

## Stein Is Living

*By Shelby Brossia*

Hospice can be a scary word when you don't know what to expect. When some people hear the "H" word, they immediately fear death. They don't want to end up in "Hospice Care" because they feel it's the end – like it's where someone goes to die. They assume there isn't any pleasure left. But that simply isn't true.

At Stein Hospice, we focus on the idea that "Stein Is Living." Does that seem impossible to think about? Let us explain what that means.

Stein Is Living. When you come to Stein Hospice, our mission is "To provide, comfort, compassion and support during LIFE'S final journey." Our goal is to focus on the LIFE a person has left, before they die.

A patient's family member once told me, "There's a popular song, 'Live Like You Were Dying,' by Tim McGraw. The message is excellent, but how do you live when you are too ill to skydive, climb mountains or ride a bull?" At Stein Hospice, we find a way. To the best of our abilities, we help each person live the rest of THEIR life the way they want to.

- If you want one last special meal, we order/make it.
- If you want to see a family member who lives across the country, we help connect you.
- If you always wanted to go to Italy, we get creative.
- If you want your dad to see you graduate and he isn't going to make it to your ceremony, we stage one especially for him.
- If you happen to celebrate a birthday with us, we deliver balloons.
- If you really miss your pets but can't see them, we bring our specially trained Paws Up teams in for a visit.
- If you served in the military, we honor you.
- If you always wanted to see Elvis Presley, we bring in an impersonator.
- If you have a cherished wish, we do our best to make it come true!

*Stein Hospice isn't where people come to die.  
It's where they come to live before they die.*



#### STEIN PHYSICIANS

James Preston, DO – Medical Director  
Reagan Bristol, DO  
Christina Canfield, MD  
Michael McHenry, MD  
Edward Radatz, DO  
Larry Robinson, DO  
Todd Williams, MD

#### SENIOR MANAGEMENT

Jan Bucholz, MBA, MSN, RN, CHC, Chief Executive Officer  
Tamara Zuilhof, Chief Operating Officer  
Barb Metcalf, BSN, Chief Compliance Officer  
Jane Bruck, Finance Director  
Allison Burroughs, SHRM-CP, PHR, Human Resources Director  
Samantha Bechtel, MSSA, LISW-S, ACHP-SW, GC-C,  
Chief Clinical Support Officer  
Beth Frank, MBA, BSN, CPHQ, Quality and Education Director  
Michael Marsh, RN, Director of Nursing

#### 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

**Norwalk**  
49C Benedict Ave.  
Norwalk, Ohio 44857  
419-663-3222

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

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

**Tiffin**  
181 E. Perry St.  
Tiffin, Ohio 44883  
419-447-4040

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

#### EMAIL

**Volunteer info:** [volunteers@steinhospice.org](mailto:volunteers@steinhospice.org)  
**Donor/event info:** [development@steinhospice.org](mailto:development@steinhospice.org)  
**Referrals/questions:** [referralcenter@steinhospice.org](mailto:referralcenter@steinhospice.org)  
**All other inquiries:** [steinhospice@steinhospice.org](mailto:steinhospice@steinhospice.org)

#### IN TOUCH IS PUBLISHED BY:

Stein Hospice  
419-625-5269, 1-800-625-5269  
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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](mailto:newsletter@steinhospice.org) and include both your email and mailing address. We will not distribute your email address or use it for any other purpose. "In Touch" is published quarterly and is also available online at [www.steinhospice.org](http://www.steinhospice.org).



### How Do Your Donations Help?

#### • \$500 Donation

- Send 10 kids to Stein Hospice Camp Good Grief (133 children attended these camps in the summer of 2019)
- Support 5 group grief Counseling Events
- Provide 10 intensive comfort service sessions (one hour each) that might include:
  - Guided Imagery
  - Healing Touch
  - Reflexology

#### • \$250 Donation

- Send 5 kids to Stein Hospice Camp Good Grief
- Honor 10 Veteran Patients OR Sponsor One Veteran to experience Honor Flight (last year we honored over one thousand veterans and sent two veterans on an honor flight)
- Grant a special needs request that might include:
- Assistance with repair of Appliances such as washer/dryer
- Gas Card to assist family members to visit from out of town
- Grant a wish such as a trip to Put-in-Bay
- Help cover expenses for a celebration (i.e. a patient's birthday, wedding or graduation)

#### • \$100 Donation


- Send 2 kids to Stein Hospice Camp Good Grief
- Sponsor a caregiver support event

#### • \$50 Donation

- Send 1 kid to Stein Hospice Camp Good Grief

## Virtual Reality with Stein Hospice

Let life's final journey  
take you anywhere!



<http://www.steinhospice.org>

**YOU can  
help make  
wishes  
come true!**

Happiness and  
relaxation can  
be found  
through virtual  
experiences.

**We need  
YOUR help!**  
All donations  
appreciated!





## Millie

*By Melvin Sayler*

At Stein Hospice, it's not just about end-of-life journeys, but also the highlights of life along that way.

When our patients express wishes, or things they would still like to do, we do our best to try to make these wishes a reality. One such patient, Mildred, is of Italian descent and has always dreamed of going to the place of her ancestral roots. This dream of going to Italy never became a reality, but when Mildred Arena was asked what she wanted for her 99th birthday this year she replied, "a good looking Italian man!"

Koreen Brattoli, activity director at Kingston of Vermilion, wanted to make Millie's birthday wish come true so she conspired with Mel Sayler, Stein Hospice chaplain, knowing that he was soon going to Italy. Mel has a special relationship with Millie and agreed it would make her day. On Millie's birthday, we were able to make a Facetime link between Vermilion, Ohio, and Rome, Italy. Chaplain Mel arranged for a group of good looking Italian men to sing

Happy Birthday to Millie. She was full of smiles as they sang.

After they finished, Mel gave Millie a video tour of Rome including the Vatican, assorted fountains and some of the best eateries in Rome. It was a pleasure to see her wish come true!





## Madi

*By Tammie Brenton*

On Oct. 30, 2018, I sat in the front seat of an ambulance, listening to my 25-year-old daughter talk to the EMT about her favorite rides at Cedar Point. Since Madi had been diagnosed with a terminal lung disease in 2014, she had become all too familiar with ambulance rides. But this ride was different: it was going to be her last ride. We were headed to the Stein Hospice Care Center where Madi would spend her remaining time with us. I sat in the darkness of the night, wondering how we had got here. She had fought so courageously.

The trip seemed to take an eternity and at the same time, end too soon. As they wheeled her through the hallways and the elevator at the care center, our eyes only met a few times. I am positive mine held as much fear as hers. Not only were we afraid of what death would look like, but how we would move on in this world without her. Neither of us was prepared for all the good that Stein Hospice could give us at such a daunting time.

When we arrived at her room, I looked around, taking it all in. There was no frenzy of the hospital activity we had become accustomed to. No monitors were beeping; no IV's dripping into her arm or neck. It was...peaceful.

I laid awake that night, watching her sleep. She was 25, but at that moment she was my beautiful little girl and I was her momma, and my heart was broken wide open. As much as she was my little girl, she was also a momma, and her heart ached as well, knowing that she was leaving



not only us but her precious young children, Adilene and Brenton.

The next morning, my husband Matt and I got a tour of the facilities at Stein Hospice. When we walked into the room with the spa bath, we knew we had to get Madi in there. You see, every time Madi returned home from a hospital visit, the first thing she did was "wash the hospital off." When we mentioned this to the Stein Hospice team, they made sure this is one of the first things we did for her. The Stein nurse so gently helped her bathe and maintained her dignity, which was often stolen in the hospital. It was the first time she looked relaxed and peaceful in six weeks. Madi fell asleep, and we emptied and refilled the bath twice.



Her children were so excited that Mommy was close and it didn't feel like a hospital room – what a gift to all of us. Madi was able to hug and watch her children play; they decorated her walls with crayon art and sat in bed with her. They were relaxed, which was very different from the anxiety they felt in the hospital. There were no tears when we took them home, just kisses and smiles. The nurses and staff made them feel special, giving them ice cream and treats and making a big deal over them. What a gift they have to treasure, those last days of just loving their momma.

The staff at Stein paid attention to every detail during this part of our journey. It was quiet and peaceful; the scent of lavender filled the room. Dr. Robinson was compassionate and empathetic as well as honest. While the nurses and staff provided support, it was almost as if they were not there. They never intruded but offered comfort and attended to every need. They changed her clothes, brushed her hair, made sure we had food and drink.

Madi was certain of her faith. She knew that while her body would stay here, she would transition to heaven. As we held her and she found the strength to say "I love you," to her dad, brother and me shortly before she took her last breath, there was a wave of peace in the room. I believe that heaven and earth met at that moment.

We left her room and walked out into a world that should seem so familiar but was so foreign. Later, we received a text from Stein staffer, Christa Bonner, to let us know that she was sitting with Madi until the funeral director arrived. It gave us such comfort that they loved Madi and took care of every part of her.

Stein's presence and support didn't end with Madi's passing. It continued in ways I couldn't have imagined. Christa made home visits and school visits with Adi and Brenton. She guided us on how to talk with them and what to expect. We felt so secure in the care and preparation for what was to come.

Months later, we sent the kids to Stein Hospice Camp Good Grief. This gave Adi and Brenton a place to have fun while it instilled confidence in them that the love of their mom will always be with them. Adilene and Brenton loved preparing their boxes of "Mommy memories" to share at camp. It gave me hope as I watched them run to their leaders each morning, so excited to see what the day would bring.

Matt and I have used Stein's counseling services to make sense of what we are feeling. Grief sometimes feels like fear or anger, and having someone guide us down this path has helped.



Stein Hospice gave us a gift that doctors could not. There was no modern medicine that could keep Madi alive, but Stein helped her live those last moments on her terms. Stein Hospice has guided us on our path to honor Madi as we continue to live and keep her spirit and memories alive for her children. Sitting in the front seat of the ambulance that night, I thought we were just going to a place for Madi to die. Instead, we were brought to a sacred place where we will always treasure the moments of life we were gifted with.





## Stull Wedding

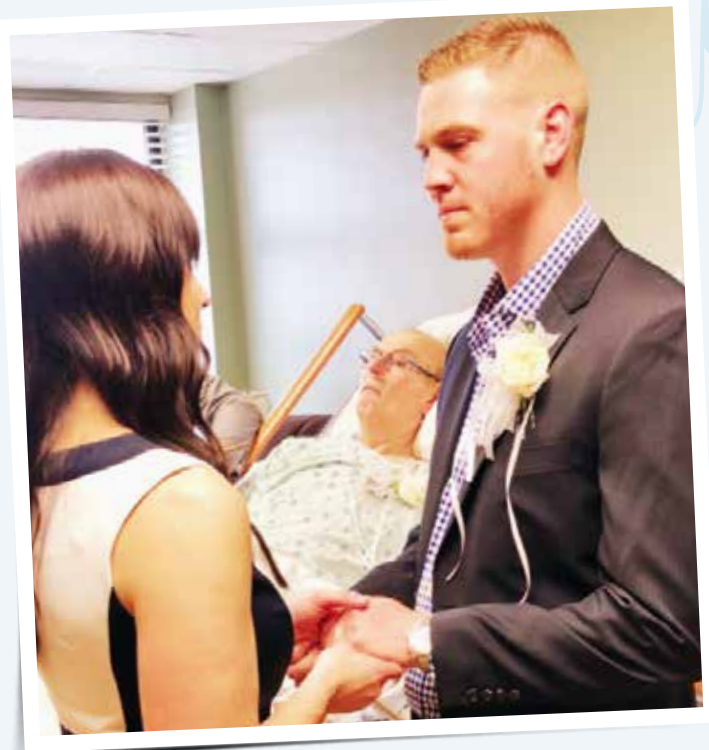
*By Melvin Sayler*

In the spring of this year, David was admitted to Stein Hospice Care Center with a terminal diagnosis. When Chaplain Mel Sayler met with him, David immediately talked about regrets and unfinished business he dreamed of accomplishing. The main item on the list was his regret about dying sooner than he expected. His son, Jarred, was to be married in the summer. Because David's condition was progressing faster than expected, he had to face the prospect of not living to see his only son get married, and it was almost unbearable.

After meeting with David's spouse, the chaplain asked when Jarred and his fiancée, Amanda, would be in town and offered to conduct a "wedding" at David's bedside. Mel knew that creating this moment would mean so much to him. When the happy couple learned this, they agreed to come right away. Flowers were ordered and the family gathered that weekend for the ceremony.

There were tears of joy and sadness as David was able to witness his son's marriage milestone.

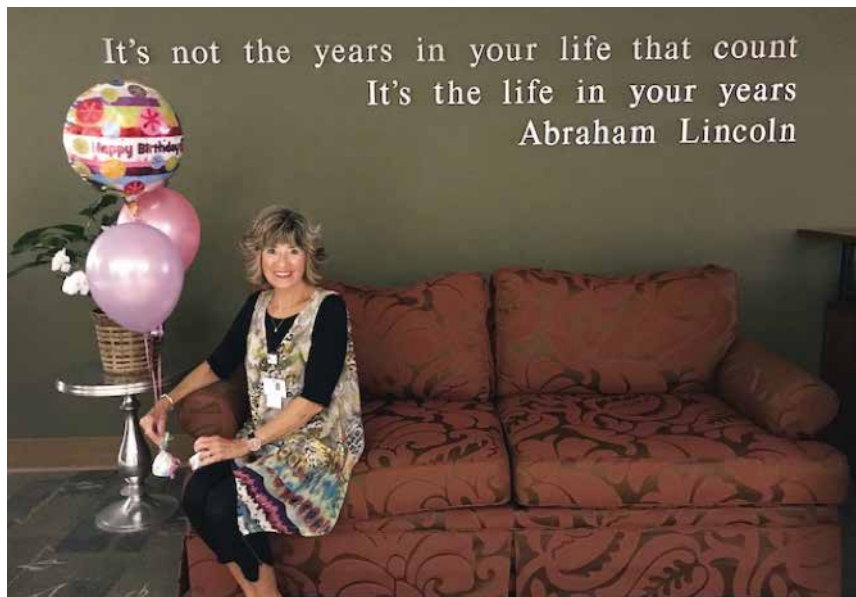
Dreams can come true: to accomplish those unfinished items on our lists before we die. Stein Hospice strives to make dreams a reality.



Months later, Jarred and Amanda invited Chaplain Mel to conduct their "full dress wedding," where their father attended in spirit.

## Birthday Balloons

When a patient celebrates their birthday with Stein Hospice, volunteers are happy to deliver bright balloons to them in honor of their special day!



## Patient Veteran Pinning

U.S. Army veteran, Sanford Davenport, earned two Purple Hearts in Vietnam in 1967-68. Stein Hospice staff member Mark Faust honored him for his service to our nation Aug. 28, 2019, on his front porch (his favorite place).

## EHOVE Advance Directive presentation with Serving Our Seniors





# Fundraising Events

## PK5K

Sunday, October 13, 2019 – Lakeside, OH

## Wings for Warriors

Sunday, November 3, 2019 – American Legion, Sandusky, OH

## Festival of Trees

Friday, November 15, 2019 – Tiffin, OH

## Wally & the Beavs Benefit Show

January 2020

## Mardi Gras Masquerade

Tuesday, February 25, 2020

## "Nine for Stein" Bowling Tournament

March 2020

### Special Needs Fund

*Unless specifically designated for a special program, the money raised from our fundraising events goes into what we call our "Special Needs Fund." This money is used for exactly that...special needs. For example, sometimes, a patient has been battling a terminal illness and paying large hospital bills for so long, that when they get to Stein Hospice, they can't afford to pay their electric bill or their gas bill. The Special Needs Fund can be used to pay these bills and get the family back on their feet.*

# Bereavement Events

## Hope for the Holidays 2019:

Sunday, November 3

### Sandusky Yacht Club

529 E. Water St., Sandusky, OH 44870

2:00–2:30pm Refreshments/Sign-in

2:30–4:30pm Program

Co-Sponsored by: Groff Funeral Homes

Tuesday, November 12

### Huron County Chamber of Commerce

10 West Main St., Norwalk, OH 44857

6:00–6:30pm Refreshments/Sign-in

6:30–8:30pm Program

Co-Sponsored by: Evans Funeral Home

Wednesday, November 6

### The Bellevue Hospital

1400 Main St., Bellevue, OH 44811

6:00–6:30pm Refreshments/Sign-in

6:30–8:30pm Program

Co-Sponsored by: The Bellevue Hospital

Sunday, November 24

### Magruder Hospital

615 Fulton St., Port Clinton, OH 43452

2:00 – 2:30pm Refreshments/Sign-in

2:30–4:30pm Program

Sponsored by Stein Hospice

## Children's Grief Relief Program 2019:

Thursday, December 19

### Stein Hospice

1200 Sycamore Line

Sandusky, OH 44870

5:30–7:00pm

## Light Up A Life

Sunday, December 1, 2019

Sandusky, OH

Sunday, December 8, 2019

Norwalk, OH



## Halloween Bingo



### Huron County Senior Center

Date: Tuesday October 1st  
Location: 130 Shady Lane Drive, Norwalk, OH  
Time: 11:30am-12:30pm.

### Port Clinton Senior Center

Date: Friday October 4th  
Location: 320 E. 3rd Street, Port Clinton, OH  
Time: 12:00pm-1:00pm.

### Willard Senior Center

Date: Thursday October 10th  
Location: 315 E. Tiffin Street, Willard, OH  
Time: 11:45am-12:45pm.

### Genoa Senior Center

Date: Friday October 11th  
Location: 514 Main Street  
Time: 12:00pm-1:00pm.

### Oak Harbor Senior Center

Date: Monday October 21st  
Location: 8180 State Rt 163, Oak Harbor, OH  
Time: 11:30am-12:30pm.

### Elmore Senior Center

Date: Tuesday October 22nd  
Location: 19225 Witty Road, Elmore, OH  
Time: 12:00pm-1:00pm.

### View Point Apartments

Date: Friday October 25th  
Location: 215 E. Shoreline Drive, Sandusky, OH  
Time: 2:00pm-3:00pm.

### Harbor View Apartments

Date: Wednesday October 23rd  
Location: 115 Franklin Street, Sandusky, OH  
Time: 2:00pm-3:00pm.

### Gibsonburg Senior Center

Date: Monday October 28th  
Location: 100 Meadow Lane, Gibsonburg, OH  
Time: 10:30am-11:30am.

## Memories From The Heart

### Fremont Senior Center

Date: Monday October 7th  
Location: 1101 Castalia Street, Fremont, OH  
Time: 10:30am-11:30am.

### Danbury Senior Center

Date: Tuesday October 8th  
Location: 8470 E. Harbor Road, Marblehead, OH  
Time: 5:00pm-6:00pm.

### Clyde Senior Center

Date: Wednesday October 9th  
Location: 900 N. Woodland Avenue, Clyde, OH



## Resiliency

### Erie County Senior Center

Speaker: Katherine Hall  
Date: Friday October 18th  
Location: 620 E. Water Street, Sandusky, OH  
Time: 12:00pm-1:00pm.

## Community Bingo

Date: Tuesday October 29th  
Location: 181 E. Perry Street, Tiffin, OH  
Time: 3:00pm-4:00pm.



## Veteran Presentation

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### **Fremont Senior Center**

Date: Monday November 4th

Location: 1101 Castalia Street, Fremont, OH

Time: 10:30am-11:30am

### **Clyde Gardens Place**

Date: Monday November 4th

Location: 700 Coulson Street, Clyde, OH

Time: 1:00pm-2:00pm

### **Genoa Senior Center**

Date: Wednesday November 6th

Location: 514 Main Street, Genoa, OH

Time: 11:30am Lunch/12:00pm Presentation

### **Edgewood Manor**

Date: Thursday November 7th

Location: 1330 Fulton Street, Port Clinton, OH.

Time: 10:00am-11:00am

### **Elmore Senior Center**

Date: Thursday November 7th

Location: 19225 Witty Road, Elmore, OH

Time: 11:30am Lunch/12:00pm Presentation

### **Admiral's Pointe**

Date: Friday November 8th

Location: 1920 Cleveland Road, Huron, OH

Time: 8:30am Breakfast/9:00am Presentation.

### **Clyde Senior Center**

Date: Friday November 8th

Location: 900 N. Woodland Avenue, Clyde, OH

Time: 10:30am-11:30am

### **Erie County Senior Center**

Date: Friday November 8th

Location: 620 E. Water Street, Sandusky, OH

Time: 12:00pm-1:00pm

### **Riverview Healthcare Campus**

Date: Monday November 11th

Location: 8180 W. State Rte. 163, Oak Harbor, OH

Time: 10:00am-11:00am

### **Parkvue Community**

Date: Monday November 11th

Location: 3800 Boardwalk Blvd., Sandusky, OH

Time: 10:00am-10:45am.

### **Parkvue Community/Asst. Living**

Date: Monday November 11th

Location: 3800 Boardwalk Blvd., Sandusky, OH

Time: 11:00am-11:45am

### **Providence Care Center**

Date: Monday November 11th

Location: 2025 Hayes Avenue

Time: 2:00pm-3:00pm

### **Kingston of Vermilion**

Date: Monday November 11th

Location: 4210 Telegraph Lane, Vermilion, OH

Time: 2:00pm-3:00pm

### **Kingston of Vermilion**

Date: Monday November 11th

Location: 6010 W. Lake Road, Vermilion, OH

Time: 3:30pm-4:30pm

### **The Meadows at Osborn Park**

Date: Monday November 11th

Location: 3916 Perkins Avenue, Huron, OH

Time: 3:00pm-4:00pm

### **Huron County Senior Center**

Date: Tuesday November 12th

Location: 130 Shady Lane Drive, Norwalk, OH

Time: 11:30am Lunch/12:00pm Presentation

### **Lake Pointe Health Center**

Date: Tuesday November 12th

Location: 3364 Kolbe Road, Lorain, OH

Time: 2:00pm-3:00pm

### **Danbury Senior Center**

Date: Tuesday November 12th

Location: 8470 E. Harbor Road, Marblehead, Oh.

Time: 5:00pm Dinner/6:00pm Presentation

### **Oak Harbor Senior Center**

Date: Wednesday November 13th

Location: 8180 W. State Rte. 163, Oak Harbor, OH

Time: 11:30am Lunch/12:00pm Presentation

### **Harbor View Apartments**

Date: Thursday November 14th

Location: 115 Franklin Street, Sandusky, OH

Time: 1:00pm-1:45pm

### **View Point Apartments**

Date: Thursday November 14th

Location: 215 E. Shoreline Drive, Sandusky, OH

Time: 2:00pm- 2:45pm.

### **Port Clinton Senior Center**

Date: Friday November 15th

Location: 320 E. 3rd Street, Port Clinton, OH

Time: 11:30am Lunch/12:00pm Presentation

### **Gibsonburg Senior Center**

Date: Monday November 25th

Location: 100 Meadow Lane, Gibsonburg, OH

Time: 10:30am-11:30am

## Community Bingo

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Date: Tuesday November 26th

Location: 181 E. Perry Street, Tiffin, OH

Time: 3:00pm-4:00pm

## Memories from the Heart

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### **Clyde Senior Center**

Date: Wednesday November 20th

Location: 900 N. Woodland Avenue, Clyde, OH

Time: 10:30am-11:30am



# DECEMBER events



## Decorate Christmas Cookies

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### Fremont Senior Center

Date: Monday December 2nd

Location: 1101 Castalia Street Fremont, OH

Time: 10:30am-11:30am.

### Oak Harbor Senior Center

Date: Monday December 9th

Location: 8180 State Rt. 163 Oak Harbor, OH

Time: 11:30am-12:30pm.

### Huron County Senior Center

Date: Tuesday December 10th

Location: 130 Shady Lane Drive Norwalk, OH

Time: 11:30am-12:30pm.

### Danbury Senior Center

Date: Tuesday December 10th

Location: 8470 E. Harbor Road Marblehead, OH

Time: 5:00pm-6:00pm.

### Erie County Senior Center

Date: Thursday December 12th

Location: 620 E. Water Street Sandusky, OH

Time: 12:00pm-1:00pm.

### Genoa Senior Center

Date: Monday December 16th

Location: 514 Main Street Genoa, OH

Time: 12:00pm-1:00pm.

### Elmore Senior Center

Date: Tuesday December 17th

Location: 19225 Witty Road Elmore, OH

Time: 12:00pm-1:00pm.

### Harbor View Apartments

Date: Wednesday December 18th

Location: 115 Franklin Street Sandusky, OH

Time: 2:00pm-3:00pm.

### Port Clinton Senior Center

Date: Thursday December 19th

Location: 320 E. 3rd Street Port Clinton, OH

Time: 12:00pm-1:00pm.

### View Point Apartments

Date: Friday December 20th

Location: 215 E. Shoreline Drive Sandusky, OH

Time: 2:00pm-3:00pm.

### Gibsonburg Senior Center

Date: Monday December 23rd

Location: 100 Meadow Lane Gibsonburg, OH

Time: 10:30am-11:30am.

## Advance Directives

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### Clyde Senior Center

Speaker: Rachel Berry

Date: Wednesday December 11th

Location: 900 N. Woodland Avenue Clyde, OH

Time: 10:30am-11:30am



Sandusky Office  
1200 Sycamore Lane  
Sandusky, Ohio 44870

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## BEREAVEMENT SUPPORT GROUPS:

All groups are free and available to anyone in the community regardless of previous or current involvement with Stein Hospice. Many groups are held in multiple locations through out the year and as needed. Stein Hospice Bereavement Department also holds Annual Memorial Services in the spring to honor those who died in the precious year and Annual Hope for the Holidays programs in the fall to aide in coping with the holidays when grieving. To register for any groups, events or for further information, please contact the Bereavement Care Liaison at 419-625-5269 or 1-800-625-5269.

### ADULT SUPPORT GROUPS:

**Serenity Seekers** is for the loss of any adult loved one. Meets once a week for 6 weeks throughout the year.

**Healing Hearts** is an ongoing monthly group for graduates of Serenity Seekers group.

**A New Dawn** is for adult survivors of separation/divorce. Meets once a week for 6 weeks.

**With the Guys** is for men who have lost a loved one. Meets once a week for 6 weeks.

**Rains End** is for adults who have lost a loved one through suicide. Meets once a week for 6 weeks.

**Clear Skies** is an ongoing monthly group for graduates of Rain's End group.

**M.I.S.S. You** is for men and women who are grieving a pregnancy loss and infant death. Meets once a week for 6 weeks.

**Tiffin Grief Support Group** is for anyone that has suffered the loss of an adult loved one and meets monthly.

### ADULT BEREAVEMENT SOCIAL GROUPS:

**Bunch for Lunch** meets at 12pm the 1st Monday of every month at a Stein Hospice Sandusky office. This is a potluck, please bring a side dish or dessert, Stein provides the main course.

**Huggers and Munchers** meets at 5pm the 2nd Tuesday of every month at various restaurants.

**Sandusky Yacht Club** meets at 12pm the 3rd Weds of every month.

**Norwalk Healing Hearts Lunch Bunch** meets at 12pm the 1st Weds of every month at a restaurant in Norwalk.

**Port Clinton Healing Hearts Lunch Bunch** meets at 12pm the 2nd Weds of every month at a restaurant in Marblehead.

**Tiffin Lunch with Friends** meets at 12pm the 4th Thursday of every month at the Community Hospice Care by Stein office.

### CHILDREN AND ADOLESCENT SUPPORT GROUPS:

**Recovery Riders** is a group for children ages 7-12 who have lost a loved one through death.

**RUOK** is a group for adolescents ages 13-18 who have lost a loved one through death.

**Tough Cookies** is a group for children ages 7-12 who have had any type of loss outside of death.

**Next Step** is a group for adolescents who have had any type of loss outside of death.

**Club USA** is a groups for children and adolescents who have a loved one deployed in the military.

**Camp Good Grief** is a week long day summery camp for children and adolescents aged 5-13 who have experienced any type of loss.