

Along the Way

IU Health Hospice Bereavement Services Newsletter

Resources

BOOKS:

- Finding Hope: Ways to See Life in a Brighter Light by Ronna Fay Jevne & James E. Miller
- Option B: Facing Adversity, Building Resilience and Finding Joy by Sheryl Sandberg & Adam Grant

WEBSITES:

- GriefWatch.com
- iuhealth.org/patient-family-support/bereavement

PHONE:

- National Suicide Prevention Hotline: 800.273.TALK (8255)

Always available



Sea Glass: A Summer's Reflection

Pierre August Renoir said, "The pain passes but the beauty remains." One of the questions we hear most often from people who are grieving is; "When will it stop hurting so much?" For anyone whose loved one has just died, it can seem impossible to imagine that the pain of loss will ever subside. In fact, the loss can become a marker in time; there is life "before" and there is life "after" the death. Despite knowing the fact that everything alive will one day die; death still comes as a shock. It is so difficult to get our minds around how one minute a loved one can be alive and in another instant, they are dead.

Imagine we are beautiful glass vessels. We have a sense of who we are and where we belong in this world; we know our purpose. Whether through an accident or anticipated event, a death occurs and we may feel shattered – into dozens of pieces, like a glass on a stone floor. Suddenly, the whole world feels different and unfamiliar. It may feel overwhelming, not knowing where to begin to pick up the pieces or even how they can fit back together. Some of our "pieces" are missing and we can feel out of place and lost. Even with the help of family and friends, we are unsure of who we are. How do we begin to put ourselves back together again?

The remaining broken shards need to be handled carefully and gently so as not to cause further pain or injury.

Yet, these pieces of glass are thrown out into the ocean called grief. We are in unfamiliar territory with no landmarks. The water is so deep our feet can't find the bottom. So we bob along.

(Cont'd on page 2...)



Visit iuhealth.org/bereavement or call your local IU Health Hospice.

See pages 3 – 10 for phone numbers.



Indiana University Health

iuhealth.org/bereavement

Something to Try

After losing a loved one, we can find our lives devoid of meaning. Some people make it their life's work to dedicate time and energy to a cause important to their beloved. But, how we honor loved ones can be as simple as through our daily choices. In her book *Grief Day by Day*, Jan Warner offers the following exercise:

On a piece of paper or in your journal, write, "I honor you." Follow that with "I honor you by..." and think of something you are doing that honors your loved one. It may be as simple as "I honor you by breathing when it hurts to breathe" or it could be as big "I honor you by creating a foundation in your name." Other ideas are "I will honor you by making a collage of your pictures" or "I will honor you by walking every day, since you were a dedicated exerciser." Write as little or as much as you want. You can also do this alone or with other people. The act of writing it down adds intention and can give you something to do that day or add purpose to an empty day in the future.

Sea Glass, continued

Out of the blue, an enormous wave hits us and we are adrift again. It can feel like the whole world is moving on oblivious to us and our struggle. Sometimes we tread water and even find enough strength to swim a few strokes; like we are making some progress. Other times we are so exhausted all we can do is float and try to hold on to anything that passes by, like a "life raft" – a friend who offers to listen.

Eventually, we do find ourselves washed up on shore, able to stand. The clouds begin to part and the warmth of the sun is on our face. We feel the sand beneath our feet. It isn't solid like a road or sidewalk, because it does shift a little as we walk, but... at least, our feet remain under us. We discover something beautiful has happened. The painful sharp edges are gone! The tossing and churning we experienced while being adrift have smoothed our edges into something new and different. There is no need to handle the pieces so gingerly anymore. Sharpness has been transformed into compassion and understanding. Time in and of itself doesn't turn glass into sea glass. Rather, the currents of confusion, the waves of pain, hitting the rocks of despair and the lessons of the whirling sand cause the transformation.

Working and living into what felt insurmountable, has given new strength and resilience in the smooth evenness of the sea glass and in us. We are changed forever and there is healing. Light still shines through it and us, and there is a depth and wisdom that wasn't there before. Just as the elements polish the glass, the journey of grief transforms us. The love and memories we cherish are now a part of what we have to offer the world.

~ By Wendy VanderZee and Pat Muyskens

For those Supporting Children & Teens

How to Listen, Like Really, Really Listen

Listening is more than not talking. Here are ways to communicate you're truly paying attention.

- **Put away any distractions like phones and laptops:** Talking about grief is tough and many grieving people worry that other people can't handle what they're saying, so any sign you're looking for something else to do might make it seem like it's not safe to share.
- **"Go light" on the questions:** Asking a lot of detailed questions can leave your friend feeling like they're on the witness stand.
- **Hold off on giving advice or suggestions:** It's hard to see people in pain. The urge to give advice comes from a compassionate place of wanting someone to feel better, but unless your friend asks for advice, it's best to hold off on telling them what you think they should do. If you're not sure if your friend is looking for suggestions, you can ask "Do you just want to vent or are you looking for ideas?"
- **Be okay with silence:** Grief isn't easy to put into words, so try getting comfortable with long pauses in the conversation. It might feel awkward at first, but it gets easier!

~ From the Dougy Center, National Center for Grieving Children & Families

2019 Summer Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community

Bloomington:

For more information, contact us at 812.353.9818 or 800.206.5200

Monthly Support Meetings

Bereaved Parents and Spouses are invited to attend open support meetings, no registration is necessary.

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: July 10, August 14, and September 11
- **Time:** 5:30 – 7 pm
- **Location:** Noodles & Company Restaurant, 2560 E. Third St., Eastland Plaza, Bloomington, IN. Held in a private conference room.

Spouse Loss:

Many participants appreciate the opportunity to have a meal with others, but feel free to attend either way. We have found it easiest to order food and drinks before the meeting begins. Contact Pat for more information at pmuyskens@iuhealth.org.

- **Dates:** Third Tuesday of each month: July 16, August 20, and September 17
- **Times:** 5:30 – 7:00 pm
- **Location:** Noodles & Company Restaurant, 2560 E. Third St., Eastland Plaza, Bloomington, IN. Held in a private conference room.

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:** Typically held on the fourth Tuesday of the month, will resume on September 24
- **Times:** TBD
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington, IN

Understanding Grief: A Gathering of Support

IU Health Hospice will now be offering "Understanding Grief" as a monthly bereavement group. Join us in exploring different topics around grief, to share your story, and to gain ideas for coping from others. Contact Cindy to reserve your spot: cmolthan@iuhealth.org

- **Dates:** Wednesday, July 17, August 21, and September 18
- **Time:** 4:30 – 6 pm
- **Location:** Bloomington Hospice Office, 619 W. First St., Bloomington, IN

Six-Week Bereavement Support Groups

Since many people feel alone in their grief, it can be reassuring to talk with others experiencing a similar loss. **Pre-registration is required for these weekly groups and a commitment to attend all six weeks is important to receive the most benefit.** Call 812.353.9818 for more information and to register.

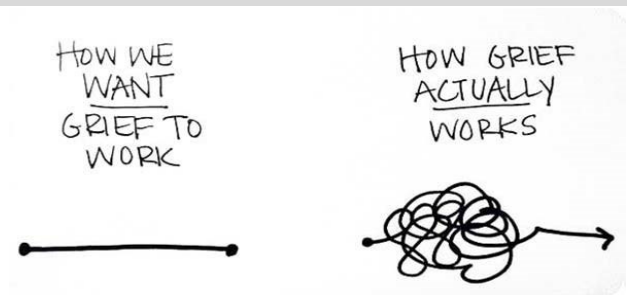
Adult Bereavement Support Group

For those who have lost someone close, whether it is spouse, parent, sibling, grandparent or friend. Please call or email Cindy at cmolthan@iuhealth.org if interested in participating or with questions.

Spouse Loss Support Group

The death of a long-time partner stirs strong emotions about one's identity and future. This group provides a safe place to talk about your own experience and learn how others are coping. Please call or email Pat at pmuyskens@iuhealth.org if interested in attending.

- Day: Thursdays
- Time: 4:30 - 6 pm



Other Area Bereavement Support in Bloomington and 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

Hope for Healing Grief Support

In **Lawrence County**, Hope for Healing Grief Support is offered throughout the year at IU Health Bedford Hospital. Call Sula at 812.275.1200 for information and dates.

GriefShare

A Christian-based grief group. 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

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

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The following support is offered free of charge to hospice families and the community

Muncie:

For more information, please contact us at 765.747.4273 or 800.458.2255.

IU Health Ball Memorial Hospice, Palliative Care & Birthing Center Memorial Service:

To remember and honor loved ones.

- **Date:** Thursday, September 12, 2019 (Invitation to be mailed in early August)
- **Time:** Service will begin at 7 pm with refreshments to following
- **Location:** Ball Memorial Hospital Outpatient Medical Pavilion, Conference Room 1, 2525 W. University Ave., Suite 502, Muncie, IN 47303



Adult Grief Support Group:

Facilitated by Andrea Duckworth, Hospice Social Worker. For more information, please give us a call.

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

Hope in Spite of Grief Support Group:

Facilitated by Andrea Duckworth, Hospice Social Worker. For more information, please give us a call.

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

Other Area Bereavement Support in Muncie and Surrounding Areas:

Grief Recovery Support Group:

Class size is limited to 12 participants. For more information, please call 765.747.8500.

- **Dates:** Tuesdays, beginning August 6 – September 10
- **Times:** 6 – 8 pm
- **Location:** High Street United Methodist Church, 219 S. High St., Muncie, IN

Hope in Spite of Grief Support Group:

For more information, please call, 765.284.6445.

- **Dates:** Mondays, starting September 9
- **Times:** 6 pm
- **Location:** Old Town Hill Baptist Church, 3000 S. Burlington Dr., Muncie, IN

GriefShare Groups:

A Christian-based grief group.

The Jar Community Church: Facilitated by Deb Rolli, 765.744.7920

- **Dates:** Every Monday, beginning September 9 – December 2
- **Times:** 6 pm
- **Location:** 920 W. Main St., Muncie, IN

Additional offering at Jar Community Church: Facilitated by Nancy Barrett, 765.686.1561:

- **Dates:** Every Tuesday, beginning September 10 – November 26
- **Times:** 2 pm
- **Location:** 920 W. Main St., Muncie, IN

Union Chapel Ministries: Facilitated by Greg and Angie Posey, 765.288.8383, ext. 215

- **Dates:** Every Sunday, beginning August 18 – November 17
- **Times:** 5 pm
- **Location:** 6422 N. Broadway, Muncie, IN

Grace Baptist Church: Facilitated by Greg and Angie Posey, 765.716.0661

- **Dates:** Every Wednesday, beginning August 21 – November 13
- **Times:** 7 pm
- **Location:** 6401 W. River Road, Muncie, IN

2019 Summer Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community

Lafayette:

For more information, contact Marcy Hintzman at 765.838.5784 or mhintzman@iuhealth.org.

Adult Grief Support Group:

Open and informal adult grief support group.

- **Dates:** Every other Tuesday of each month: July. 2, 16, & 30; August 13 & 27; September 10 & 24 (*expect for holidays*)
- **Time:** 11:30 am – 12:30 pm
- **Location:** IU Health Home Care Office, 3900 McCarty Lane, Lafayette, Ste. 102, Conference Room #105

Yoga for Grief Workshop:

During this workshop, led by registered yoga teacher Lisa Banu, participants will learn how to incorporate breathing exercises and meditation with gentle poses to calm the mind, ease anxiety, manage mood, promote relaxation, and increase feelings of self-efficacy and control. ***Registration and a 4 person minimum is required.** To register, call or email Marcy Hintzman at 765.838.5784 or mhintzman@iuhealth.org.

- **Date:** Sunday, October 6
- **Times:** 2 – 4:30 pm
- **Location:** IU Health Arnett Hospital, 5156 McCarty Lane, Lafayette, Room AG410 (lower level of the hospital hallway past the Banyan cafeteria)

IU Health Hospice & IU Health Arnett Hospital Remembrance Celebration:

To honor your loved ones and celebrate their life lived. *For planning purposes, please RSVP to Marcy Hintzman at 765.838.5784 or mhintzman@iuhealth.org.

- **Date:** Sunday, October 20, 2019 (An invitation will be mailed out)
- **Time:** Meal begins at 1 pm followed by a celebration at 2 pm
- **Location:** Battle Ground United Methodist Church, 201 Tipton St., Battle Ground, IN 47920



Other Area Bereavement Support in Tippecanoe and Surrounding Counties:

Camp Angel Day Camp

A free day camp for grieving children in K-5th grade to teach them healthy ways to grieve and remember their loved ones, all while having fun, as children need to do. To request an application, call 800.338.4043 or visit gahfoundation.org.

- **Date:** November 2
- **Time:** 10 am – 3 pm
- **Location:** New Life Assembly of God, Frankfort, IN

Camp Angel Teen Retreat

A free weekend retreat for grieving middle school and high school students. Teens are taught healthy ways to grieve and remember their loved ones in ways that fit their individual needs. To request an application, call 800.338.4043 or visit gahfoundation.org.

- **Dates:** September 20 – 22
- **Time:** 3 pm Friday – 1 pm Sunday
- **Location:** Camp Tecumseh, Brookston, IN



Mourning and Dancing

Adult grief support group; call Sally Downham Miller, 447-2662

- **Dates:** First Thursday of every month
- **Time:** 7 pm
- **Location:** Bethany Presbyterian Church, 3305 Longlois Dr., Lafayette, IN

Compassionate Friends

Grief support /death of a child – any age; Led by Ron & Janice Haines, 765.447.7370

- **Dates:** Third Thursday of every month
- **Time:** 7 pm
- **Location:** Franciscan Education Center, 1501 Hartford St.

Franciscan Hospice care: Understanding Your Grief

A 10 week course with 2 groups. For information, please call Ann Pigman at 765.423.6911.

- **Dates:** Tuesday's OR Friday's
- **Time:** 6 – 7:30 pm OR 9:30 – 11 am

Senior Support Groups

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

GriefShare

A Christian-based grief group. Call the following locations to learn more about their current offerings:

- **Faith Church, Lafayette:** 765.448.1986
- **Crossroads Christian Church, West Lafayette:** 765.567.8910
- **Delphi First Assembly of God, Delphi:** 765.564.2200
- **Faith Family Ministries, Frankfort:** 765.659.3011
- **Attica-Williamsport Presbyterian Church, Attica:** 765.762.6382
- **Rock Point Church, Crawfordsville:** 765.362.5494

2019 Summer Hospice Bereavement Support

The following support is offered free of charge to hospice families and the community

Indianapolis:

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

Westside Evening Grief Support Group:

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

- **Dates:** First and third Wednesday night of each month
- **Times:** 7 pm
- **Location:** Lakeview Church, Room #101 at 47 Beachway Dr., Indianapolis, IN (Near I-465 and West 10th St.)

Westside Morning Grief Support Group:

On-going grief support group for **older** adults who have experienced the death of a loved one. To register, contact Bonita Stone at 317.962.1797 or at bstone2@iuhealth.org.

- **Dates:** Third Thursday of each month
- **Times:** 10:30 am
- **Location:** Bridge at Westside Garden Plaza, 8816 West 10th St., Indianapolis, IN

Southside Afternoon Grief Support Group:

On-going grief support group for adults who have experienced the death of a loved one. To register, contact Bonita Stone at 317.962.1797 or at bstone2@iuhealth.org.

- **Dates:** Second Thursday of each month
- **Times:** 2 pm
- **Location:** Greenwood Public Library, 310 S. Meridian St., Greenwood, IN

Hospice Remembrance Celebration:

To honor your loved ones and celebrate their life lived. *For planning purposes, please RSVP to Bonita Stone at 317.962.1797 or by email at bstone2@iuhealth.org by October 29, 2019.

- **Date:** Tuesday, October 29, 2019 (An invitation will be mailed out in October of 2019)
- **Time:** Light meal served at 6 pm followed by service at 7 pm
- **Location:** North United Methodist Church, 3808 N. Meridian St., Indianapolis, IN



Other Area Bereavement Support in Indianapolis and Surrounding Areas:

IU Health West Adult Grief Groups:

Open-ended adult grief groups. 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 is glad to respond and guide you to the right place.

- **Dates:** Every Thursday
- **Times:** 4:30 – 6:30 pm and again from 7 – 9 pm
- **Location:** IU Health West Medical Center, Cancer Center (waiting area just left of entrance), 111 Ronald Reagan Parkway, Building B1600, Avon, IN 46123

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 email at InTouch@eCommunity.com.

National Support for Bereaved Parents:

The Compassionate Friends (TCF) 42nd National Conference:

“Hope Rings Out in Philadelphia” is the theme of this year’s event. A weekend spent surrounded by other bereaved parents, grandparents and siblings, the TCF conference is a place where hope grows and friendships are made with others who truly understand. Conference Registration rates go up after June 15. For information visit TheCompassionateFriends.org or call 877.969.0010.

- **Dates:** July 19 – 21 of 2019
- **Location:** Philadelphia 201 Hotel, 201 N. 17th St., Philadelphia, PA

Bereaved Parents USA Annual Conference:

The Gathering theme is “Spirit of Love” reminding us of the inspiration and hope our nation once found in the Spirit of St. Louis. A three-day event with keynote speakers, workshops, meals, entertainment and memorial ceremonies are all designed to help bereaved parents and their families understand that they are not alone in their grief. Reservations must be made before July 2, 2019 to receive discounted rate.

For information about this conference or Bereaved Parents USA, call Kathy Corrigan, President, 845.462.2825 or go to bereavedparentusa.org/annualconference.

- **Date:** August 2 – 4, 2019
- **Location:** Sheraton Clayton Plaza Hotel, 7730 Bonhomme Ave., St. Louis, MO 6310



The Storm of Grief

This storm of grief is inevitable.

I find myself caught in its front, threatened from all sides, unsure of my chances.

While it rages, I can only hold fast to warm remembrance, to the whispered assurances of a few faithful companions,

to the unexpected courage that flows within me.

And out of the torrent, my spirit finds safe passage.

~ By Mollie Fumia, *Safe Passage: Words to Help the Grieving Hold Fast and Let Go*



“The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.”

~ Barbara Kingsolver, from [Animal Dreams](#)



Indiana University Health

IU Health Hospice Bereavement Services

Along the Way, Summer 2019

A LOOK INSIDE:

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