

## 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](mailto:steinhospice@steinhospice.org).

## 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.*

### Brown, Clermont and Adams counties:

- **Healing Hearts Lunch Bunch\***: 5 p.m., third Monday of month, at different restaurants.
- **Current Caregiver**: 3:30 p.m., first Wednesday of month.
- **New Caregiver**: 3 p.m., fourth Wednesday of month.

## MEDICAL DIRECTORS

James Preston, DO  
Andrew Ache, MD  
Reagan Bristol, DO  
Christina Canfield, MD  
Dennis Furlong, DO  
Lynn Chrismer, MD

Michael McHenry, MD  
Edward Radatz, DO  
Larry Robinson, DO  
Sara Graham, DO  
Todd Williams, MD

## MANAGEMENT

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Tamara Zuilhof, *Chief Operating Officer*  
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## 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  
*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**  
100 Madison St.  
Tiffin, Ohio 44883  
419-447-0475

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

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

**Stein South**  
100 Liming Farm Road  
Mount Orab, Ohio 45154  
937-444-2766

## EMAIL

**Volunteer info:** volunteers@steinhospice.org  
**Donor/event info:** development@steinhospice.org  
**Referrals/questions:** intake@steinhospice.org  
**All other inquiries:** steinhospice@steinhospice.org

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[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 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 quarterly and is also available online at [www.steinhospice.org](http://www.steinhospice.org).



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,

# Spiritual Care in Grief and Loss

The hospice patient knows firsthand about grief and loss. The fact they are a hospice patient will tell you the patient has already experienced a loss of good health and the hope to live a full and active life. The patient and his or her family have experienced the loss of future plans or goals. Now the patient and the family are experiencing anticipatory grief by not knowing how long the patient will live and what to expect as the patient declines and then dies. It is the goal of the hospice medical staff to help control the symptoms and the pain in the physical body. It is certainly the goal of the hospice Chaplain and Social worker to bring peace and comfort to the emotional and the spiritual part of the patient. In the physical body, healing is not expected. However, in the area of the emotions or the spirit, we can still expect and offer healing for the hospice patient and their families. There are many ways to reach this goal. The first step is to find out from the patient or the family the emotional and spiritual history. Every patient has their own way of dealing with loss in the past. How did they find peace or comfort as they have dealt with loss in the past? The chaplain will ask about spiritual history on the patient to find out what is their spiritual and emotional belief system. After discovering their emotional and spiritual belief system, the hospice chaplain knows patient's base line from where to start to support and encourage spiritual and emotional peace. There are many tools and ways to reach that goal. For some, the patient may have to deal with conversations or unfinished business they would like to have with friends or loved ones. The words or phrases that are well placed in those conversations are phrases like "I Love You," "I am sorry," "forgive me," "I forgive you," and "thank you." Conversations which include phrases like these have helped patients to heal and bring peace to past losses, grief, emotional pain, and to bring healing in the relationships of friends and family. Another helpful tool is to walk the patient through a Reflection on life or life in review journal. This journal helps the patient to write down and journal memories, stories, milestones, and personal experiences during their life. In the area of Spiritual care the goal of the hospice Chaplain is to start with

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# We Salute Our Veterans

## Healing the Grief and Loss for our Veterans

Our Veterans grieve and mourn death and loss differently than most in our society. Our Veterans to a certain degree will become stoic or seem apathetic to loss and to their emotions. Our Veterans in most cases have not come to terms with death, grief, and loss. They do not allow themselves to experience the pain of the past. When our Veterans are confronted with facing their own death, the Veteran may go back and revisit some of the past. Many times the family member of the Veteran will say their loved one has never talked about the war. The Veteran is now reliving and retelling the unpleasant times of their lives. The Veteran may have saved and stored many thoughts and memories from the past. In essence, he or she has put it in the back of his mind, tucked it away, or locked it in the past files. So in the same way a person deletes files on their computer, the Veteran must go through their own files and delete some. The Veteran has to come to terms with his life history and find peace.

One can help our Veterans by remembering their service and sacrifice. One needs to recognize their unresolved grief and loss. One can do that by attending Veteran's Events throughout the year to honor our Veterans. The goal of Stein Hospice is to help bring healing to our Veterans.

Stein Hospice is involved in the "We Honor Veterans Program." When one of our Veterans is admitted to the care of Stein Hospice, Stein will present that Veteran with a certificate thanking them for their Service, a pin, and a military emblemed blanket to honor the Veteran for his or her military service to our Country. This gives Stein staff the opportunity to begin to have that conversation with the Veteran with the goal to bring healing and peace instead of grief and loss.

As Stein Hospice serves Veterans at the Ohio Veterans Home in Georgetown, Stein staff will participate in their Red, White, and Blue Ceremony. The Ohio Veterans Home honors their fallen comrades by draping their body with the American flag and by leading them through the front door. Taps are played while Ohio Veterans Home staff and/or residents fold the flag. All available staff and residents attend this Ceremony to honor the Veteran. The other Veterans participate in this Ceremony knowing that one day they will be honored in the same manner.

Stein Hospice continues to be committed to bringing hope and healing to our Veterans.



# Grief: A Journey

*"Grief never ends...But it changes; it's a passage, not a place to stay.  
Grief is not a sign of weakness, nor a lack of faith...it is the price of love."*

Author Unknown

When we first lose someone, we wonder how life can go on. We wonder how life could get back to normal. Life seems very bleak. There are many people that want to offer advice out of the kindness of their heart, but little do they realize much of the advice does not help. Grief is not over in a year. Grief is a journey that goes on for a lifetime. One has to come to terms that the person is not coming back. One has to adjust to a new norm. For many, an understanding of the grieving process would bring healing in knowing that a brighter day is ahead. There really can be joy again. The journey of experiencing grief begins by acknowledging the loss and experiencing the shock that the person is actually gone. This is the time that many emotions are raw and real. There are so many different emotions that can rear its ugly head at the same time. They can include any/all of the following: shock, disbelief, confusion, anxiety, panic, depression, anger, guilt, lowered self-esteem, pre-occupation with the person who has been lost, retelling of the story surrounding the death, loneliness, sadness, and despair. The journey of grief continues into the time where one experiences the pain of the loss. There is disorientation and fear of losing control. The feelings can range from helplessness, frustration, feeling in limbo, resentment, and bitterness. The journey of loss then continues into re-adjusting to the loss, where there is much adaptation where one is struggling with new roles and responsibilities. The emotions can range from envy, yearning, missing the one who has been lost, struggling, and even a glimpse of hope as the next part of the journey continues. During the next phase of the journey, there is a reinvesting of emotional energy, where there is a sense of healing, where one is beginning to develop new relationships, environments, and activities. In this phase of the journey, there is growth, healing, and acceptance. One is getting to

a place of a new normal. In the final phase, there is reconciling of the loss, where life brings new directions. One can think about the person who has been lost with less pain, and one can look for new opportunities. It helps to not go this journey alone. There is help available for those trying to go this journey alone. Stein Hospice offers a six week series called Serenity Seekers to help those struggling with the loss of a loved one. It is offered a few times a year. For those who graduate from Serenity Seekers, there is a monthly support group called Healing Hearts that meets to continue to support those who are struggling with a loss as they continue to journey through the grieving process. For any further information related to the support groups or if you are particularly struggling and need some individual support, please contact Hope Seavers, Bereavement Care Liaison, 800-625-5269 or [hseavers@steinhospice.org](mailto:hseavers@steinhospice.org). Some may just want to continue on with life and ignore the fact that someone is gone. One must realize that even temporarily not dealing with the grief does not mean it is gone forever. Grief will continue to rear its ugly head until it is dealt with. A grief denied is a grief delayed. The only way to get over the pain of grief is to go through it. There are many ways in which one can honor their loved one. Rituals are a great way to do that. It can be very simple. Every time one shares stories of their loved one with their family, it enables that person to live on. The stories that once brought tears will eventually bring laughter. Create new traditions in honor of your loved one. Make a memory book with keepsakes. Write a letter to your loved one or journal your feelings to keep from bottling up your emotions. Write a letter to your loved one saying the things that maybe were not said like "forgive me," "I forgive you," "I love you," "thank you," and "good-bye." Volunteer or donate to a cause that was near and dear to your loved one's heart. The thing

Stein Hospice offers an annual Hope for the Holidays/Light Up A Life event the first Saturday in December every year to give some practical tips on how to get through the holiday season. For more information, please contact Hope Seavers, Bereavement Care Liaison, 800-625-5269 or hseavers@steinhospice.org.



to keep in mind is anything that brings you comfort during this difficult time is what you need to do.

For those patients and families who are under Stein Hospice services, the Social Worker and Chaplain work with the patient and family regarding anticipatory grief, grief that leads up to losing the one we love. Grieving doesn't begin when we finally lose someone. Grieving begins as the one we love is faced with a terminal illness. There is much time and energy spent on just trying to care for someone as their body is failing. Sometimes, a family caregiver is so preoccupied with caring for their loved one that they don't even begin

to think about life after their loved one dies. The Social Worker and Chaplain work with the families and patients to prepare them for the death. Unfinished business is a key topic that is explored with the patients and families. Patients need to be given the opportunity to say what they need to say, and they need the opportunity lent to them to do what they need to do in order to have a peaceful death. Burnt bridges need the opportunity for reconciliation.

*\*Information regarding the journey through grief taken from The Experience of Grief by Dr. Jack Locicero, PhD\**

# Phyllis Turner, Stein Hospice Volunteer

I had served as a church secretary for 23 years. It was a major part of my life, not as a job, but as a ministry. When that job ended it left a void in my life. I mentioned this to my doctor, Todd Williams, who also serves at OVH. He asked how I felt about volunteering at Stein Hospice. I agreed to give it a try. I loved these classes.

Then it was time to put what I had learned into action. I wasn't sure how it would go, but I found just being myself, letting them know I was truly interested in their lives, whether it was their time in the military, or some other time in their life, they would talk to me about it. One of the very first veterans I met told me that when he entered the military, they were riding horseback! How very interesting. Give them love and care, you will receive it back. One sad part is those who no longer have family to visit. Of course we can't take the place of family, but we can help fill that void.

One other thing I enjoy is when we celebrate special occasions with all of them and their families. It is great meeting spouses and children.

The hardest thing about volunteering is when you get so close to them, then you have to give them up. But it is a blessing to sit with them during their final hours, just holding their hand, praying softly, or singing softly a familiar hymn.

I am so glad for the time I started volunteering. It has truly been a blessing to my life. Just recently I missed a few weeks for surgery. One of my veterans was very ill when I last saw him, so I was anxious to visit as soon as I could. He was so much better. His words to me were "I thought you had left the country." I knew I had been missed! These things are part of what keeps me going.

My special thanks goes to our very supportive, wonderful chaplain, Vern Green, and the staff.

*Phyllis Turner*

## Stein Out in the Community

*Teresa Johnson*



*Stein parade team at 2014 Mt. Orab summer fair.*



*Vernon Green at the 2014 Adams county fair.*



*Denise Emerson and Teresa Johnson at ABCAP.*



*Vernon Green*



*Denise Emerson at the Brown County public library.*

*"Thank you for caring and thank you for coming into my life at the moment I needed you most. The time spent with me will always be greatly appreciated."*

– Ashley Massie

## He's Not Grieving!

'He's not grieving' may be a common complaint from women, who see their male loved one constantly working leaving no time to rest/grieve openly. For women, it is easy to cry openly and want to maintain their relationships. However, for men, they want to continually keep their time consumed so as to not allow any time for their grief to surface.

Men will not typically express their emotions (remain silent) except for anger, which in turn hurts the ones that they are closest to. Men are independent and place importance on their personal dreams. Men want to continue to be the provider/protector. Men grieve alone and in private. For the man, they do not want to upset their loved ones, who are also hurting by showing their emotions. For men, it is not culturally acceptable for them to grieve openly for being thought of as unmanly. Culturally, men are to be seen as courageous, assertive, and confident. For men, when a problem arises, they want to fix it as fast as possible.

When a problem arises for a woman, they want to talk about it and discuss options. For some men, they even engage in risk taking activities to consume more of their time, and it substitutes their experiencing the pain of grief. For some men, they can consume themselves in sex to mask grieving as well. For men, they may see grief as just another challenge to overcome as a test of their masculinity. For women, the importance is focused on being connected with others while expressing their grief. For a grieving couple, this poses very damaging effects on the marriage relationship if they are unable to see how the other is coping. Each person needs to show a lot of grace to the other along with understanding in identifying where the other person is in regards to the grieving process. We



all grieve in our own way, in our own time.

*From a father whose teenage son was killed in an automobile accident: "There were times I wanted to go around and say 'Hey, world. I'm grieving too. I'm not as strong as you think I am.' Who is supported at the funeral? Someone always makes sure the woman is supported. Nobody supports the man. The woman gets all the attention and the man and the children get very little, if any, attention. People say to the children, Be strong for your mother."*

So what can you do as the woman to encourage the man to experience the grief that he needs to process through? Talk about the death with him in private with much kindness. Be a good listener to accept anything that he is able to tell you. Encourage attendance to a support group. Write notes of encouragement to him throughout the months ahead. Most importantly, be available and open for him to come to when he is ready. One cannot make him ready when he is not. One cannot speed through the grieving process, as one has to experience it as it comes. Men and women grieve differently but not better than the other. There is help available! If someone you know is struggling with the loss of a loved one, contact Hope Seavers, Bereavement Care Liaison, 800-625-5269 or [hseavers@steinhospice.org](mailto:hseavers@steinhospice.org)

### *Spiritual, continued from page 2*

the patient's spiritual belief system or base line and to begin to offer spiritual support to the patient and family in order to find spiritual peace. There are many tools and spiritual support systems available to the patient such as scripture reading, prayer, and communion. The patient may want to connect or in some cases to reconnect with their particular Church or community of faith. At that time, the hospice Chaplain can contact the

local clergy, minister, or priest. Many times the patient will prefer to confide in the hospice Chaplain for spiritual support. There are many others tools and belief systems available to the patient such as guided Imagery, Reiki, massage, comfort touch, art therapy, and music. The goal of the Chaplain is to come along side of, support, and encourage the patient and family to find spiritual peace and comfort at the end of life.



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# Save the Date

**Stein Hospice needs your support  
as a non-profit agency!**

Stein Hospice will be hosting their first 5K in Georgetown on October 30, 2015. If you would like to sponsor the event or would like to participate, please contact Amy Skolnik or Angela Esposito at (800) 625-5269.