

# Along the way

IU Health Hospice Bereavement Services Quarterly Newsletter

## Resources

- *Grief day by day: Simple practices and daily guidance for living with loss*  
By Jan Warner
  
- *Don't take my grief away from me: How to walk through grief and learn to live again.* Third edition.  
By Doug Manning
  
- [whatsyourgrief.com](http://whatsyourgrief.com)
- [thelossfoundation.org](http://thelossfoundation.org)



## Things we wished we knew

We think about grief a lot around here—we write about types of grief, grief theory, personal reflections, creative expression for coping with grief, practical ideas for managing grief and on and on and on. But there are some days that all seems like a lot to take in. We think back to the basics: not the theory stuff, not the ideas about how to cope—just the really basic things that people never tell you about grief. Here is a list of the things we wish we had known about grief, before we knew anything about grief.

### Things we wished we knew about grief:

- You can plan for death, but death does not always comply with our wishes or plans.
- Stop avoiding and be present.
- Prepare for awkward encounters as death and grief make people uncomfortable.
- If you aren't happy with the funeral, have a memorial service later.
- People will say stupid, hurtful things without even realizing it.
- No matter how much time you had, you'll always want more.
- The pain of a loss is a reflection of love, but you never regret loving as hard as you can.
- Grief is messy and confusing.



For more information about our bereavement services, please visit:

[iuhealth.org/  
patient-family-support/  
bereavement](http://iuhealth.org/patient-family-support/bereavement)



Indiana University Health

[iuhealth.org/bereavement](http://iuhealth.org/bereavement)

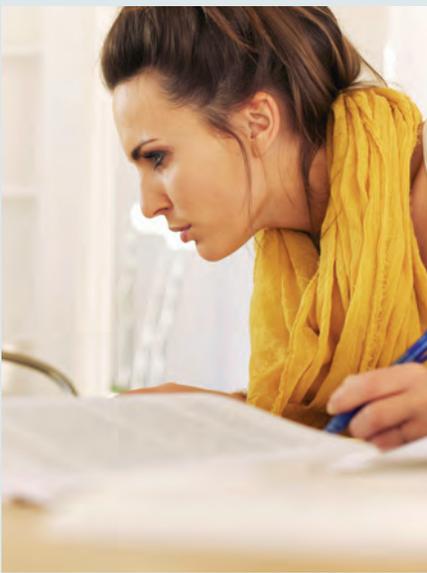
## Grief exercise

On small pieces of paper, write things that you regret not saying or doing. When you have finished, gather the pieces of paper and burn them in an ashtray or fireplace. If you don't have a safe place to burn them, put them in an envelope and throw the envelope away.

Write a letter to your loved one telling them all the things you wish you had said and done. Ask them to forgive you. Put this letter in an envelope and keep it for a while. You can open it at a later date and add more thoughts, if you need to. When you are finished, quietly ask yourself for forgiveness. You may be able to forgive yourself in this moment, or if not, when you are ready.  
– from "Grief Day by Day"



- Grief can make you question your faith.
- Grief can make you question your life, your purpose and your goals—and that isn't always a bad thing.
- The last 24 hours of their lives will replay in your mind.
- We all grieve differently, which can create strain and confusion between family members and friends.
- Trying to protect children from the emotions of grief isn't helpful.
- Grief triggers are everywhere and they may lead to sudden outburst of emotion.
- You grieve your past, present and future with that person.
- You lose yourself: identity, meaning, purpose, values, trust.
- Sometimes it gets worse before it gets better.
- Meeting new people—who never knew the person who died—can be hard and sad. But eventually it can be nice to “introduce” them through stories and photographs.
- Any loss you grieve is a valid loss, though people will sometimes make you feel otherwise.
- There are many days when you will feel totally and completely alone, whether you are or not.
- You don't get over it, you just get used to it.
- It's OK to cry sometimes and it's OK not to cry sometimes.
- It is OK to tell people when they are not being helpful.
- Sometimes the people you think will be there for you are not.
- People you never expect become your biggest supporters.
- You will have to face your emotions eventually; you can avoid them for a while, but they will catch up with you in the end.
- You will never go back to being your “old self.” Grief changes you and you are never the same.



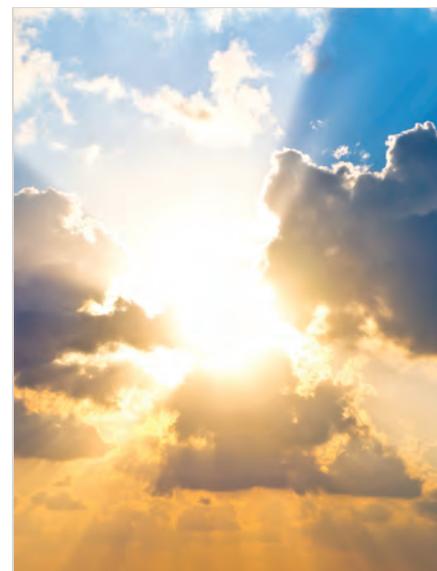
Source: “What's Your Grief?,” [whatsyourgrief.com](http://whatsyourgrief.com)

# Facing the new year

Many people have a love/hate relationship with New Year's resolutions. On the one hand, resolutions can work to focus our thinking on the future and perhaps provide a needed nudge. But on the other, they have the potential to make you feel like a total failure when you, well ... fail. Just the same, here is a list of grief resolutions from individuals who are also grieving. Whatever is right for you, grief resolution or no grief resolution, we hope you find the list of ideas below helpful in thinking about how you will grieve in the new year.

- Try not to compare your grief to others.
- Spend time with others affected by the loss.
- Try not to judge the way others cope with their own grief.
- Identify your needs. Be open to asking for and/or accepting help.
- Start a project memorializing or in memory of your loved one.
- Keep toxic, mean-spirited and self-absorbed people away.
- Be open to happiness. Do things that make you laugh.
- Get enough sleep and fuel your body with good nutrition.
- Donate to or volunteer for a cause that your loved one supported.
- Practice mindful breathing.
- Spend more time with family and friends.
- Make the doctor's appointment you've been putting off.
- Get out of the house more; get a hobby
- Share memories of the deceased with grieving children.
- Set aside 30 minutes a day for yourself.
- Make a to-do List and get organized.
- Create a will or advanced directive.
- Slow down and don't fall into "keeping busy" as a way to cope.
- Embrace and learn from negative feelings like guilt and regret.
- Recognize strengths: How have you grown?
- Allow yourself to feel whatever comes and accept it for what it is.

Source: "What's Your Grief?"



## Be thankful and let go

Obtain two candles: a thick or sturdy one that will take a long time to burn, and a smaller one that will burn quickly, like a tea light.

Light the larger candle and thank anyone who has stood by you and supported you. If you don't have anyone who has done this, ask the burning light to bring people into your life who will be there for you.

Now light the smaller candle and say whatever you need to say to the people who have hurt you or abandoned you. Watch the little candle disappear while the big candle continues to give light and warmth.

From "Grief Day by Day"



# Indiana University Health

IU Health Hospice Bereavement Services

## Along the way

### Winter 2019

A look inside:

- Resources
- Things we wished we knew
- Grief exercise
- Facing the new year
- Be thankful and let go

### **NATIONAL SUICIDE PREVENTION HOTLINE**

Free, confidential and always available; help a loved one, a friend or yourself

**800.273.TALK (8255)**





## Indiana University Health

### 2019 Winter Hospice Bereavement Support

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

**BLOOMINGTON:** For more information, please contact us at (812) 353-9818 or 1-800-206-5200.

- **Understanding Grief: A Gathering of Support** - “Am I going crazy?” “Are my reactions normal?” Grief due to the death of a loved one can affect us in many ways – physically, emotionally, intellectually and spiritually. Join the IU Health Hospice staff to learn about grief, tell your story, and gain ideas for coping from others. Call 812.353.9818 or email Wendy at [wvanderzee@iuhealth.org](mailto:wvanderzee@iuhealth.org) to reserve your spot.  
**Date:** Wednesday, February 6  
**Time:** 4:30 – 6 pm  
**Location:** IU Health Hospice office, Medical Arts building; 619 W. 1<sup>st</sup> Street, Bloomington

**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 or email Cindy at [cmolthan@iuhealth.org](mailto:cmolthan@iuhealth.org) for more information and to register.

- **Spouse Loss Bereavement Groups** - The death of a long-time partner stirs strong emotions about one’s identity & future. This group provides a safe place to talk about your own experience & learn how others are coping.  
**Dates:** Thursdays, Jan 24<sup>th</sup> – Feb 28<sup>th</sup>  
**Time:** 4:30 – 6:00 pm  
**Location:** IU Health Hospice office, Medical Arts Building, 619 W. 1<sup>st</sup> St., Bloomington, IN 47403
- **Adult Bereavement Support Group** is for those who have lost someone close, whether it is spouse, parent, sibling, grandparent or friend.  
**Dates:** March 21<sup>st</sup> – April 25<sup>th</sup>  
**Time:** 5 - 6:30 pm  
**Location:** IU Health Hospice office, Medical Arts Building, 619 W. 1<sup>st</sup> St., Bloomington, IN 47403

**Monthly Support Groups** – Please call for more information or email Cindy at [cmolthan@iuhealth.org](mailto:cmolthan@iuhealth.org)

- **Parents** who have lost children of any age meet the 2nd Wednesday of each month. 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. No registration.  
**Dates:** January 9, February 13, and March 13  
**Time:** 5:30 – 7 pm.  
**Location:** Private conference room at Noodles & Company, 2560 E. Third Street, Eastland Plaza in Bloomington
- **The Spouse** Loss monthly gathering is usually held on the 3rd Tuesday of each month. Many participants appreciate the opportunity to have a meal with others. You may order dinner and/or drinks at the counter and restaurant staff will bring it to you in the back room.  
**Dates:** January 15, February 19, and March 19  
**Time:** 5:30 – 7 pm  
**Location:** Private conference room at Noodles & Company, 2560 E. Third Street, Eastland Plaza in Bloomington

- **Healing Hearts** offers a safe place for children and teens (ages 6-14) to process the loss of any special person through talking, stories, and crafts. Children are invited to bring a picture or memento to place on the Memory Table at the meeting. Please call to let us know if your child plans to participate.  
**Dates:** January 22, February 26, and March 26  
**Time:** 5:30 – 7 pm  
**Location:** IU Health Hospice office, Medical Arts Building, 619 W. 2<sup>nd</sup> St., Bloomington

### Other Area Support Groups in and around the Bloomington Area:

- **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](mailto:ssweatman@iuhealth.org).  
**Dates:** Second Monday of every month  
**Time:** 7:30 – 9:00 pm  
**Location:** IU Health Bloomington Hospital Chapel
- **Hope for Healing Grief\_Support-** Offered throughout the year at IU Health Bedford Hospital. Call Sula at 812-275-1200 for information and dates.
- **Adult Grief\_Group** - The Hospice of South Central IN, Bartholomew County, offers 2 open ongoing groups.  
**Dates:** Every Tuesday  
**Times:** Either at 2:00-3:30 pm or 5:30-7:00 pm  
**Location:** 2626 E. 17<sup>th</sup> Street, Columbus
- **Grief Support Group** - Located in Greene County and led by Nichole Hawkins, Aftercare Representative of Welch & Cornett Funeral Homes. Contact Nichole at 812-847-2986 to express interest in this free group.
- **GriefShare-** is a Christian-based grief group
  - **Sherwood Oaks Christian Church:** To register, please call 812-334-0206.
  - **Bloomington North Central Church of Christ:** Offers 13 week program in the fall and spring. Call 812-332-2248 if interested.
  - **Eastview Christian Church:** Located in Morgan County. Register online at [eastviewchristianchurch.org](http://eastviewchristianchurch.org) or call 765-342-4483.
  - **Solsberry Christian Church:** Located in Greene County. For more information, call 812-825-5222.
- **Survivors of Suicide** – has two meetings per month in Bloomington  
**Date:** Second Monday of the month  
**Time:** 7:00- 9:00 pm  
**Location:** The Venue Art Gallery, 114 South Grant Street  
\*Email Michelle at [mmartincolman@gmail.com](mailto:mmartincolman@gmail.com) with questions.  
  
**Date:** Fourth Sunday of the month (expect for holidays)  
**Time:** 12:15 – 2:00 pm  
**Location:** Monroe County Public Library  
\*No registration required. Call Ron Masters, LCSW, for room number and other information at 812-335-8555 or 812-336-0649.

**\*To receive the newsletter electronically by email or to be removed from our mailing list, please call our office.**



## 2019 Winter Hospice Bereavement Support

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

### **LAFAYETTE:** For more information, please contact Marcy Hintzman at (765) 838-5784.

- **Yoga for Grief Workshop – Only Offered Twice in 2019** -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. Maximum of 20 people.**  
**Dates:** Sunday, April 7<sup>th</sup> AND Sunday, October 6<sup>th</sup>  
**Times:** 2:00 – 4:30 pm  
**Location:** IU Health Arnett Hospital, 5156 McCarty Lane, Lafayette – Room AG410 (lower level – hallway past the Banyan) \* To register call or email Marcy Hintzman at (765) 838-5784 or at mhintzman@iuhealth.org.\*
- **Adult Grief Support Group** – An informal and open grief group.  
**Dates:** Every other Tuesday of each month: January 29<sup>th</sup>, February 12<sup>th</sup> & 26<sup>th</sup>, March 12<sup>th</sup> & 26<sup>th</sup>  
**Time:** 11:30 am – 12:30 pm  
**Location:** IU Health Home Care, 3900 McCarty Lane, Lafayette – Suite 102, Conference Room #105

### **Other Area Support Groups in the Lafayette Area:**

- **Mourning and Dancing** – Adult grief support group; call Sally Downham Miller, 447-2662  
**Dates:** 1<sup>st</sup> Thursday of every month  
**Time:** 7:00 pm  
**Location:** Bethany Presbyterian Church 3305 Longlois Drive
- **Compassionate Friends** - Grief support /death of a child – any age; Led by: Ron & Janice Haines, 447-7370  
**Dates:** 3<sup>rd</sup> Thursday of every month  
**Time:** 7:00 pm  
**Location:** Franciscan Education Center, 1501 Hartford Street
- **Monthly Meditation** at Community Yoga.  
Check on dates and sign up at:  
<https://communityyogalafayette.com/>
- **Franciscan Hospice Care: Understanding Your Grief** - 10 week course with 2 groups  
**Dates:** Tuesday's Or Friday's  
**Time:** 6-7:30 pm and 9:30-11:00 am  
\* For information , call Ann Pigman at 423-6911
- **Senior Support Groups** - grief support Led by; Theresa Fischer. Call 742-7302 for information.
- **Spring Grief Recovery Workshop:** Jan. 14 - March 4 (8 weeks) or Individual workshop (7 weeks) contact Lisa Banu at lisabanu@gmail.com for details
- **Gentle Yoga Class** at Morton Community Center Wednesdays 10:00 - 11:15am. Drop in for \$15 or sign up for a session at:  
<https://www.westlafayette.in.gov/departments/division.php?structureid=129>

### **INDIANAPOLIS:** For more information, please contact Bonita Stone at (317) 962-1797.

- **Westside Evening Grief Support Group** – Open and informal adult grief support group  
**Dates:** First & Third Wednesday of each month  
**Time:** 7:00 pm  
**Location:** Lakeview Church, 47 Beachway Drive (near I-465 and West 10<sup>th</sup> St.), Room 101
- **Westside Morning Grief Support Group** - Open grief support group for Older Adults  
**Date:** Third Thursday of each month  
**Time:** 10:30 am  
**Location:** The Bridge At Westside Garden Plaza, 8816 West 10<sup>th</sup> Street  
\*To register, please call Bonita- (317) 962-1797\

- **Southside Afternoon Grief Support Group –**  
Ongoing adult grief support group  
**Date:** Second Thursday of each month  
**Time:** 2:00 pm  
**Location:** Greenwood Public Library, 310 S. Meridian Street, Greenwood  
\* To register, please call Bonita- (317) 962-1797

- **Hospice Remembrance Celebration –**  
To honor your loved ones and celebrate their life lived  
**Date:** Tuesday, April 30, 2019  
**Time:** A light meal will be served at 6:00 pm and the ceremony will be at 7:00 pm  
**Location:** North United Methodist Church located on the corner of 38<sup>th</sup> St. & Meridian St.

### Other Area Support Groups in the Indy Area:

- **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 the Indy service area. For more information, call InTouch Bereavement and Grief Services at 317-621-4646 or toll free at 800-404-4852. You can also send an email at InTouch@eCommunity.com.

### Muncie: For more information, please contact Abbie Guthrie at (765) 747-4273 or aguthri3@iuhealth.org

- **Grief Support Group –** Facilitated by Hospice team member Andrea Duckworth, MSW, LCSW  
**Dates:** Every Tuesday and the Fourth Thursday of each month  
**Time:** Tuesdays at 6:00-7:30 pm  
**Location:** Loose Funeral Home, 200 W. 53<sup>rd</sup> St., Anderson – in the Carriage House  
\*For more information, call (765) 649-5255
- **A Celebration of Life, A Time to Remember –** to honor your loved ones & celebrate their life lived  
**Date:** Wednesday, March 13, 2019  
**Time:** 7:00 pm  
**Location:** Conference Room #1 of the IU Health Ball Memorial Hospital Outpatient Medical Pavilion located at 2401 W. University Avenue

### Other Area Support Groups in the Muncie Area:

- **Grief Support Group –** Six week grief support group using Alan Wolfelt's book, *Understanding Your Grief*. The fee for group, however the book costs \$18. \*To register, please call Sandra Hardcastle at (765) 747-8500.\*  
**Date:** Tuesday's (Feb. 19<sup>th</sup> - March 16<sup>th</sup>)  
**Time:** 1:00-3:00 pm  
**Location:** High Street United Methodist Church, 219 S. High Street, Muncie – Room 302

**GriefShare-** is a Christian-based grief group

- **The Jar Community Church**  
**Date:** Monday's (Nov. 12<sup>th</sup> – Feb. 11<sup>th</sup>)  
**Time:** 6:00 pm  
**Location:** 920 West Main St., Muncie  
\*For information, call Deb Rolli-(765) 744-7920
- **Grace Baptist Church**  
**Date:** Wednesday's (Jan. 9<sup>th</sup> - April 3<sup>rd</sup>)  
**Time:** 7:00 pm  
**Location:** 6401 River Road, Muncie  
\*For information, call Greg & Angie Posey- (765) 716-0661
- **Union Chapel Ministries**  
**Date:** Sunday's (Jan. 13<sup>th</sup> - April 7<sup>th</sup>)  
**Time:** 5:00 pm  
**Location:** 4622 North Broadway, Muncie  
\*For information, call Deb Rolli- (765) 288-8383
- **Glad Tidings Church**  
**Date:** Thursday's (Feb. 21<sup>st</sup> - May 23<sup>rd</sup>)  
**Time:** 10:00 am & 6:00 pm  
**Location:** 3001 S. Burlington Dr., Muncie  
\*For information, call Kyle Holt- (765) 288-7309
- **Park Place Church of God**  
**Date:** Wednesday's (Jan. 16<sup>th</sup> - April 17<sup>th</sup>)  
**Time:** 6:00 pm  
**Location:** 501 College Drive, Anderson  
\*For information, call Leah- (765) 643-4236

\*To receive the newsletter electronically by email or to be removed from our mailing list, please call the appropriate hospice office: Lafayette, Indianapolis or Muncie office.