "She was blunt and honest and happy, she will always leave an imprint on me," Bonnie says.

After the woman died, her daughter told Bonnie she had decided to become a hospice volunteer, an affirmation for Bonnie that she had done a good job. So many friends tell Bonnie they don't think they have what it takes to be a hospice volunteer. Bonnie tells them, she once thought the same thing too, look at her now. "It's just an awesome thing," she says.

## Continuing Education

*Registration required. Contact the Volunteer Department (volunteer@steinhospice.org or 800-625-5269)*

**Thursday, Sept. 26, 8 a.m. -1:30 p.m.** Meal Assistance, Ohio Veterans Home, Sandusky

**Thursday, Oct. 10, 5:30 p.m. -6:30 p.m.** Alzheimer's/ Dementia, Firelands Regional Medical Center, South Campus

**Wednesday, Oct. 23, 5:30 p.m.-6:30 p.m.** Continuous Care, Firelands Regional Medical Center, South Campus

## Camp Fun For Adults Too

Substitute teacher Pat Babiuch has been volunteering at Camp Good Grief since it began more than a decade ago in a Stein Hospice meeting room. The camp was eventually moved to Osborn Park in Huron, less than a mile from Pat's home.

"I'm always amazed how strong they are," Pat said, adding, "I learn more from them than they do from me."

Pat is not the only volunteer who plans her summer around Huron's Camp Good Grief. In all, about half- dozen women attend the camp every year and help out as group leaders. The day camp, now held in three other locations besides Huron, is for children ages 5 to 13 who have experienced any grief-related loss, including but not limited to death, divorce and incarceration.

Pam Castello got involved with Camp Good Grief after Stein took care of her father in 2005. "This is the time in my life that I need to give back," said Pam, a fourth grade teacher at Perkins' Meadowlawn School.

Pam thinks of herself as the campers' adult friend, always willing to listen. "I don't ask questions," she said. She lends a hand wherever needed – during art activities, serving lunch, when the campers are coming and going.

Some activities vary each year, but a few are repeated because of their popularity. Pam said that the campers really like hearing from a funeral director. This year the funeral director brought his dog, which was also a big hit. "You would not believe the things the kids want to know, like 'what does my grandma look like now?'" Pam said.

The campers also enjoy the visit from Huron High School football players and Coach Tony Legando, who gives an inspiring talk. "He talks about the grief he has experienced when friends have died," Pat said

Both women joke that they have orange T-shirts in every shade – the camp "uniform" for volunteers. But Pat and Pam say they still have room for more camp memories.



*(Left to right), Barb Steinhauser, Pat Babiuch, Robyn Hodgkinson, Suzanne Hartley, Pam Castello and Ellen Drumm. Not pictured: Lenore Kure and Terri Johnson.*

# Calendar of Events

## September

### Open Labyrinth Walk

**Monday, Sept. 9**

**4 p.m. to 7 p.m.**

Community Room, Firelands Regional Medical Center, South Campus, Sandusky

### LifeCourse™ Volunteer Training

**Sept. 9, 11, 16, 18, 23, 25**

**5:30 p.m. to 8:30 p.m.**

Firelands Regional Medical Center, South Campus

OR

**Sept. 10, 12, 17, 19, 24, 26**

**5:30 p.m. to 8:30 p.m.**

Fisher-Titus Medical Center, Norwalk

For more information about becoming a volunteer and to register for LifeCourse™ contact Sue Laeng, 800-625-5269, [slaeng@steinhospice.org](mailto:slaeng@steinhospice.org).

### Reiki I

**Friday, Sept. 20 or**

**Saturday, Sept. 21**

**8:30 a.m. to 4 p.m.**

1200 Sycamore Line, Sandusky

Cost \$75. Contact Rachel Berry, [rberry@steinhospice.org](mailto:rberry@steinhospice.org), 800-625-5269



### LUAU for Stein

**Saturday, Sept. 28**

**12 p.m. to 4 p.m.**

JF Walleyes, Middle Bass Island  
Tickets \$30, \$25 for children 12 and under, includes ferry from Catawba Island to Middle Bass Island.

Tickets available at [www.steinhospice.org](http://www.steinhospice.org)

## October

### Open Labyrinth Walk

**Monday, Oct. 14**

**4 p.m. to 7 p.m.**

Community Room, Firelands Regional Medical Center, South Campus, Sandusky



### Veteran Spaghetti Dinner

**Sunday, Sept. 22**

**12 p.m. to 5 p.m.**

VFW Post 2529

604 W. Perkins Ave., Sandusky

Tickets \$7 (children under 5 free), available at [www.steinhospice.org](http://www.steinhospice.org)

## Suicide Support Group

Rain's End, a support group for adults who have lost a loved one through suicide, will meet for six consecutive Tuesday nights, beginning Sept. 17. Meetings will be held at Sheri's Coffee House, 27 Whittlesey Ave., Norwalk, from 5:30 p.m. to 7 p.m. The group is a safe space for people to meet, talk, grieve and heal. For more information or to sign up contact Hope Seavers, Bereavement Care Liaison, 800-625-5269.

## New Women's Support Group

Angel Warriors is for women who have experienced a loss and are also dealing with self-confidence issues. The group will meet 12 p.m. to 2 p.m., the third Thursday of each month, beginning Sept. 19 through May 15, at the Stein Hospice office at 100 Madison St, Tiffin. The group will incorporate art, knowledge, spirit and support to encourage healing and growth. For more information or to sign up contact Hope Seavers, Bereavement Care Liaison, 800-625-5269.

## Need A Speaker?

Would members of your church group like to experience the reflective walking practice involving a labyrinth? Or maybe a civic group you belong to is looking for qualified speakers to talk about advance directives, palliative medicine and other relevant topics.

Stein Hospice Speakers Bureau offers more than 30 topics, presented by our physicians, social workers, counselors, chaplains and nurses at no charge. For a complete list, visit [http://www.steinhospice.org/speakers\\_bureau.html](http://www.steinhospice.org/speakers_bureau.html).

Some topics offer continuing education hours for nurses or social workers, which may include a fee. All topics are offered without continuing ed.

Please contact Cara Turner or Beth Frank, 800-625-5269, to schedule a speaker.





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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.