Bridge to Healing
Community Center for Grief Support

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.

“I Volunteer…What’s Your Superpower?”

In this work that we call Hospice, we could not accomplish all that we do without the compassion and time so generously given by the many Angels known as our Hospice Volunteers. The Community Hospice Bereavement Department is impacted daily by the compassion shared from our of our teen and adult volunteers. These individuals choose to serve alongside us in various roles that they may fill through our bereavement support programs.

Bereavement Volunteers are instrumental to the ongoing support that we are able to offer our families following a loss. Whether it’s working alongside our Bereavement Care Coordinator to caringly tackle follow up phone calls or mailings, or through time given in support of our ‘You’re Not Alone’ youth program.

Volunteers are also the driving force behind many of our adult social events offering various activities, such as the men’s breakfast, lunch groups and craft activities, which allow bereaved individuals to connect with others in a fun and supportive environment.

So, you’re asking, is volunteering a superpower as the title suggest? Absolutely! Watch the face of a child at our Youth Bereavement Camp or one of our monthly youth activities when they make a connection with one of the many volunteers that help with these programs. Listen to the laughs around a restaurant table as stories are shared and connections are made simply because a volunteer decided to share their time and talents! Bottom line, we could not provide the services that we do without the love and dedication of our volunteers.

Have a superpower you want to share with others? For more information on volunteer opportunities, contact your local Community Hospice office and ask to speak with the Volunteer Coordinator.

“I think a hero is any person really intent on making this a better place for all people.” Maya Angelou
Angel Tree Lighting Memorial Service

Community Hospice invites you and your loved ones to attend our memorial service. It is with great honor that we assist you in providing remembrance for your loved one. Our staff and volunteers strive to create a supportive experience that includes comforting words, music an interactive candle-lighting ritual and memorial opportunities.

Please dress accordingly for the weather. Light refreshments will be provided. Please contact the Bereavement Care Team by November 12 to RSVP.

Angel Tree Lighting Memorial Service
November 18 - 5:00 pm
Community Hospice
Truman House

Community Remembrance Trees

Community Hospice will be providing a way for individuals to honor loved ones during the holiday season through Community Remembrance Trees. These trees are located in five special locations throughout the areas we serve. The name of your loved one will be placed on an ornament and hung on the Remembrance Tree in the location you prefer. The trees will be on display in November, and remain up throughout the holiday season. This is our gift to the communities we serve, in honor of those who are no longer with us. While donations are welcome, there is no cost to you associated with this service. Your loved one did not have to receive hospice services for you to dedicate an ornament. If you would like to have an ornament placed on a tree in remembrance of your loved one, please contact the Bereavement Care Coordinator, Kelsie Gunnoe, at 1-800-947-7284.

Remembrance Tree Locations
Tuscarawas County
Community Hospice Truman House

Stark County
Village of Hartville Square

Coshocton County
Coshocton Court-Square Gazebo

Columbiana County
Columbiana Firestone Park in the Ice Castle

Carroll County
Carrollton Downtown Square

Family Grief Support Event: Christmas Party

Christmas Party
Sunday, December 9
2:30 - 4:30 pm
Community Hospice
Truman House

Families are invited to join the Bereavement Care Team for an afternoon of fun, laughter and memories at our annual Christmas Party. Community Hospice Bereavement Care Team and volunteers will be available. Feel free to come and go as you wish. For more information or to RSVP, please contact the Bereavement Care Team.

Activities Include: Christmas Cookie Decorating, Holiday Craft, Holiday Movie, Mini Mary Kay Makeover, Letters to Santa and Pictures with Santa. Light refreshments will be provided.

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 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.
Handling the Holidays
Managing grief in times of celebration can be overwhelming. Suffering the loss of a loved one is difficult any time of the year, but the holiday season can intensify feelings of loss. These groups provide education about the grief process, self-care strategies and allow for the expression of thoughts and feelings. Participants will be able to identify and learn how to help manage the mixed and painful emotions that can surface when grieving during the holidays. Space is limited, please contact the Bereavement Care Team at 1-800-947-7284 or e-mail at bereavement@myhospice.org to RSVP.

Nutrition & Cooking for One
If you find yourself living alone as a result of your loss, do you struggle with meal times? In these sessions we will talk about appetite, nutrition, and meal options for those of us who live by ourselves. Bring your questions and ideas to share with others. You must RSVP to attend this group.

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.

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. You must RSVP to attend this group.
Social Activities

Social Activities are led by trained volunteers and provide an opportunity for individuals to gather with others who have been through similar losses and who seek comfort and support.

**Carroll County Breakfast**

**Tuesdays at 9:00 am**
October 9, November 13, December 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**
October 10, November 14, December 12
Restaurant location changes monthly.
Call Norma at 330-339-9283 or Gerri at 330-365-9465 to RSVP

**Adult Coloring Group**

**Thursdays at 2:00 pm**
October 11, November 8, December 13
Coshocton Springs Health & Rehab Center
1991 Otsego Avenue, Coshocton
Call Sara at 740-575-4326 or 740-294-1569 to RSVP

**PathSeekers- Outdoor Adventures**

**Sundays at 2:30 pm**
October 14, November 11, December 2
Location changes monthly.
Call Pam at 740-922-2606 to RSVP

**Women’s Sharing & Caring**

**Tuesdays at 1:00 pm**
October 16, November 20, December 18
Restaurant location changes monthly.
Call Cathy at 440-439-6417 to RSVP

**Men’s Breakfast**

**Thursdays at 8:30 am**
October 25, November 15, December 27
Dee’s Family Restaurant
1109 Bowers Ave. NW, New Philadelphia
Call Ray at 330-343-4529 to RSVP

“Should you shield the valleys from the windstorms, you would never see the beauty of their canyons.”

- Elizabeth Kubler-Ross