

Along the Way

IU Health Hospice Bereavement Services Newsletter

Spring 2020

Resources

BOOKS:

- See page 7

WEBSITES:

- HospiceFoundation.org
- Centering.org/magazine-articles/
- MindfulnessandGrief.com

PHONE:

National Suicide Prevention
Hotline: 800.273.TALK (8255)
~Always available

CAMPS for Kids & Teens:

- Camp Erin: ourhouse-grief.org/camp-erin/
- Camp Healing Tree: Brookesplace.org
- Camp Kesem: campkesem.org/indiana



One Step Forward, Two Steps Back?

After someone dies, well-meaning friends and family members often tell mourners:

- “He/she would want you to keep living your life.”
- “Time heals all wounds.”
- “Just keep putting one foot in front of the other.”
- “You need to put the past behind you and move on.”

Not only do these simple statements minimize mourners’ loss, they also imply that moving forward—in your life and in time—is what will ease the suffering. According to Alan Wolfelt, Ph.D. “the truth, paradoxically, is that in grief we have to go backward before we can go forward”.

Society’s misconception about moving forward in grief may stem in part from Elisabeth Kubler-Ross’s concept of the “stages of grief,” which were introduced in her book *On Death and Dying*. In fact, Kubler-Ross never intended for her five stages to be interpreted as a rigid, linear process necessary for processing grief.

Grief is not a straight track toward acceptance. Instead, it is more of a “getting lost in the woods”, stumbling through the maze, or walking on the bottom of the ocean. Often grief gives rise to a multitude of thoughts and feelings at once. Or, one feeling (like anger) can be prominent for a while, gradually dissipate, and then reappear later “full force”. Often the bereaved tell us “I feel like I move one step forward and two steps back!” Perhaps it helps to think of one step forward and two steps back not as regression, but as a dance. Give yourself credit for each step forward and accept any backward movement as just part of the dance.

What can help us find our way on this journey? Researchers and counselors agree that mourners should be encouraged to “tell their story”. Even with advanced warning of the death, there is always a sense of shock that

(Cont’d on page 2...)



Visit iuhealth.org/patient-family-support/bereavement or call your local IU Health Hospice

Office. See pages 3 – 6 for phone numbers.

The Peace of Wild Things

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things who do not tax their lives with forethought of grief.

I come into the presence of still water.

And I feel above me the day-blind stars waiting with their light.

For a time I rest in the grace of the world, and am free.

~ Wendell Berry



comes with the loss of a loved one. It can feel like we are caught in a nightmare we want to awaken from. Talking about the experience is important to help the bereaved absorb the loss—that is, to believe it and accept that it really happened. Many people need to go over and over the details before they can face the reality of the death.

From an outsider's perspective, re-telling the story of loss and love may seem like the grieving person is "stewing in a pot" of self-pity or "going backwards". Maybe telling the story of your loss IS a backward-looking process, but having others "bear witness" to our experience is important to healing and reminds us we are not alone.

"Progress" in grief is difficult to see and feel. Grief is something we never truly "get over". Instead, it is an ongoing process that unfolds over many months and even years. While investing time and energy into our grief-work, it can be helpful to hold on to hope. Hope is an expectation of a good that is yet to be. Hope is about the future. Going forward in grief means, in part, fostering hope. When a loved one dies we are confronted with a profound challenge. We can either give up or find growth in the experience.

In their book *Finding Hope: Ways to See Life in a Brighter Light*, Ronna Fay Jevne and James E. Miller encourage those feeling hopeless to think about a time in life when you felt especially hopeful. Reflect on what that time was like. What were you thinking and doing? What were you hoping for?

What were you excited about? What gave you strength to continue? Now carry those feelings forward. Pausing to hold that time close, you realize that you have been hopeful in the past. You can remember what hopefulness is like. "By remembering, you start anticipating."

Hope looks different for each of us. What works for you in re-gaining hope in your life, might not work for someone else. Here are other ideas from Jevne and Miller on how to find hope:

- Make one small difference, even as small as making your bed, eating something healthy, doing something relaxing, or walking to the corner and back. One small step is a start to taking control.
- Find good company: hope is contagious, so is hopelessness. Good companions don't try to fix you, but they are there for you with confidence that you can help yourself.
- Search for what is meaningful in your life. Explore what really matters to you and gives you energy.
- Say "yes" to life. Living that "yes" means believing that if today is not the way you want it to be, tomorrow can be another story.
- Keep a reminder nearby. Some people hang inspiring photographs, paintings or post sayings on their computer desktop. Others may use a religious object or symbol. Whatever is chosen, consciously say to yourself "This is my reminder to hope".
- It can also help to think each day about something you are grateful for and write it on a calendar or in a journal.

Sometimes those we love—those who care about us—carry the hope when we may not feel it ourselves. Even when our life may seem darkest, there are always rays of hope, if we look for them.

2020 Spring Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community. Since many people feel alone in their grief, it can be reassuring to talk with others experiencing a similar loss

Bloomington: For more information, AND TO CONFIRM EVENTS, please contact the Bloomington office at 812.353.9818 or 800.206.5200.

AS THE LAND SCAPE AROUND THE CORONAVIRUS CHANGES DAY-TO-DAY, IT IS RECOMMENDED THAT INDIVIDUAL'S CALL PRIOR TO ATTENDING A GROUP TO VERIFY IT HASN'T BEEN CANCELLED.

Loss of a Child of Any Age

The death of a child is always unthinkable and untimely. Adjusting to such a loss is ongoing and challenging. Talking with others who are experiencing similar grief, can be very helpful, no matter how the child's death occurred. Call or email Cindy at cmolthan@iuhealth.org with questions.

- **Dates:** Second Wednesday of each month: April 8, May 13, June 10
- **Time:** 5:30 – 7 pm
- **Location:** Noodles & Company Restaurant, Private Conference Room, 2560 E. Third St., Eastland Plaza, Bloomington

Spouse Loss: Monthly Group

Although many participants appreciate having a meal with others, this gathering also provides the opportunity to talk deeply about the challenges faced in the first years of transition. Contact Pat for more information at pmuyskens@iuhealth.org.

- **Dates:** Third Tuesday of each month: April 21, May 19, June 16
- **Times:** 5:30 – 7 pm
- **CHANGE of Location! : AVERS East Pizza Buffet, 1285 S. College Mall Road,** Private meeting room, Bloomington, IN. \$10 for all you can eat pizza and salad buffet.

Healing Hearts

For children ages six through fourteen Healing Hearts offers a safe place to process the loss of any special person through talking, stories, crafts and videos. Participants share their stories, ask questions or just listen. Please call or email Pat at pmuyskens@iuhealth.org if a child in your life might be interested.

- **Date:** Last Session of school year on APRIL 28
- **Times:** 5 – 6:30 pm (Pizza included!)
- **Location:** Medical Arts Building Room 2, below Bloomington Hospice Office, 619 W. First St., Bloomington

Monthly Bereavement Support Group

IU Health Hospice offers a **monthly** bereavement group for adults who have lost a spouse, parent, friend, sibling, grandparent or other special person. Join us in exploring different topics around grief, sharing your story, and gaining ideas for coping from others. **Contact Cindy to reserve your spot:** cmolthan@iuhealth.org

- **Dates:** First Wednesday of the month: April 1, May 6 and June 3
- **Time:** 4:30 – 6 pm
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington

Spouse Loss: Seven Week Support Group

The death of a long-time partner stirs strong emotions about one's identity and future. It is not uncommon to feel like you have lost part of yourself and moving forward each day can seem daunting. Different topics are introduced each week and sharing your own journey is key to the experience. **Pre-registration is required and a commitment to attend all sessions is important to receive the most benefit.** Please call for a registration form.

- **Dates:** April 9 – May 14
- **Time:** 4:30 – 6 pm
- **Location:** Bloomington Hospice Office, 619 W. 1st Street, Bloomington

Spring Service of Remembrance & Hope

In response to the Coronavirus, our Spring Remembrance Celebration has been cancelled.



This interdenominational service is open to anyone in our community who is grieving the loss of a loved one. Through words, prayer and music the Spiritual Care staff offers consolation and encouragement. Hospice staff and volunteers will also be present for support.

During the service, there will be a slide show displaying pictures of your loved ones. If you would like a photo of your loved one included in the slide show, please email a digital copy to sgerber4@iuhealth.org or mail a copy of your picture to Spiritual Care at IU health, 601 W. 2nd Street, P.O. Box 1149, Bloomington, IN 47402. The deadline to submit photos is April 17. (No originals, please, as they cannot be returned.)

Date: Sunday, April 26 (**Cancelled**)

Time:

Location:

Other Bereavement Support in Bloomington & Surrounding Areas

Resolve Through Sharing

A support group for those who have had a miscarriage, stillbirth, or infant loss. No registration is required, and refreshments are provided. Call or email Samantha with questions or for more information at 812.353.5482 or ssweatman@iuhealth.org.

- **Dates:** Second Monday of every month
- **Time:** 7:30 – 9 pm
- **Location:** IU Health Bloomington Hospital Chapel, 601 W. Second St., Bloomington, IN

Grief Support Group

In **Greene County**, sponsored by Greene County Hospital Foundation and The Smithville Foundation, a Grief Support Group is led by Nichole Hawkins who is the Aftercare Representative of Welch & Cornett Funeral Homes. Ms. Hawkins is trained by the Center for Loss & Life Transition in Colorado. Please contact her at 812.847.2986 to express interest in this no-cost group.

Survivors of Suicide

Two meetings per month in Bloomington. To attend the meeting held on the second Monday of each month, email Michelle at mmartincolman@gmail.com with questions.

- **Dates:** Second Monday of every month
- **Time:** 7 – 9 pm
- **Location:** The Venue Art Gallery, 114 S. Grant St., Bloomington, IN

The meeting held on the fourth Sunday of each month is facilitated by Ron Masters, LCSW. No registration is required but calling Ron to confirm attendance and room number is helpful at 812.335.8555 or 812.336.0649.

- **Dates:** Fourth Sunday of the month (expect for holidays)
- **Time:** 12:15 – 2 pm
- **Location:** Monroe County Public Library, 303 E. Kirkwood Ave., Bloomington, IN

Surviving Spouse Loss

New to **Lawrence County:** a peer-led monthly support group for men and women who have lost spouses and partners. For more information call Judy Fields at 812.278.1903 or Denise Buckingham at 812.275.2694.

- **Dates:** third Fridays, April 17, May 15, and June 19
- **Time:** 1 – 2:30 pm
- **Location:** Bedford Public Library, 1323 K St., Bedford

GriefShare

A Christian-based grief group. To learn more about GriefShare and to find current groups in your location, please visit griefshare.org or contact the following locations to learn more about their current offerings:

- **Sherwood Oaks Christian Church** in Bloomington - registration is required: 812.334.0206
- **In Morgan County:** Rhea at 317.544.9185 or rheam0813@yahoo.com
- **Solsberry Christian Church** in Greene County: 812.825.5222

Muncie: For more information, AND TO CONFIRM EVENTS, please contact the Muncie office at 765.747.4273 or 800.458.2255.

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Adult Grief Support Group:

Facilitated by Andrea Duckworth, IU Health Hospice Social Worker. For more information, please call Loose Funeral Home at (765) 649-5255.

- **Dates:** Every Tuesday
- **Times:** 6 – 7:30 pm
- **Location:** Loose Funeral Home, Carriage House, 200 W. 53rd St., Anderson

Pet Loss Grief Support Group:

Facilitated by Andrea Duckworth, IU Health Hospice Social Worker. For more information, please call Loose Funeral Home at 765.649.5255.

- **Dates:** Fourth Thursday of each month
- **Times:** 6 – 7:30 pm
- **Location:** Loose Funeral Home, Carriage House, 200 W. 53rd St., Anderson

Other Bereavement Support in the Muncie Area

Support Group for Survivors of Suicide Loss

Contact Greg Haisley for more information at 765.283.6315.

- **Date:** Fourth Friday of the month. Next meeting is April 24.
- **Time:** 7 pm
- **Location:** Integris Community Church, Albany, IN

Hearts of Hope Grief Support Group

For more information, contact group facilitator Deb Saxon at 765.760.4800.

- **Dates:** Fourth Tuesday of each month
- **Time:** 3:30 – 5 pm OR 6:30 – 8 pm
- **Location:** St. Lawrence Catholic Church, St. Agnes Hall, 820 E. Charles St., Muncie

GriefShare

A Christian-based grief group. To learn more about GriefShare and to find current groups in your location, please visit griefshare.org.

“Breaking down” and other Misnomers

By Charles A. Corr, PhD

Ever hear people say things that have unusual, even undesirable implications when what is said is examined closely? For example someone recently described a mutual friend as being “on the wrong side of 40”. I guess this meant that our friend had passed her fortieth birthday. Does that mean that she would somehow have been “right” at 38 or 39, but is now “wrong” at 41 or 42?

Similarly, we often hear that a grieving person “broke down in tears”. I wonder why they say, “Broke down”? I guess that is supposed to mean the bereaved person is “overcome” by crying. But bursting into tears on learning that a significant other has died is a natural reaction to an important loss in one’s life.

We don’t lose control when we grieve; we experience a spontaneous, involuntary reaction to a very difficult encounter. We are not merely passive; we act, or more precisely, we react, and then we seek to cope with our losses (plural, for they are almost always multiple in close relationships) and also with our grief reactions.

When people are grieving, often they are told to “be strong”. Does that mean that expressing one’s reactions to loss is somehow a sign of weakness? Surely, it is appropriate to experience grief when one has suffered a significant loss. But people express their grief reactions differently; some grieve openly, others are more reserved, even stoic.

Sometimes no visible grief reaction is mistaken for indifference to the loss, just as openly grieving may be mistaken for weakness.

Being told to “be strong” when one has been impacted by a significant loss is often linked to advice not to “break down” in tears. But how can an honest expression of grief be thought of as a kind of breakdown? Isn’t the willingness to experience and express strong reactions to an important loss in one’s life a strength?

Recent research on bereavement emphasizes individual pathways in grief and mourning. That means everyone who experiences a significant loss must and will find his or her own journey in grief. Some people will cry; others will not. Most people will cry; most often, early in their bereavement and later in special moments that trigger renewed grief.

But shedding tears is not a sign of weakness. It is a manifestation of the hurt we experience when someone we love dies. We “rise up” not “break down” when we cry as a tribute to – and an expression of – the love we have for the person who died.

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2020 Spring Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community. Since many people feel alone in their grief, it can be reassuring to talk with others experiencing a similar loss

Lafayette: For more information, please contact Marcy Hintzman, Bereavement Coordinator, at 765.838.5784 or mhintzman@iuhealth.org.

AS THE LAND SCAPE AROUND THE CORONAVIRUS CHANGES DAY-TO-DAY, IT IS RECOMMENDED THAT INDIVIDUAL'S CALL PRIOR TO ATTENDING A GROUP TO VERIFY IT HASN'T BEEN CANCELLED.

Adult Grief Support Group

On-going informal grief support group for adults who have experienced the death of a loved one.

- **Dates:** Every other Tuesday of each month. April 7 & 21; May 5 & 19; June 2 & 16
- **Time:** 11:30 am – 12:30 pm
- **Location:** IU Health Home Care Office, 3900 McCarty Lane, Lafayette, Suite 102, Conference Room #105

Understanding Your Grief Group: Spring Session

When someone you love dies, it can be hard to understand your often complex — and painful — thoughts and feelings. During this closed and structured group, we will utilize Understanding Your Grief: Ten Essential Touchstones of Finding Hope and Healing Your Heart by Alan D. Wolfelt, Ph.D. to discuss how to help yourself heal and better understand grief. Participants will receive a copy of Wolfelt's book and accompanying journal. Additionally, participants will be asked to read a chapter each week and complete the corresponding journal chapter.

Pre-registration is required, and space is limited. A commitment to attend all 12 sessions is important to receive the most benefit. To register, please contact Marcy Hintzman at 765.838.5784 or at mhintzman@iuhealth.org.

- **Dates:** Tuesday's: April 21 & 28; May 12, 19 & 26; June 2, 9, 16, 23 & 30; July 7 & 14
- **Time:** 3:30 – 5 pm
- **Location:** Faith East Community Center, Community Room 1, 5526 State Road 26 E., Lafayette

IU Health Hospice & IU Health Arnett Hospital Remembrance Celebration - **CANCELLED**

In response to the Coronavirus, our Spring Remembrance Celebration has been **cancelled**.

- **Date:** Sunday, April 19, 2020 (**Cancelled**)
- **Time:**
- **Location:**



Other Bereavement Support in Lafayette & Surrounding Areas

Mourning and Dancing

This grief support group is designed to provide insights and coping techniques and each group is focused on a particular area of grief recovery. This group is free to the public and open to all ages. Developed and facilitated by Dr. Sally Downham Miller. If you would like to attend or have questions, please send email to mourningdancinggroup@gmail.com.

- **Dates:** First Thursday of each month
- **Time:** 7 pm
- **Location:** Bethany Presbyterian Church, 3305 Longlois Drive, Lafayette

River of Hope: For a Time of Grief

River of Hope is a grief support program for children, teens, and adults who have experienced the death of a significant person. The program provides open peer support groups for people of all ages, beginning at age 4 free of charge. Childcare is also offered for children under the age of 4. **To register or for more information call 765.607.4770 or email ccinfo@rivercity.info. Or, contact Jeanne Silva at silva@rivercity.info.** You can also visit their website at <http://cc.rivercity.info/riverofhope>.

- **Dates:** Second and fourth Monday of each month
- **Time:** 7 – 8:30 pm
- **Location:** River City Community Center, 2842 Old US 231 S., Lafayette

St. Andrew UMC Suicide Grief Support Group

St. Andrew United Methodist Church offers this ongoing suicide grief group. **For more information, contact Cathi Parish at cathi@andrew-unc.org.**

- **Dates:** Second Tuesday of each month
- **Time:** 7 pm
- **Location:** St. Andrew United Methodist Church, 4703 N. 50 W., West Lafayette

Franciscan Hospice Care: Understanding Your Grief

A 10-week course. **For information and to register, please call Ann Pigman at 765.423.6911 or 765.423.6224.**

- **Dates and Times:** Tuesday's from 6 - 7:30 pm **OR** Friday's from 9:30 - 11 am

Survivors of Suicide Support Group

A self-help support group for adults who have lost someone they care about through suicide offered by Mental Health America-Wabash Valley Region (MHA). Fall MHA groups are free and open to adults. **For more information, contact MHA at 765.742.1800 or at mha@mhawv.org.**

- **Dates:** Third Monday of each month
- **Time:** 7 – 8:30 pm
- **Location:** MHA Community Building, Conference Room, 914 South Street, Lafayette

St. Andrew UMC Touchstones Grief Group: Spring Session

St. Andrew United Methodist Church is offering a six-week grief support group in the spring free of charge. This group draws heavily on Dr. Alan Wolfelt's book *Understanding Your Grief*. A commitment to attend all six sessions is important to respect the group dynamic. **For more information, contact Cathi Parish at cathi@andrew-unc.org.**

GriefShare

A Christian-based grief group. To learn more about GriefShare and to find current groups in your location, please visit griefshare.org.

Senior Support Groups

Grief support led by Theresa Fischer of Hippensteel Funeral Home. **Call 765.742.7302 for information.**

Mental Health America (MHA): Wabash Valley Region

For a listing of resources and support groups please visit MHA's website at www.mhawv.org/support-groups. For additional information contact MHA at 765.742.1800 or at mha@mhawv.org.

Indianapolis: For more information, please contact Bonita Stone, Bereavement Coordinator, at 317.962.1797 or bstone2@iuhealth.org.

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IU Health Hospice Remembrance Celebration:

To honor your loved one and celebrate their life lived. Invitations to be mailed in May. RSVP to bstone2@iuhealth.org prior to Tuesday, May 19, 2020.

- **Date:** Tuesday, May 19, 2020
- **Time:** A light meal will be served at 6 pm and the service will begin at 7 pm.
- **Location:** North United Methodist Church located on the corner of 38th and Meridian.



Westside Evening Grief Support Group:

You are invited to an on-going grief support group for adults who have experienced the death of a loved one. Lakeview Church grief support group meets on the first and third Wednesday night of each month at 7 pm in room #101. Lakeview Church is located at 47 Beachway Drive (near I-465 and West 10th Street). This group is free and informal. For more information, please call Bonita Stone at 317.962.1797.

Westside Morning Grief Support Group:

You are invited to an on-going grief support group for older adults who have experienced the death of a loved one. The Bridge At Westside Garden Plaza Grief Support Group meets the third Thursday of each month starting at 10:30 am. Please call Bonita Stone at 317.962.1797, if you would like to register for this group located at 8816 West 10th Street.

Southside Afternoon Grief Support Group:

You are invited to an on-going grief support group for adults who have experienced the death of a loved one. Greenwood Public Library Grief Support Group meets the second Thursday of each month at 2 pm. Please call Bonita Stone at 317.962.1797, if you would like to register for this group held in the Greenwood Public Library at 310 S. Meridian Street, Greenwood, IN 46143.

Eastside and Northside Grief Support Groups:

Community Home Health is pleased to offer you many bereavement drop-in groups as well as six-week sessions at various locations throughout our service area; we hope you will find the type of support group that best fits your needs and the location that is most appropriate. For more information or bereavement support, call InTouch Bereavement and Grief Services at 317.621.4646 or toll free at 800.404.4852. You can also e-mail us at InTouch@eCommunity.com.

Adult Grief Groups

Adult grief groups meet with Chaplain Michael Gilbert twice weekly on Thursdays as follows:

- **Afternoon:** 4:30 pm – 6:30 pm
- **Evening:** 7 pm – 9 pm

The groups meet at the IU Health West Medical Center, Cancer Center. Directions to the facility are printed below. Parking is free and there is no fee for being part of the group. The groups are open-ended. You can attend any meeting you choose.

For additional information, please contact Chaplain Michael Gilbert at 317.217.3195 or mgilbert1@iuhealth.org. If you will be attending your first meeting and have trouble finding the right place, you may text Chaplain Gilbert at 317.432.4135. He will be glad to respond and guide you to the right place.

- **Meeting Place:** IU Health West Medical Center, Cancer Center, 1111 Ronald Reagan Parkway, Building B1600, Avon, IN 46123. 317.217.3800.
- **Directions:** From I-465, go west on 10th Street crossing Raceway Road. Within 1 mile or less, IU Health West Medical Center will be on the right side. Turn right into entrance; turn right again into parking lot in front of the Cancer Center (you will see Cancer Center name over the entrance). We meet in the waiting area just left of the entrance.

Resources for Loss and Grief

With Mother's and Father's Day during these months, these spring holidays are a perfect time to consider the impact of a parent's life and death whether your loss is recent or years ago. Loss of a parent is the single most common cause of bereavement in this country. Five percent of the American population lose a parent each year. Seldom are we, even as adults, ready for a parent's death. We may be busy building a career and raising a family; we may live nearby or across the country. Whatever the circumstances, it is difficult to be emotionally prepared for the loss. It may help to remember that parents continue to be with us in our memories, our attitudes, and even in our gestures and mannerisms. Below are books to help along the way:

- *When Parents Die – A Guide for Adults*, by Edward Myers, New York, Viking Penguin, 1986.
- *Making Peace with Your Parents*, by Harold Bloomfield, New York, NY, Ballantine, 1983.
- *The Orphaned Adult*, by Marc D. Angel, New York, NY, Human Sciences Press, 1987.
- *Losing a Parent: Passage to a New Way of Living*, by Alexandra Kennedy, San Francisco, CA, Harper, 1991.

For Children and Teens

- *Badger's Parting Gifts*, by Susan Varley (Ages 4-8)
All the animals loved badger and when he dies they are overwhelmed by their loss. Then, they begin to remember and through their memories the animals find strength to face the future with hope. Very sweet, simple and well-illustrated.
- *A Taste of Blackberries* by Doris Buchanan (Ages 8-13)
A little boy is confronted by death, grief, and guilt when his best friend dies from a bee sting. A sensitive story of how the boy comes to accept his friend's death.
- *Annie and the Old One*, by M. Miles (Ages 8-13)
A young Navajo girl believes that upon completion of a rug her mother is weaving, it will mean the death of her grandmother. Annie delays learning to weave from her grandmother because she believes this will keep her grandmother wither forever. Her grandmother helps her understand the universal rhythms of life.
- *I Heard the Owl Call My Name*, by Margaret Craven (Ages 14-18):
Mark, a young priest, is terminally ill, but doesn't know it. He is sent by his bishop to a remote Indian village parish. Here he "learns enough of the meaning of life to be able to die."
- *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love*, by Earl Grollman (Ages 13-18) Offers advice and answers the kinds of questions that teens are likely to ask themselves when grieving the death of someone close.

For Bereaved Parents

- Compassionate Friends National Conference: July 24 – 26, Atlanta, Georgia. Compassionatefriends.org
- Bereaved Parents of the USA National Gathering: August 7 – 9, St Louis, MO. BereavedparentsUSA.org

What is the etiquette of mourning? There isn't one. After all the attempts to comfort, the suggestions shared out of love and helplessness, each mourner says his own goodbyes, feels his own feelings, and moves uneasily and unevenly toward healing. In the end, each struggling spirit, alone in the company of a few dear friends, somehow finds a way." ~ Molly Fumia, [Safe Passage: Words to Help the Grieving](#)



Indiana University Health

IU Health Hospice Bereavement Service

Along the Way, Spring 2020

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