

Along the Way

IU Health Hospice Bereavement Services Newsletter

Resources

- **BOOKS:**
"The Courage to Grieve"
by Judy Tatelbaum
- "Healing After Loss"
by Martha Whitmore
Hickman
- "Swallowed by a
Snake"
by Thomas Golden
- **WEBSITES:**
grievingchildren.org
GriefNet.org
- **National Suicide
Prevention Hotline:**
Always available

800.273.TALK (8255)



Sorting a loved one's belongings

There are many decisions to make after a loved one dies ... and they come when it's not easy to think straight. Some decisions—like changing the names on accounts, paying death-related bills and cancelling services—have to be done sooner versus later. Putting off the job of going through clothes and collections is normal since the things that were worn or cherished by your loved one remind you of who and what you've lost. It might take months before you feel emotionally ready, while others may prefer to get the job "over with." Planning ahead and pacing yourself help, but no matter how much you prepare, cleaning out your beloved's home, or even closet, can be one of the hardest tasks for many grievers. It's important not to feel judged for how long (or short) it takes before you're ready to tackle the sorting. The "stuff" might have been important to your loved one, but it's not your job to keep it forever. If the belongings are not interesting or useful to you, it's OK to let them go. Giving your loved one's treasures to family and friends is a comforting way to nurture the memories and connection with your beloved. If family members are involved and there are disagreements, it's best to set aside the items in dispute until emotions have settled. Then, you can try dividing items equally by value, "drawing straws" to create the order for choosing and being able to trade items after the initial selection. You may also "share" an item for a year and then pass it to the next person the following year. (See page 2 for other ideas.)



Visit
[iuhealth.org/
bereavement/
events](http://iuhealth.org/bereavement/events) or call
your local

IU Health Hospice. See
pages 3 – 6 for phone
numbers.



Indiana University Health

iuhealth.org/bereavement

Your way

The painter Andrew Wyeth, when asked why he didn't travel around more, is claimed to have said, "The familiar frees me." Perhaps the familiar also frees us to grieve, even as it wraps around us with memory and its own comfort. Or it may keep us in bondage. Almost immediately after her husband's death, a friend removed from her house the old brown chair he most often sat in. It was one way of acknowledging that he was gone, that her life had entered a new chapter. For someone else, it might have been a comfort to sit in that chair. We each have to find our own way.

Source: "Healing After Loss"
by Martha Whitmore Hickman



Sorting, continued



- Gather supplies like boxes, markers, bags and a shredder.
- Boxes can be labeled "Keep," "Discard/Trash" and "Donate or Sell."
- Start with the easiest things to dispose of (like old socks, broken items, magazines) to create momentum and space.
- Work in three-hour blocks of time with a reward like lunch, a walk or movie at the end.
- Put papers and photographs in one box to decide on later rather than stopping for every card, receipt or picture.
- Choose only things that have sentimental value to you.
- If others are helping, divide up the jobs; for example, one person tackles the kitchen, someone else delivers donated items.
- Hire professional help; find transition specialists online.
- Realize the sorting is a gift you're giving the person who died. Throughout this process, remember: What you love about the person is not their "stuff," it is the time you shared and the memories you will forever hold dear.

"Into the Heart" by Rabindranath Tagore

This song of mine will wind its music around you like the fond arms of love.

This song of mine will touch your forehead like a kiss of blessing.

When you are alone it will sit by your side and whisper in your ear;

When you are in a crowd it will fence you in with aloofness.

My song will be like a pair of wings to your dreams;

It will transport your heart to the verge of the unknown.

It will be like a faithful star overhead when the dark night is over your road.

My song will sit in the pupils of your eyes, and will carry your sight into the heart of things.

And when my voice is silent in death, my song will speak in your living heart.

2019 Spring Hospice Bereavement Support

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 Adult Grief Group

- **Dates:** Wednesday, April 3 – May 8, 2019
- **Time:** 6 pm – 7:30 pm
- **Location:** IU Health Ball Memorial Hospital, 2401 W University Ave., Muncie, IN 47303, Cancer Center Conference Room C
- **Facilitators:** Anurita Sarin, Counselor, & Abbie Guthrie, Hospice Chaplain

To register, please call 765.747.4273 or toll-free 800.458.2255 by April 1.

Loose Funeral Home in Anderson, Indiana

200 W. 53rd St, Anderson, IN – in the Carriage House.

Adult grief support group

- **Dates:** Every Tuesday
- **Time:** 6 pm – 7:30 pm
- **Facilitator:** Andrea Duckworth – IU Health Hospice social worker

For more information, please call Loose Funeral Home at 765.649.5255

Pet loss grief support group

- **Dates:** Fourth Thursday of every month
- **Facilitator:** Andrea Duckworth – IU Health Hospice social worker

For more information, please call Loose Funeral Home at 765.649.5255

GriefShare Groups

The Jar Community Church

- **Dates:** Every Monday from March 4, 2019 – May 20, 2019
- **Time:** 6 pm
- **Location:** 920 West Main St., Muncie, IN
- **Facilitator:** Deb Rolli, 765.744.7920

The Jar Community Church

- **Dates:** Tuesdays from March 5, 2019 – May 21, 2019
- **Time:** 2 pm
- **Location:** 920 West Main St., Muncie, IN
- **Facilitator:** Nancy Barrett, 765.686.1561

Glad Tidings Church

- **Dates:** Thursdays from Feb 21, 2019 – May 23, 2019
- **Time:** 10 am
- **Location:** 3001 S Burlington Dr., Muncie, IN
- **Facilitator:** Kyle Holt, 765.288.7309

Glad Tidings Church

- **Dates:** Thursdays from Feb 21, 2019 – May 23, 2019
- **Time:** 6 pm
- **Location:** 3001 S Burlington Dr., Muncie, IN
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2019 Spring 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 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 to reserve your spot.

- **Date:** Wednesday, April 10
- **Time:** 4:30 – 6 pm
- **Location:** Hospice office, Medical Arts Building, 619 W. 1st St., Bloomington

Service of Remembrance and Hope

This inter-faith 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 offer 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 picture of your loved one included in the slide show, please email a digital copy to eprice1@iuhealth.org or mail a copy to Spiritual Care at IU Health, P.O. Box 1149, Bloomington, IN 47402. The deadline to submit photos is Friday, April 12.

- **Date:** Sunday, April 28
- **Time:** 2 pm
- **Location:** Wegmiller Auditorium at IU Health Bloomington Hospital



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.

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. Held on Thursdays from 4:30 – 6 pm., the next session is planned to start in June. Call or email Pat at pmuyskens@iuhealth.org if interested.

Monthly Support Meetings

Monthly support meetings for bereaved Parents and Spouses are held in the private conference room at Noodles & Company restaurant, 2560 E. Third Street, Eastland Plaza in Bloomington. No registration is necessary to attend.

Loss of a child of any age:

Parents who have lost children 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. Upcoming dates are April 10, May 8, and June 12 from 5:30 – 7 pm. Call or email Cindy at cmolthan@iuhealth.org with questions.

Spouse Loss

Monthly gathering held on the third Tuesday of each month with next dates of April 16, May 21, and June 18 from 5:30 - 7 pm. 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.

Healing Hearts

Children ages six through fourteen will have the last meeting of the school year on April 23 from 5:30 – 7 pm. Healing Hearts offers the opportunity for participants to 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 in summer support activities.

Other Area Support Groups

Resolve Through Sharing

A support group for those who have had a miscarriage, stillbirth, or infant loss meets the second Monday of every month from 7:30 – 9 pm at IU Health Bloomington Hospital Chapel. 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.

GriefShare

A Christian-based grief group offered by Sherwood Oaks Christian Church in Bloomington. Registration is required, so call 812.334.0206 if interested.

In Morgan County contact Rhea at 317.544.9185 or rheam0813@yahoo.com about next classes at Gasburg Baptist Church, 11564 N. Gasburg Road, Mooresville.

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.



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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.

GriefShare

Also, in **Greene County**, call Solsberry Christian Church at 812.825.5222 re: GriefShare program.

Survivors of Suicide

Two meetings per month in Bloomington

- On the second Monday from 7 – 9 pm, the group meets at The Venue Art Gallery, 114 South Grant St. Email Michelle at mmartincolman@gmail.com with questions.
- On the fourth Sunday (except for holidays) the meeting is facilitated by Ron Masters, LCSW, at the Monroe County Public Library from 12:15 – 2 pm. No registration is required, but calling Ron to confirm attendance and room number is helpful (812.335.8555 or 812.336.0649).

Summertime Support for Children and Teens

Camp Erin

Camp Erin® is a FREE week-end grief camp for children and teens, ages 6-17 that have experienced the death of someone close to them in the past year.

CAMP DATES for 2019 are not announced yet.

Phone: 317.621.4227

E-mail: CampErin@eCommunity.com

Camp Kesem

Camp Kesem, for children and teens 6-16 whose parent has had cancer, is a FREE week-long program to support children through and beyond their parent's cancer with innovative, fun-filled programs.

CAMP DATES: July 21-27 and July 28 through August 3

Both weeks are held at Flat Rock River YMCA Camp in St. Paul, IN.

Contact indianaoutreach@campkesem.org, or call Kesem at 253.736.3821

Camp Healing Tree

Camp Healing Tree is a weekend camp for grieving children and teens ages 7 to 17, sponsored by Brooke's Place of Indianapolis.

CAMP DATES: August 23 - 25

For registration and information go to brookesplace.org or call 317.705.9650.



2019 Spring 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.

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 pm and the ceremony will begin at 7 pm
- **Location:** North United Methodist Church, 3808 N. Meridian St. (*corner of Meridian & 38th Street*)

Invitations will be sent out in April 2019. RSVP to bstone2@iuhealth.org or call 317.962.1797 and leave your information.



Grief Support Groups:

Westside Evening Grief Support Group:

Open and informal adult support group

- **Dates:** First & Third Wednesday of each month
- **Time:** 7 pm
- **Location:** Lakeview Church, Room #101. 47 Beachway Dr. (*near I-465 and West 10th Street*)

Westside Morning Grief Support Group:

Ongoing support group for older adults

- **Date:** Third Thursday of each month
- **Time:** 10:30 am
- **Location:** The Bridge At Westside Garden Plaza 8816 W. 10th St.

Please register by contacting Bonita at 317.962.1797 or bstone2@iuhealth.org.

Southside Afternoon Grief Support:

Ongoing adult group

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

Please register by contacting Bonita at 317.962.1797 or bstone2@iuhealth.org.



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Other Indy Area Support Groups

Eastside and Northside Grief Support Groups:

Drop in meetings and six week groups. Sponsored by Community Home Health.

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 InTouch@eCommunity.com.

IU Health Methodist Hospital Adult grief groups:

Facilitated by Chaplain Michael Gilbert; Open-ended, no registration required.

- **Time:** Held twice weekly on Thursdays as follows: Afternoon: 4:30 pm – 6:30 pm; Evening: 7 pm – 9 pm
- **Location:** IU Health West Medical Center, Cancer Center. 1111 Ronald Reagan Parkway, Building B1600, Avon.

Parking is free and there is no fee for being part of the group. 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 meeting, you may text Chaplain Gilbert at 317.432.4135.

Summertime Support for Children and Teens

Camp Erin

Camp Erin® is a FREE week-end grief camp for children and teens, ages 6-17 that have experienced the death of someone close to them in the past year.

- **CAMP DATES** for 2019 are not announced yet.
- **Phone:** 317.621.4227
- **E-mail:** CampErin@eCommunity.com



Camp Kesem

Camp Kesem, for children and teens 6-16 whose parent has had cancer, is a week-long program to support children through and beyond their parent's cancer with innovative, fun-filled programs.

- **CAMP DATES:** Week 1: July 21-27 and Week 2: July 28-August 3
- **Location:** Both weeks are held at Flat Rock River YMCA Camp in St. Paul, IN.

Contact indianaoutreach@campkesem.org, or call Kesem at 253.736.3821

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Camp Healing Tree is a weekend camp for grieving children and teens ages 7 to 17, sponsored by Brooke's Place of Indianapolis.

- **CAMP DATES:** August 23 - 25

For registration and information go to brookesplace.org or call 317.705.9650.

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Lafayette:

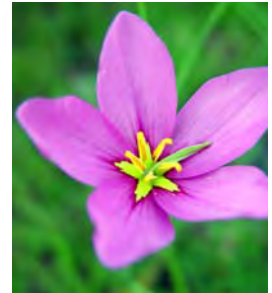
For more information, please contact Marcy Hintzman at 765.838.5784.

Hospice Remembrance Celebration

To honor your loved ones and celebrate their life lived.

- **Date:** Sunday, April 7, 2019
- **Time:** Meal/reception begins at 1 pm followed by the celebration at 2 pm
- **Location:** Faith Church, 5526 State Road 26 East Bldg. 1, Lafayette, IN 47905

For planning purposes, please RSVP to Marcy at 765.838.5784 or mhintzman@iuhealth.org. Watch for your invitation in the mail!



Grief Support Groups:

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 and Sunday, October 6
- **Times:** 2 pm – 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: April 9 & 23, May 7 & 21, June 4 & 18
- **Time:** 11:30 am – 12:30 pm
- **Location:** IU Health Home Care, 3900 McCarty Lane, Lafayette – Suite 102, Conference Room #105



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Other Area Support Groups in the Lafayette Area:

Mourning and Dancing

Adult grief support group

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

Call Sally Downham Miller, 765.447.2662

Compassionate Friends

Grief support /death of a child – any age

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

Led by Ron & Janice Haines, 765.447.7370

Monthly Meditation at Community Yoga

Check on dates and sign up at communityyogalafayette.com

Franciscan Hospice Care: Understanding Your Grief

10 week course with 2 groups

- **Dates:** Tuesday's or Friday's
- **Time:** 6 pm – 7:30 pm and 9:30 am – 11:00 am

For information, call Ann Pigman at 765.423.6911

Senior Support Groups

Grief support led by Theresa Fischer. Call 765.742.7302 for information.

Gentle Yoga Class at Morton Community Center

Drop in for \$15 or sign up for a session at westlafayette.in.gov/department/division.php?structureid=129

- **Dates:** Wednesdays
- **Time:** 10 am – 11:15 am

GriefShare

A Christian-based grief group. Call the following locations to see if they have any current sessions:

- 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

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.

Honoring our parents

Loss of a parent is the single most common cause of bereavement in this country. According to statistics, nearly 12 million American adults, or 5 percent of the population, lose a parent each year. In our society it is common to view the death of a middle-aged or elderly parent as somehow less of a loss than others. In reality after our parents die, the world can be a very different place. Our roles in the family may shift; our own identities can be altered. Perhaps mom was your biggest supporter, who doled out large doses of advice at important crossroads in your life. Maybe dad was still your "protector" or the family historian who could recount tales of generations past. There is a lot to miss. After a loss, people often find that one of the most comforting activities is to commemorate their loved one. How is that done?

Some ideas

- Prepare your mom or dad's favorite meal.
- Play their favorite music, perhaps even make a playlist.
- Go around the table sharing a cherished memory.
- If they loved the outdoors or gardening, plant a tree or flower bed.
- Take the time to watch their favorite movie.
- Look at photo albums.
- Make a donation to a "cause" dear to your loved one.

We may be adults, but we will always be children in relation to our parents, and there is much to be learned from them even now. We do not move forward alone. Instead, according to writer Judy Ball, "We bring along a store of ... hard-learned lessons and principles, fond and painful memories, family celebrations and traditions. We bring who we are, thanks to ... our parents."



The Uneven Path

"Don't try to destroy a beautiful part of your life because remembering hurts."

As children of today and tomorrow, we are also children of yesterday.

The past still travels with us and what has been, makes us what we are."

~ Rabbi Dr. Earl Grollman



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IU Health Hospice Bereavement Services

Along the Way, Spring 2019

A LOOK INSIDE:

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