



From the Mailbag

When my mom passed with Stein I never realized just how long the memories of our experience would stay with me. No one wants to experience the death of anyone close to them but when you can experience it in a way that is peaceful and not as scary as you think it's going to be then it does make things better. There isn't one thing that I would change about my mom's short few months with Stein. They are all loving, caring, endearing people with the best intentions of helping you through the roughest time of your life. And the most important thing is that they make the people who are passing feel safe and secure in order to go in the dignified peaceful way. I could never thank and repay the staff enough for what they did for me, my brother and my mom. Months later the afghan that my mother had started showed up on my doorstep. The volunteers that helped my mom had completed her afghan and gave it to our family. That act proved even more that the people from Stein Hospice go above and beyond what is expected. They will never leave my thoughts! Forever in my heart.

Coping With the Loss of a Loved One During the Holiday Season

The holidays are traditionally a time of celebrating with friends and family. The absence of a loved one, however, is often more strongly felt this time of year. It helps when approaching the holidays to have plans in place that provide support, freedom, time to love, and be loved. Below are strategies that may help with coping during the holiday season:

1. Take care of yourself: It is important to be kind to yourself physically, emotionally, and spiritually. Take care of yourself by eating properly, exercising, getting rest, staying connected to those that care about you, and lastly, nourishing your spirit.
2. Make a plan: Evaluate your priorities and decide what is truly meaningful for you and your family. Decide whether you want to celebrate the holidays as usual or would like to try something different.
3. Remember your loved one: Find ways to celebrate the life of the person who died and how they touched your life. Some ways to do this is to light a candle, quietly reflect on your loved one, or say a special prayer.
4. Simplify your holidays: It's OK to celebrate the holidays by doing less or doing something differently by creating new holiday experiences.

5. Help someone else: In the service of others, we often find comfort and healing. Consider giving a gift in memory of your loved one, donating money to a meaningful charity, or consider adopting a family in need.

6. Seek out support: Reach out to others for support, such as family and friends, who can genuinely be there for you and listen if you need to talk.

7. Enjoy yourself: Give yourself permission to celebrate and take pleasure in the holidays. It does not mean you miss your loved one any less and you are taking care of yourself.

Stein Hospice offers a comprehensive array of free bereavement and grief support services during the holidays and throughout the year. Our services are also available to anyone in the community whether or not they have had previous involvement with Stein Hospice.

Stein Hospice is a non-profit agency with a mission to provide comfort, compassion, and support during life's final journey as well as other support services. For information about our bereavement help and programs or Stein Hospice, visit our website www.steinhospice.org or contact us at 800-625-5269.

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STEIN HOSPICE

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

LOCATIONS

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 419-625-5269
 1-800-625-5269

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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

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www.steinhospice.org

GO GREEN

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Stein Hospice Events



Paws Up Pet Expo held at the Sandusky Bay Pavilion on August 22nd.



The 21st Annual Stein Hospice Charity Golf Classic was held at Eagle Creek Golf Club on Wednesday, August 26th. With each year, we get closer to our goal of raising one million dollars through this event



The 2nd Annual PK5K was held in Lakeside on October 11th. We had a great turnout and a beautiful day.



Light Up A Life Celebrates 31 Years

When it comes to the holidays, many of us are gathering gifts, trimming trees, and looking forward to events with family and friends. Traditions are bountiful and people reflect on another year gone by. At Stein Hospice, it is also an occasion for fellowship, support, and most importantly, a time to celebrate the lives of others. Each December Stein Hospice hosts the Light Up A Life services meant as a way to commemorate the lives of others, many that have passed, and pay tribute to them through a meaningful inter-denominational service, tree lighting, and reception.

This December 2015, the Light Up A Life program reaches 31-years of helping others in honoring and remembering those they love and have loved. Started as a way to give people a safe and supportive venue for community and understanding, the programs also offer an opportunity for those who have experienced the loss of a love one to celebrate that person's "light" and life. "The program helped with the process of losing both my parents, grieving, and discovering a strength in myself," shared Sharon Lichtcsien. "It's also been great to volunteer and I feel very honored to be one of the people to do the readings at the service."

There since its inception, former employee and now Stein Hospice volunteer, Ann Voight, expressed how the event has become an annual pilgrimage for many families. "There have been some (families) that have come for the last 5, 10, even 15+ years. They know this is a safe place to talk about their loved one and it's where people understand about feeling and sharing emotions." So for many, Light Up A Life also serves as a restorative program for healing through the holidays.

Over the past 3 decades, more than 15,000 lights have cumulatively illuminated the night skies; each bulb a special recognition to honor or in memory of, a special person. Every fall, Stein Hospice offers the public an opportunity to participate in this event by purchasing a light(s) through the Light Up A Life campaign. Stein Hospice founder Rosalie Perry, expressed it best, "By ordering a light for a loved one, a friend, co-worker, etc., it is not just a tribute to that person, but it also goes to leave a legacy of helping other future patients and their families who may need Stein Hospice services."

Volunteers make a difference

With all the celebration occurring at this time of year, we choose to also celebrate the work of all the dedicated volunteers who provide support, companionship and dignity to patients and families being served by Stein Hospice.

Nearly 300 volunteers will have provided 20,000 hours this year to help care for patients and families and to support hospice programs in their mission to serve.

Hospice volunteers often serve patients and families at the bedside but they also assist in the office, help raise awareness, contribute to educational programs, and provide fundraising support, help in our thrift shop and more.

The National Hospice and Palliative Care Organization reports that every year, an estimated 1.6 million patients and their family caregivers receive the high-quality, compassionate care that hospice provides. That care is provided by highly trained clinical professional and volunteers.

"Hospice volunteers help the people they serve live every moment of life to the fullest and enable the organizations they work with to achieve their mission in the community," said J. Donald Schumacher, NHPCO president and CEO. "Most hospice volunteers choose to give their time helping others because of their own experience with the compassionate care hospice provided to a dying loved one." As you look toward the New Year and the items on your to do list, please consider making a difference in someone's life by becoming a volunteer for Stein Hospice.

Please contact us at 800-625-5269 for more information and training schedule. Hospice volunteering will make a difference in your life too.



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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 Kathy Failor, Bereavement Care Liaison 800-625-5269 or kfailor@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.