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.

“My Journey to Heaven” - Written by Dorothy McCune

When a doctor tells you your time is almost up because you have cancer and pulmonary hypertension of the lungs… instead of being sad, I was put on Hospice and that day changed my life. I handed my life over to God and since then God is in complete control. He has allowed me to watch my two older children become grandparents and these two babies have changed our family and brought us so close.

I have a son who is into drugs and who I cannot help anymore. God has put a shield on my heart so I have peace. He has put me in a wonderful place now because my son is getting the help he needs. I live in so much peace.

One day when my burdens were heavy, I was sitting in my chair and when I closed my eyes and talked to God I felt him there on my couch. It was the most wonderful experience. Everything I asked for, he did. Amazing. God answered my prayers through people he sends into my life, through things on television – sometimes I feel like they are talking directly to me. I am so blessed. My journey to heaven is so wonderful and very peaceful now.

My husband died of COPD and I was his caregiver. Without Hospice I wouldn’t have made it. Now I am the patient and I didn’t think twice about making this journey without Hospice. I share my experiences with many people – cashiers, friends, anyone who will listen. People are afraid of Hospice. They think you have to be dying in 6 months. For me, I will be with Hospice for 2 years in November. I am only alive by the grace of God because I believe he has things he wants me to do yet. And that is what makes it so special. I have had more peace these last 2 years than any other time in my life. I pray that God takes me in my sleep and my children, friends, and family need to be happy because that is my wish and God did it for me.

There is not a day that goes by that God doesn’t take care of me, if I’m willing to see it. It doesn’t matter what we face, God is with us. I am not alone.
Community Hospice Veterans Memorial Completed

Honoring veterans is an important element of Community Hospice. It is a privilege to honor veterans by having veteran visibility in our facility, and provide a pinning service for each veteran who comes into our care. As an extension of these efforts, it has always been a goal of the organization to create a public veterans memorial as an outdoor feature of the Truman House in New Philadelphia, to honor all veterans and their families.

Community Hospice is excited to share that construction of our Veterans Memorial is now complete. This memorial will be open to the public, and includes a 25 ft. flag pole in a raised ornamental area, monoliths honoring each branch of the service, a monolith honoring POWs and MIAs, and a monolith honoring service families. Embedded seating will offer the opportunity to sit and reflect on an honored loved one and the many who have given their lives in service to their country. Eternal flames are embossed on the exterior of several monoliths, along with emblematic representations and the core values of each branch of service. Lighting has been added at the base of each monolith and the base of the flagpole as an added evening viewing feature. Designed by local landscape architect and owner of Pace Landscaping, Mike Pace, the building of the memorial began in June. The construction and landscaping work were done by Pace Landscaping, and the beautiful monoliths were created by Stevenson Memorials.

This meaningful Veterans Memorial has been made possible due to the hard work and dedication of a volunteer veterans committee, the generosity of many local veterans groups and overwhelming generosity from the communities we serve. A dedication ceremony for the memorial took place on October 14.

Women’s Grief Support Retreat

We invite women experience grief to attend our third annual Women’s Grief Support Retreat. This retreat was created to provide a place for women to share their needs with others. Imagine a relaxing day away from home, sitting by the fireplace, contemplating a spiritual discussion, music therapy, art project, group socialization and sharing, meditation, pet therapy and massage. Please dress casually and bring walking shoes as guests will also enjoy a hike, weather permitting. Activities will occur alongside the Bereavement Care Team and other women who have experienced a similar loss. Registration will begin at 8:30am and will include a light breakfast. A catered lunch will also be provided.

February 13, 2019
8:30am – 4:30pm
The Barn
1315 State Street NE, N. Canton

While there is no cost to attend, please contact Kelsie Gunnoe at 1-800-947-7284 or bereavement@myhospice.org to RSVP as space is limited.

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.

**Loss of a Spouse**
When your spouse dies you may feel that you are entering a life that has totally changed and struggle with how to adjust. This group provides the opportunity to share with others who have also lost their spouses, and share your thoughts and feelings. This sharing can provide ideas and comfort as you work to find your way.

**Walking & Talking**
Studies have shown that exercise may fight feelings of depression better than antidepressants while relieving feelings of anxiety, pain, insomnia, fatigue, brain fog and more. Additionally, it will allow a time to share your personal experiences, thoughts and feelings.

**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.

**Tuscarawas County**
Wednesdays at 1:30 pm
January 9 & 23, February 6 & 20, March 6 & 20
Community Hospice
Martinelli Center

**Carroll County**
Wednesdays at 11:00 am
January 16 & 30, February 13 & 27, March 13
Community Hospice
Carroll County Office

**Columbiana County**
Wednesdays at 11:00 am
January 23, February 6 & 20, March 6 & 20
Community Hospice
Columbiana County Office

**Coshocton County**
Thursdays at 10:00 am
January 24, February 7 & 21, March 7 & 21
Community Hospice
Coshocton County Office

**Tuscarawas County**
Thursdays at 11:00 am
January 24, February 7 & 21, March 7 & 21
Community Hospice
Martinelli Center

**Way to Cope with Traumatic Loss**
A traumatic death is often identified as a sudden, unanticipated loss that an individual or family encounters. As many of these traumatic losses often come from difficult circumstance; such as, homicide, suicide, sudden illness, accidental death and a difficult death experience, 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.

**Tuesdays at 4:30 pm**
January 15 & 29, February 12 & 26, March 12 & 26
Coshocton County Office

**Walking & Talking**
Studies have shown that exercise may fight feelings of depression better than antidepressants while relieving feelings of anxiety, pain, insomnia, fatigue, brain fog and more. Additionally, it will allow a time to share your personal experiences, thoughts and feelings.

**Fridays at 12:00pm**
January 25, February 22, March 22
Belden Village Mall - Food Court
4230 Belden Village Mall
Circle NW, Canton

**Loss of a Spouse**
When your spouse dies you may feel that you are entering a life that has totally changed and struggle with how to adjust. This group provides the opportunity to share with others who have also lost their spouses, and share your thoughts and feelings. This sharing can provide ideas and comfort as you work to find your way.

**Tuesdays at 4:30 pm**
January 8 & 22, February 5 & 19, March 5 & 19
Community Hospice Stark Office
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
January 8, February 12, March 12
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
January 9, February 13, March 13
Restaurant location changes monthly.
Call Norma at 330-339-9283 or Gerri at 330-365-9465 to RSVP

Women’s Sharing & Caring

Tuesdays at 1:00 pm
January 15, February 19, March 19
Restaurant location changes monthly.
Call Cathy at 440-439-6417 to RSVP

Men’s Breakfast

Thursdays at 8:30 am
January 24, February 28, March 28
Dee’s Family Restaurant
1109 Bowers Ave. NW, New Philadelphia
Call Ray at 330-343-4529 to RSVP

PathSeekers-Outdoor Adventures

Sundays at 2:30 pm
January 13, February 10, March 10
Location changes monthly.
Call Pam at 740-922-2606 to RSVP

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

- John Steinbeck