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. Your input is valued. Please Note: Our weather policy is that if local schools are closed due to extreme weather, all activities will also be cancelled.

“Blessed” by Pamela Burkall

As I continue my journey each day, sometimes the day seems to be shades of dark gray, but again...it has silvery light surrounding it. I continue my walk. Some days you force a smile, but it turns into laughter for no particular reason. God walks with me as each day passes. He brings nature to me. It may be a single bird to look and watch me at my window, or deer waiting patiently for me to feed them. I feel blessed. A stray leaf blown off from a nearby tree, flutters down and brushes my hair or lands at my feet. Funny, as I look up at the trees, and wonder where it came from, for it seems that there were no leaves left about the trees. You take notice, a sign that you are not alone. In the stillness of the day or night it brings about light of better understanding. A soft voice whispers...Be still and know that I am God. You feel comfort throughout your soul. You feel blessed. You wish that you could truly express to others how you really feel, but they have no idea what flows throughout your heart and mind. A little secret I share of my own...still I feel very blessed never the less...God walk with me.

Poetry for Grief & Mourning

When someone you love dies, the grief you feel can be overwhelming. Some find writing poetry or keeping a journal to be a helpful way to express emotions while grieving. Sometimes, just reading a beautiful poem or elegy can bring comfort, inspiration or catharsis as you mourn.
How to Support Youth Bereavement Camp

We have started planning for our annual “You’re Not Alone” Youth Bereavement Camp. This will be our fifth year returning to Camp Wanake where we are blessed with a wonderful environment for four 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 the community, last year we were able to raise over $8,000 to send over 30 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 the camp, yet we need financial support to make the 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, but the amount of financial support determines the number of campers who will be able to attend camp.

Gifts of any kind are greatly appreciated. Please contact us for more information on how to become involved.

Mother’s Day Mourning Tea & Coffee – May 15 at 9:00am

When we experience the loss of a mother or a mother figure, the pain can be intense. We strive to keep her memory alive in our hearts and minds. Mother’s Day can be especially painful for those who are missing this irreplaceable person in their lives. To help those who are grieving the loss of a mother, we are hosting a special Mother’s Day Mourning Tea & Coffee at the Community Hospice Truman House. Participants are encouraged to bring a photo to display on a Table of Remembrance, and may also bring a special tea or coffee cup.

This event is free and open to anyone in the community, but space is limited, so please RSVP by May 12 by either calling 1-800-947-7284 or email bereavement@myhospice.org. Tea and pastries will be provided. Those in attendance will have an opportunity to share meaningful memories and lessons shared by their mother or mother figure.

Father’s Day BBQ – June 19 at 5:30pm

On Father’s Day we honor and celebrate the men who have supported, taught, and nurtured us. Most families will circle the backyard barbecue pit to honor “Dad.” But for others, Father’s Day is bittersweet and full of fading memories. It doesn't have to be that way. To help those who are grieving the loss of a father or father figure, we are hosting a special Father’s Day BBQ at the Community Hospice Truman House. Participants are encouraged to bring a photo to display on a Table of Remembrance, and may also bring a special side dish to enjoy.

This event is free and open to anyone in the community, but space is limited, so please RSVP by June 16 by either calling 1-800-947-7284 or email bereavement@myhospice.org. Hamburgers, hot dogs and drinks will be provided. Those in attendance will have an opportunity to share meaningful memories and stories centered on your loved ones life.

Bereavement Mailings

Did you know that you can request the bereavement mailings to be stopped? If you find that the mailings are unnecessary please call us at 1-800-947-7284 or you can email bereavement@myhospice.org to remove your name from the mailing list. **Please note that you can access the quarterly newsletter and calendar by visiting our website at www.MyHospice.org.**

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 feedback and suggestions. If you would like more information on our program services, please contact the Bereavement Team at 1-800-947-7284 or email at bereavement@myhospice.org.
“Hope & Healing” Support Group

These groups are focused 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 one of these groups.

**Tuscarawas County**
**Tuesdays at 1:00 am**
Dates: April 11 & 25, May 9 & 23, June 6 & 20
Location: Tusc. County Senior Center
425 Prospect Street, Dover

**Carroll County**
**Fridays at 10:00 am**
Dates: April 7 & 21, May 5 & 19, June 2 & 16
Location: Centerville Village
1085 Kensington Road NE, Carrollton

**Columbiana County**
**Mondays at 1:00 pm**
Dates: April 3, 10, 17 & 24, May 1 & 8
Location: Community Hospice
Columbiana Office

**Stark County**
**Wednesdays at 5:00 pm**
Dates: April 19, May 17 and 31, June 14 and 28.
Location: Community Hospice
Stark Office

**Coshocton County**
**Fridays at 11:00 am**
Dates: April 7 & 21, May 5 & 19, June 2 & 16
Location: Community Hospice
Coshocton Office

**A Series: Ways to Cope with Traumatic Loss**

A traumatic death is often identified as a sudden, unanticipated loss without any forewarning. As many of these traumatic losses often come from difficult circumstances; such as, homicide, suicide, sudden illness and accidental death, it is not uncommon for people who have experienced a traumatic death to experience intense, pervasive and prolonged grief symptoms. This group will focus on the needs of those individuals who have experienced a traumatic loss by providing a supportive environment for sharing thoughts and feelings, as well as, education on coping and healing through trauma and grief. You must RSVP to attend this group.

**Tuscarawas County**
**Mondays at 5:00 pm**
Dates: April 3 & 17, May 1 & 15, June 5
Location: Tusc. County Senior Center
425 Prospect Street, Dover

**Carroll County**
**Fridays at 4:00 pm**
Dates: April 21, May 5 & 19, June 2 & 16
Location: Centerville Village
1085 Kensington Road NE, Carrollton

**Columbiana County**
**Mondays at 4:30 pm**
Dates: April 24, May 8 & 22, June 12 & 26
Location: Community Hospice
Columbiana Office

**Step by Step - A Walking Group**

The loss of a loved one and the grief we experience can be a highly stressful time, and there is good evidence that physical activity helps reduce stress and ease depression. Walking and talking with others can also provide support and remind us that we are not alone.

**When:** Wednesdays at 12:00 pm
**Dates:** April 12, May 10 and 24, June 7 and 21
**Location:** Belden Village Mall, 4230 Belden Village Street NW, Canton

**“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. You must RSVP to attend this group.

**When:** Wednesdays from 6:30 pm – 8:00 pm
**Dates:** April 12 & 26, May 10 & 24 and June 7
**Location:** The Daily Grind Café, New Philadelphia

**To Attend or Not Attend a Support Group?**

For some, the idea of attending a support group can be intimidating and create some overwhelming feelings. How will I share my story to strangers? What if I cry? What if no one understands? These can be normal thoughts. However, it is through our Healing Group Guidelines and a discussion between you and a counselor, that offers the support in your personal decision to attend a group. Please contact the Bereavement Care Team to further discuss your interest.
Social Activities

Social Activities are led by trained volunteers and provide an opportunity for individuals to gather who have been through similar losses and who are seeking social intervention.

**Carroll County Breakfast**
April 11, May 9, June 13 at 9:00 am
Carroll County Airport Restaurant
253 Airport Road SE, Carrollton
Call Nina Jean at 330-679-2481 to RSVP.

**Tuscarawas Out to Lunch**
April 12, May 10, June 14 at 12:00 pm
Restaurant location changes monthly.
Call Norma at 330-365-9465 or
Gerri at 330-365-9465 to RSVP.

**The Crazy Craft Group**
April 13, May 11, June 8 at 10:00 am
The Friendship Center
100 Kensington Road NE, Carrollton
Call Patti at 330-204-6860 to RSVP.

**Hit the Deck: A Card Group**
April 20, May 18, June 15 at 6:30 pm
Dover Geib-Family Center
5600 North Wooster Avenue, Dover
Call Jean at 330-339-6047 for details

**Men’s Breakfast**
April 27, May 25, June 22 at 8:30 am
Dee’s Family Restaurant
1109 Bowers Avenue NW, New Philadelphia
Call Ray at 330-343-4259 to RSVP.

**Women’s Sharing & Caring**
April 4 & 18, May 2 & 16, June 6 & 20
March 7 & 21 - Location and Time Varies.
Call Cathy at 440-439-6417 to RSVP.

**Adult Coloring Group**
April 13, May 11, June 8 at 2:00 pm
Coshocton Springs Health & Rehab Center
1991 Otsego Ave, Coshocton
Call Sarah at 740-575-4326 to RSVP.

**Crafts with Verna**
April 10 & 24, May 8 & 22,
June 12 & 26 at 4:30 pm
Community Hospice Coshocton Office
Call Verna at 910-389-4938 to RSVP.