Dear Community Hospice Family

Community Hospice’s Bereavement program provides support groups, individual counseling and education to help guide you and your family, as you struggle with the grief process. All services are free of charge and open to all. We understand the healing power involved, potentially for you and for others, in self-expression and invite you to submit an article for consideration for future publication. Please feel free to contact anyone on the Bereavement Care Team to either submit your personal story or to address any questions or concerns. Please Note: Our weather policy is that if local schools are closed due to extreme weather, all activities will also be cancelled.

How to Support “You’re Not Alone” Youth Bereavement Camp

We have started planning for our annual “You’re Not Alone” Youth Bereavement Camps. This will be our seventh year returning to Camp Wanake where we are blessed with a wonderful environment for our days of healing, transformation and fun-filled camp activities. We also hold a Family Night where we encourage families to gather for an evening of hope and reflection to remember our loved ones. Thanks to the generous support from our community, last year we were able to raise over $19,000 to send over 40 youth to summer camp. We welcome your support of this very critical fund raising event. The success of the event has a direct tie to what we can do in the lives of our bereaved youth and their families. There is no fee to attend camp, yet we need financial support to make camp happen. The full value of attending camp, per camper, is approximately $400. This includes transportation assistance, meals and a variety of programming options focused on creative outlets, teamwork and overcoming obstacles. This year our goal is to serve 50 youth. Gifts of any kind are greatly appreciated. Please contact the Bereavement Care Team for more information on how to become involved or to request a camp application packet.

Monday, March 18
Dine to Donate - All Day
Papa Johns Pizza

Monday, April 15
Dine to Donate
Chipotle - 4:00 - 8:00 pm

Thursday, May 2
Quarter Auction
The Harvest Barn - 6:15 pm
Tickets $3.00/ $5.00 at the Door

Monday, May 13
Dine to Donate - All Day
Papa Johns Pizza

Saturday, June 15
Adventure Harley Davidson Cookout
### Service of Remembrance

Community Hospice offers a service to individuals interested in the opportunity to recognize and honor the lives of those who have passed away. Our staff and volunteers work together to support you as you continue to reflect and cherish the gift your loved one has been and continues to be for your family. This outdoor service will include prayer, readings and meditations, music and the very special reading of the names. Upon the conclusion of the service, you may enjoy refreshments, visit with staff members and volunteers, review grief support literature and message your loved one on a rock from our Healing and Remembrance Rock Garden. An invitation will be mailed to those on our mailing list, however the community is invited to attend regardless if their loved one was served by Community Hospice.

If you have any questions or would like more information, please contact the Bereavement Care Team at 1-800-947-7284 or email at bereavement@myhospice.org. Thursday, May 16, 2019
Registration & Music at 6:30pm
Service Begins at 7:00pm
Community Hospice Truman House
716 Commercial Avenue SW
New Philadelphia, Ohio

### ***WE ASK FOR YOUR FEEDBACK***

The Evaluation of Grief Services (EGSS) survey is designed to evaluate grief support services from the perspective of those who receive them. Services include: phone calls from staff and/or volunteers, cards, letters, or newsletter mailings, in-person support, support groups, memorial services, social activities for both youth and adults, camp, family grief support events, and our rock messaging garden and other memorial opportunities. You will be mailed this evaluation approximately 13 months after the death of your loved one if he/she had our hospice services. With your feedback, we hope to maintain or improve our grief support to those we serve.

### National HealthCare Decisions Day (NHDD) is April 16th.

This day is set aside to emphasize the importance of establishing advance directives. If you would like to receive a Living Will or Durable Power of Attorney for Health Care forms, learn more about them, or even complete these forms, please feel free to contact Anissa Fuller, Community Hospice’s Ethics Committee Chairperson, to arrange an appointment with someone who can review these forms with you. We will provide a notary if needed. There is a PSA in the form of a 2-minute YouTube video called JoAnn’s Story that we can show you, or that you can watch at home in helping you understand the importance of having advanced directives. Link: www.nhdd.org/participant-resources

### Save the Dates

**May 2**
Camp Meet & Greet

**September 15**
Sluggers & Putters

**November 24**
Angle Tree

**December 8**
Family Christmas Party

### Counseling & Support

Community Hospice offers individual **in-person counseling**, support groups and telephone support. If there are other dates/times for groups that would be beneficial to you, we welcome all feedback and suggestions. If you would like information on our program services, please contact the Bereavement Care Team at 1-800-947-7284 or e-mail at bereavement@myhospice.org.

### Bereavement Mailings

Did you know that you can request the bereavement mailings to be stopped? If you find the mailings are unnecessary or you no longer need them, call us at 1-800-947-7284 or e-mail bereavement@myhospice.org to remove your name from the mailing list. Please note that you can access the newsletter and calendar by visiting our website at www.MyHospice.org.
**Community Hospice Support Group Information**

Please contact the Bereavement Care Team to RSVP for Support Groups.

**Hope & Healing**

These groups focus on providing information about the grief process; to share experiences; and to lessen the feelings of isolation. Join us as we explore healthy coping strategies and discuss some of the ways the loss of a loved one can affect our lives. You must RSVP to attend these groups. Space is limited, please contact the Bereavement Care Team at 1-800-947-7284 or e-mail at bereavement@myhospice.org to RSVP.

**Carroll County**
- Wednesdays at 4:30 pm
- April 10 & 24, May 8 & 22, June 5
- Community Hospice
- Carroll County Office

**Tuscarawas County**
- Tuesdays at 4:30 pm
- April 16 & 30, May 14 & 28, June 11
- Community Hospice
- Martinelli Center

**Columbiana County**
- Wednesdays at 4:30 pm
- April 17, May 1, 15 & 29, June 12
- Community Hospice
- Columbiana County Office

**Younger Widows Group**

Younger widows may navigate grief differently and find comfort in expressing their feelings with someone of similar age. This group is open to widows who have lost a husband or significant other while in their twenties, thirties or forties. *This group meets on Mondays at 6:00 pm. Dates include April 1, April 15, April 29, May 13 and June 10 at the Daily Grind Café, 153 West High Avenue, New Philadelphia, Ohio.*

**Surviving the Unexpected**

A traumatic death is often identified as a sudden and unanticipated loss that an individual or family encounters. Many unexpected losses often come from difficult circumstances such as homicide, suicide, sudden illness, accidental death and difficult death experiences. It is not uncommon for people who have experienced an unexpected death to feel intense, pervasive and prolonged grief symptoms. This group will focus on the needs of those individuals who may be finding it difficult to navigate the unexpected grief reactions to their recent loss by providing a supportive environment for sharing thoughts and feelings, as well as, education on coping and healing. *This group meets on Tuesdays at 1:00 pm. Dates include April 2, April 16, April 30, May 14, May 28 and June 11 at the Coshocton County Office.*

**Why Did I Care?**

For many people, the already difficult grief journey can be further complicated by complex or contradictory emotions that are often experienced following a trying or abusive relationship. The hope of this group is to provide individuals struggling with complex grief a safe place to express emotions and thoughts, as we share education that will hopefully support each participant on their journey to healing and the rebuilding of YOU. *This group meets on Mondays at 5:00 pm. Dates include April 8, April 22, May 6, May 20, June 3 and June 17 at the Martinelli Center.*

**Permission to Mourn**

In the book Permission to Mourn, Tom Zuba writes about working through the losses of his daughter, wife and son. He states that this is the book he wishes he had been given as he faced his losses. “Once he gave himself permission to mourn, healing began.” This group will be a review and exploration of this book in an attempt to explore our losses and provide a safe place in which we can experience our grief together. *This group meets on Fridays at 12:00 pm. Dates include April 12, April 26, May 10, May 24, June 14 and June 28 at the Stark County Office.*

**Women Together**

A place for women to come together to share their losses, learn way of coping with grief and support each other in that process. *This group meets on Tuesdays at 4:00 pm. Dates include April 16, April 30, May 14, May 28, June 11 and June 25 at the Stark County Office.*
Administrative Office
716 Commercial Avenue SW
New Philadelphia, Ohio 44663
1-800-947-7284

Social Activities
Social Activities are led by trained volunteers and provide an opportunity for individuals who have experienced loss to gather and socialize with others.

Carroll County Breakfast
Tuesdays at 9:00 am
April 9, May 14, June 11
Carroll County Airport Restaurant
253 Airport Road SE, Carrollton
Call the Bereavement Care Team to RSVP

Tuscarawas Out to Lunch
Wednesdays at 12:00 pm
April 10 – The Manor Restaurant
753 S. Wooster Avenue, Strasburg
May 8 – Der Dutchman Restaurant
4967 Walnut Street, Walnut Creek
June 12 – Crossroads Restaurant
11141 OH-800, Mineral City
Call Norma at 330-339-9283 or
Gerri at 330-365-9465 to RSVP

PathSeekers-Outdoor Adventures
Sundays at 2:30 pm
April 14, May 19, June 9
Location changes monthly.
Call Pam at 740-922-2606 to RSVP

Women’s Sharing & Caring
Tuesdays at 1:00 pm
April 16 – Taggart’s Ice Cream
107 S. Main Street, Magnolia
May 21 – Pangrazio’s Pizza
223 W. 3rd Street, Dover
June 18 – El Campesino’s Restaurant
1170 N. Wooster Avenue, Strasburg
Call Cathy at 440-439-6417 to RSVP

Men’s Breakfast
Thursdays at 8:30 am
April 25, May 23, June 27
Dee’s Family Restaurant
1109 Bowers Ave. NW, New Philadelphia
Call Andrew at 740-610-8741 to RSVP

Adult Coloring Group
Thursdays at 2:00 pm
June 6
Altercare of Coshocton
1991 Otsego Avenue, Coshocton
Call Sarah at 740-575-4326 to RSVP

Bereavement Care Team
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