

From the Mailbag

"Honestly Camp Good Grief is one of the best things that a child experiencing a loss can go to. I went twice and loved it. Everyone treated me well and I made new friends that were going through the same thing."
– Faith Gasper, age 12 (mother died)

"Camp Good Grief has been such a positive experience for my children. My husband passed away three years ago and my children have attended the camp all three summers to help deal with this huge loss. They have found such comfort in the compassionate counselors; the many activities such as art therapy and animal therapy, and the interaction with other children that understand their journey. For anyone with children going through any type of loss; I highly recommend that those children attend camp. They will gain so much out of the experience and they will learn positive ways to express their grief, find comfort and know that they can move forward on their paths towards healing."
– Natasha Luma
(mother of two campers)

"Camp was a lot of fun and it was nice to be around other kids that understand me. I saw I wasn't the only kid that lost their dad."
– Logan Vaccaro, age 11 (father died)

Camp Good Grief 2015

It has been estimated that 1 out of 20 children will experience the death of a parent by the time they graduate from high school. In addition to the traumatic death of a parent, the children of this age group are likely to lose a grandparent to death. Children experience other common types of losses as well, such as divorce of parents, removal from parents/caretakers temporarily or permanently, and a loved one deployed in the military, pet loss, etc. Bereaved children have unique needs that may go unnoticed during times of loss, due to their inability to identify and express feelings they may have that are associated with these traumatic events. Stein Hospice offers several support groups and an annual camp for children. Camp Good Grief is for children ages 5-13 who have suffered a loss of any type. Support groups are offered throughout the year for children at various stages of grief and are offered for children from 5 to 17 years old.

The use of creative interventions has proven to be widely accepted and



effective in accessing and dealing with the feelings a child may be experiencing at such a traumatic time in their lives. Therapeutic interventions, offered at Camp Good Grief, have the ability to provide these avenues of expression for the children, while at the same time giving the children the opportunity to play and have fun. It is often during play and through the initiation of expressive activities that children are able to work through their grief associated with the issues of loss. Some of the events scheduled for Camp Good Grief 2015 are pet/animal therapy, music therapy, art therapy, children's Zumba (dance

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2015 Camp Good Grief Schedule

The camps run from 10 a.m. to 2 p.m. Cost is \$10.

June 15th-19th: Osborn Park, Huron

June 29th-July 3rd: Hedges-Boyer Park, Tiffin

July 13th-17th: Lakeview Park, Port Clinton

July 27th-31st: Veteran's Memorial Lake Park, Norwalk

Aug. 10th-14th: West Park, Elyria



MEDICAL DIRECTORS

James Preston, DO
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Amy Skolnik, *Outreach Director*
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STEIN HOSPICE

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

LOCATIONS

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Stein Hospice Care Center
Firelands Regional Medical
Center South Campus
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419-558-4164
1-866-230-7597

Norwalk
257 Benedict Ave., Suite B
Norwalk, Ohio 44857
419-663-3222
Please note, this is the correct address for our Norwalk office. It is currently listed incorrectly in the Yellow Pages phone book and online at yp.com and 411.com

Tiffin
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Tiffin, Ohio 44883
419-447-0475

Lorain
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440-282-3939

Port Clinton
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www.steinhospice.org

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Jan Bucholz,
Chief Executive Officer

Message from Chief Executive Officer

From the beginning, the hospice movement recognized the need for bereavement services to family and friends of someone who had died. For that reason, bereavement services have been a part of every hospice program and are, in fact, mandated under the Hospice Medicare Benefit. The differences in services offered are as varied as the number of hospices providing the care.

At Stein Hospice, we realize that grieving the death of a loved one can be a painful and lonely experience. Whether the loss is sudden or the result of a lengthy illness, death changes our world; altering our relationships with others, and our own sense of identity. Our daily habits are disrupted, activities associated with specific roles are lost, and life plans are derailed in the wake of significant loss. Frequently, it is difficult for us to know if the feelings and reactions we are experiencing are normal ones.

Stein Hospice bereavement services are here to help anyone in our community. Available services cover the life span and involve specialty programs for children as well as adults. Intensity of services also differs; one on one counseling, support groups, social groups and large educational offerings are available throughout the year. Within these services, use of advanced techniques such as EMDR (Eye Movement Desensitization and Reprocessing), Guided Imagery, Reiki, Ethical Wills and Memory books provide a variety of methods that assist the bereaved in their journey through the most intense times of dealing with their loss. The process of working through grief offers unexpected gifts. Opportunities for obtaining insight and for creating tangible bonds with future generations can promote healing and strengthen relationships. Perhaps the greatest gift handed to us by the grief process is the opportunity to move forward into a new understanding of ourselves. When we emerge from grieving the loss of a loved one, we embrace our lives from a slightly different perspective. From this new vantage point we find ourselves re-engaging in ways we never expected or even thought possible. The process of grieving can be a time of rebirth, renewal and growth. Stein is committed to providing bereavement services with the final goal of normalizing the grief experience and helping to reestablish a sense of peace and perhaps joy which each of us desperately need after losing someone we love. As always, these services are available to everyone in our community free of charge. Stein Hospice's goal is to "share the journey."

With Love and Respect,

Camp Good Grief



Puppet Patty O'Doors, shares her grief story with the campers.



Dr. Lisa Baltes of Maplevew Animal Hospital, talks to the campers about the life cycle of pets.



Rusty, PawsUp therapy dog.



A quiet moment between volunteer and camper. Although we don't know what they're saying, interactions like these are a normal occurrence and bonds are created as a result.



The Elyria crew wanted to show everyone their true feelings, so they decided to take their group picture with the feelings masks on. In our society, it has become normal to hide our emotions. Camp Good Grief is a safe place for campers to feel their feelings.



There is a different theme for each day of camp. These picture frames represent Self Esteem day. These were put on display at the family picnic for all to admire.



Campers taking some time to relax and reflect after walking the labyrinth.



Children broke pots to symbolize how they feel their lives have been shattered since the loss. The last day of camp these pots were reassembled symbolizing how we can put ourselves back together even though we may look and feel differently.

Why We Volunteer at Camp



1. How long have you been volunteering at camp and what initially drew you?

I have been a volunteer at Camp Good Grief since the very first camp. It was held in the meeting room at Stein Hospice for about 20 children. It has been amazing to watch the changes in the camp throughout the years. I was drawn into becoming a counselor for two reasons. First, I am a teacher and get great joy from working with children. Second, due to my training as a Stein volunteer, I realize the importance of supporting individuals through their bereavement journey. By volunteering at Camp Good Grief, I can combine these two interests and make a difference for these children.

2. What makes you continue to volunteer year after year?

The work done at Camp Good Grief is so important and enjoyable that I can't imagine a summer without attending. The week is truly a highlight of my summer. Each year, I learn so much from these children about strength, love, and resilience. It is amazing to watch them learn coping skills, make friends, and smile. Also, I truly enjoy the relationships I have formed with the Stein staff and other volunteers. It is an honor to be a part of this camp.

3. Please describe what you do at camp.

Counselors have many roles at camp. We supervise crafts, facilitate discussions, organize groups, greet family members, and serve lunch, etc. My most important role as a counselor, however, is to attempt to create a safe environment where the children can share their grief and learn new coping skills. My job is to be a friend and most importantly, a supportive listener.



Pat
Babiuch

4. What are some of the benefits you see for yourself and other campers?

The benefits for myself and the campers are priceless. The importance of Camp Good Grief for the children is they find a place to focus on learning coping mechanisms in a supportive setting with exciting and creative experiences. Camp Good Grief is fun! They connect with other children who are also dealing with loss, share their feelings, and realize they are not alone. As a counselor, I benefit by witnessing the children healing and getting stronger. Also, as I recently lost my Mom, I will benefit by using those coping skills in my own journey.

5. What is your most memorable camp experience?

Each year, a representative from a local funeral home visits to explain to the children the responsibilities of their job and to answer any questions the campers may have. Two memorable moments for me were when one child asked about what happened to his grandpa's legs since they were covered by the coffin while another girl inquired as to what her grandma would look like several months after her death. Their imaginations were creating unpleasant visions but the children felt comfortable enough to ask questions at camp that they probably feel uneasy asking a grieving family member. The relief on their faces when they received answers to questions they needed answers to was something I will never forget.

continued from front cover

fitness), water games, labyrinth walk, balloon release, sharing circles, guided imagery, games, and of course food and fun every day! Events vary based on the location and facilities at the camp. Please contact us at 419-625-5269 or www.steinhospice@steinhospice.org for more information.

Camp Good Grief was established at Stein Hospice as a method to address the grief of a child and give children the opportunity to begin the process of moving forward in their young lives in the absence of their loss. Camp Good Grief is an opportunity for the child to express the feelings they may be having in a healthy and nurturing setting, surrounded by staff, volunteers and other grieving children. Through sharing circles

Good Grief – Two Perspectives

1. How long have you been volunteering at camp and what initially drew you?

I have been volunteering for Camp Good Grief for 9 years. What drew me in was the death of my father. He was diagnosed with terminal cancer, and my family was lost as to what to do. I honestly did not know much of Stein Hospice at that time, and our family had never been touched by such a loss. My father spent his last few days in the care and comfort of the inpatient facility at Stein Hospice. What a blessing - he was comfortable, and we all could say goodbye in such a wonderful environment. After his death I told them "what ever you need, whenever you need it - I will be there for you." I took the Life Course classes, and became a volunteer.

2. What makes you continue to volunteer year after year?

What keeps me coming back is believing that I can make a difference. My father was 80 years old when he died and it was life changing for me. I realized even more then what an impact the loss of a loved one can have on a young child. I was an adult when I lost my father, and my world was changed. The notion that anyone, let alone a child, could lose an important person in their life, and learn to deal with it in a healthy way is what Stein is all about.

3. Please describe what you do at camp.

At camp I help supervise the children and follow their schedule of events. I also am honored to interact with them and help make this a positive experience. It may involve a whole group activity, or that child that needs a little more one on one. As an elementary teacher for 21 years, I realize the huge impact that someone just listening can have for a young person.



**Pam
Castello**

4. What are some of the benefits you see for yourself and other campers?

The benefits for me are priceless. First, I get to give back to an organization that I passionately believe in. Also, I get to have experiences with young children that help me in my teaching career. I interact with the wonderful Stein staff and counselors as to the best way to handle questions and circumstances. This has enriched my knowledge of ways to handle events in my classroom. As far as the campers, I hope my caring and compassion helps their journey. I have had great relationships with the kids at camp over the years. Some end up in my classroom, or if not I can give them a familiar hug in the hallways at school.

5. What is your most memorable camp experience?

My most memorable camp experience would be when a camper who was there a previous year would run to my familiar face. They feel safe to see someone they know and trust.



the children are provided the opportunity to gain an awareness surrounding coping skills, grief and loss and the expression of feelings. Each day at Camp Good Grief has a unique theme. These themes include Grief and Loss, Feelings, Coping, Self Esteem and Healing. Activities and guests correspond with these themes making the camp experience cohesive and well-rounded. On the last day of camp, a graduation

ceremony and picnic are held. Family and friends are invited for a balloon release as the closing ritual to camp.

Registration for camps available online at www.steinhospice.org or call 419-625-5269.



We Salute Our Veterans

Grief and loss is not a topic that society is comfortable with talking about. This could not be truer for most veterans. In my experience, grief and loss has often been experienced before a veteran ever enlisted or was drafted. Grief can be caused through death, but also through divorce, separation from family members, and abuse. Sometimes the military can be a way to escape the pain from their homelife. For some the military was a safe haven or a new family and when they lost that comradity, there was another loss to grieve. For others, the military was a place where they were exposed to more death and pain than one could have imagined. In any of these scenarios, the veteran may have gone on to experience more loss through not returning to society as their prior self. However, one lesson that was made clear through their training is that grief is not an option in combat. It is not safe to process what is occurring around oneself. However, something that has not been taught is when is the time to process? When is it okay to feel and remember? Many veterans struggle with allowing themselves to grieve and express their emotions, which may have come from a plethora of reasons. However, it is never too late to grieve. The bereavement services provided to veterans can help a veteran get in touch with their inner child, inner soldier or spiritual self to bring healing to past losses that may have been too painful to speak about. Interventions that can address these issues may be Guided Imagery or EMDR, which all Stein Hospice counselors have been trained in. These are opportunities for a soldier to complete the processing necessary for healing as well as peace, which is what they all fought for. Please know it is never too late for healing no matter how much time has passed.

Why Join a Support Group?

Bereavement support groups are increasingly being recognized as an effective way to promote healing through education and support after a loss. The Stein Hospice Bereavement Department facilitates a wide range of grief and loss support groups and social groups. Sessions run all throughout the year at many different locations throughout our service area. Our support groups are run by licensed social work/counseling professionals.

These groups can promote acceptance that life will be different now and there is hope for healing. The groups serve as a major stepping stone along the path of learning how to live with loss. A sure sign of their value is that often our group members continue informally after they have ended and provide the basis for new friendships that continue to grow as member's transition. This is how our social groups originally got started.

Our support groups offer:

- A safe environment where the grieving can tell their story and express feelings freely, knowing that others will be understanding, non-judgmental and supportive.
- A place for establishing a connection with others to decrease the isolation that grief brings.
- A forum for understanding common myths about grief and typical patterns.
- A community that validates and normalizes one's emotional reactions.
- A place for learning that there are many different ways to grieve, all equally natural and acceptable.
- A resource base for gathering articles, poetry and reading lists to further one's awareness of the many aspects of grief and to learn from examples of how others have faced their losses. Discussion of articles/video can serve as a springboard for identifying important meanings in one's own loss.
- A place for learning new coping skills, relaxation techniques, stress management skills and daily survival skills that others in the group have found effective. The opportunity for members to help each other brings strength, confidence and new sense of purpose and value.
- An opportunity for personal writing/ journaling and art therapy that promotes self-examination and encourages exploration of the many aspects of loss over time. It is healthy to re-examine the loss at different times in the life cycle in order to recognize self-change and growth and feel good about these changes.
- A sounding board where members can present on-going concerns, report on progress and safely come back for help when they experience grief attacks in their grief journey.
- A place for learning ritual and ways to honor your loved one lost and keep their memory alive.

If you or someone you know could benefit from the support offered by these groups, please contact Stein Hospice at 800-625-5269 or email us at steinhospice@steinhospice.org.

Calendar of Events

July

Camp Good Grief

This summer Stein Hospice is offering day camp in five locations for children, ages 5 to 13, who have suffered a loss of any type. The camp runs from 10am to 2pm. Cost is \$10. To register, call Hope Seavers, Bereavement Care Liaison, 800-625-5269 or hseavers@steinhospice.org.

June 29th - July 3rd: Hedges-Boyer Park, Tiffin

July 13th - 17th: Lakeview Park, Port Clinton

July 27th - 31st: Veteran's Memorial Lake Park, Norwalk

August 10th - 14th: West Park, Elyria

Reiki Level II

Fri. July 10th, 8:30am - 4pm
or

Sat. July 11th, 8:30am - 4pm
Stein Hospice

South Campus Conference Room
Classes must be taken in order. To register, contact Rachel Berry BSN, RN, Reiki Master at 419-357-8337.

Sporting Clay Shoot

Sun. July 12th, 9am

WR Hunt Club, Clyde

Lewis Class • Gun Raffle • 100 Clay Targets • Team and Individual
Optional Side Games • 50/50

Open Labyrinth Walk

Mon. July 13th, 4 - 7pm

Firelands Regional Medical Center South Campus - Community Room
Stein Hospice's portable labyrinth is open to all. The labyrinth is a meditative walk that has been used for centuries by people of all cultures for healing, insight and relaxation. People walk at their own pace. A facilitator will be on hand to answer any questions. For more information contact JoAnn Didion, LISW, 419-625-5269.

Memorial Bike Ride

Sun. July 26th, 7am

EHOVE Career Center, Milan
45 mile ride start: 8:00 am 25 and 12 mile ride: 9:00 am Ride headquarters will be EHOVE Career Center. We will offer three bicycling routes. The ride will be mostly flat with some slight rolling hills. SAG service will be provided in case of any equipment malfunctions, at your cost. Register by July 17th to be guaranteed a T-shirt.

Reiki Level III

Fri. July 31st, 8:30am - 4pm

or

Sat. August 1st, 8:30am - 4pm

Stein Hospice
South Campus Conference Room
Classes must be taken in order. To register, contact Rachel Berry BSN, RN, Reiki Master at 419-357-8337.

August

Open Labyrinth Walk

Mon. August 10th, 4 - 7pm

Firelands Regional Medical Center South Campus - Community Room
Stein Hospice's portable labyrinth is open to all. The labyrinth is a meditative walk that has been used for centuries by people of all cultures for healing, insight and relaxation. People walk at their own pace. A facilitator will be on hand to answer any questions. For more information contact JoAnn Didion, LISW, 419-625-5269.

Paws Up Pet Expo

Sat. August 22nd, 12-3pm

Sandusky Bay Pavilion, Sandusky

Stein Hospice Charity Golf Classic

Wed. August 26th, 1pm

Eagle Creek Golf Club, Norwalk

September

Open Labyrinth Walk

Mon. September 14th, 4 - 7pm

Firelands Regional Medical Center South Campus - Community Room
Stein Hospice's portable labyrinth is open to all. The labyrinth is a meditative walk that has been used for centuries by people of all cultures for healing, insight and relaxation. People walk at their own pace. A facilitator will be on hand to answer any questions. For more information contact JoAnn Didion, LISW, 419-625-5269.

Reiki Level I

Fri. September 18th, 8:30am - 4pm

or

Sat. September 19th, 8:30am - 4pm

Stein Hospice
South Campus Conference Room
Classes must be taken in order. To register, contact Rachel Berry BSN, RN, Reiki Master at 419-357-8337.

Upcoming Events

PK5K

Sun. October 11th, 8am

Lakeside

This race is a benefit fundraiser for Stein Hospice and to honor Patricia King Munn who passed away on September 30, 2013.

Stein Hospice Clam Bake

Sat. October 17th

Lorain County

The dinner will include clams, chicken or steak, potatoes, clam chowder and corn on the cob. There will be an opportunity to purchase 50/50 tickets and raffle tickets.

Stein Hospice Wing Night

November

Brass Pelican, Sandusky

Proceeds will benefit the Veterans programs.



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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
**Participants purchase their meal.*

Adult Support Groups:

- **Serenity Seekers:** for the loss of any adult loved one.
- **Healing Hearts:** for graduates of Serenity Seekers.
- **MOMS:** for mothers who have experienced the death of a child, of any age (childhood to adulthood).
- **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 adult women who have lost a loved one and have challenges with self-esteem.
- **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 different restaurants.

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.