

# Heart of Hope

IU Health Hospice Bereavement Services Newsletter



**OCT/NOV/DECEMBER**  
**Fall 2017**

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## Riding the Grief Train

When the grief train pulled into my station I got on and found a comfortable seat to snuggle into. I watched the world go by and was quite content in my unhappiness. Then I saw that other people were getting off the grief train. Some of them I never saw again and I didn't know where they went. Others would get off and get back on again. We talked about the adventures they had. I began to realize that maybe my comfortable seat wasn't so comfortable anymore. Maybe I could participate in some adventures instead of just being an observer. I took my baggage with me and got off at the very next station. I had quite a lovely time. Now I had a story to tell when I got back on the train. I was surprised when someone told me that I could leave my baggage on the train when I decided to get off. I was rather attached to my baggage. However, I decided to try it. I was given a golden receipt to reclaim it and that reassured me. This time when I got off of the train I decided to stay off longer. I had several adventures. When I got back on the train, there was all my baggage waiting for me. I didn't need so much of it now. The man in charge of the baggage compartment told me there were a lot of people who loved to carry a lot of baggage and he would give some of mine to them. And so it went. I still like to journey on the grief train. Sometimes when I look out of the window I see wonderful memories of events that happened in the past. Sometimes when I curl up in my seat I spend time with people who have died. I've kept the parts of my baggage I'm not ready to let go of yet.

## Hospice

A service of Indiana University Health  
Hospice Bereavement Services  
950 N. Meridian Street  
Indianapolis, IN 46204  
[www.iuhealth.org/bereavement](http://www.iuhealth.org/bereavement)

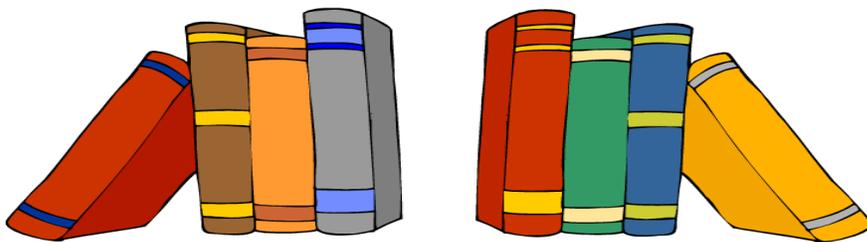
I open it up and unpack it a little. It is lighter now. I've discovered that the people who I'm lonely for don't have to stay on the grief train. They come with me wherever I go. I like having them with me on my adventures. I had turned the grief train into a prison. It isn't. It's a way to journey to new places, especially when I am willing to go through the open doors to see what is waiting for me. I would have rather not been a passenger at all. However, now that I am, I am beginning to see that I am not a desperate or helpless passenger. I am also the person who plans the journey and makes the adventures happen. I have been given tickets to an unlimited number of places. Many colors of tickets. Many sizes of tickets. It is up to me how many of them I use. How will I figure it out? Partly by talking to other people - those who are on this journey and those who are on other journeys. Partly by listening to the spirits of my beloved dead who still talk to me. Partly by listening to my own heart. Sometimes by looking at myself and the world through the eyes of those who love me instead of my own eyes. There are many maps and I have time and freedom to find the one that is right for me. Sometimes staying on track. Sometimes getting off and wandering around discovering things. Sometimes getting off with a definite plan to accomplish. All these choices are mine because I am among the living still. The more I can do here the more I know those who have gone before me will be proud of me that I am still learning.

By Jan Warner: [eyeseeepic@aol.com](mailto:eyeseeepic@aol.com)

## Recommended Books for Reading

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- **Grief, Dying & Death** –Rando, Therese (1994)
- **Living When a Loved One Died** – Grollman, Earl (1977)
- **How to go on Living When Someone You Love Dies** – Rando, Therese (1991)
- **What Helped Me When My Loved One Died** - Grollman, Earl (1981)
- **When Grief Breaks Your Heart** – Moore, James (1995)
- **Experiencing Grief** – Wright, Norman H. (2004)
- **Stifled Grief: How the West Has It Wrong** - : [http://www.huffingtonpost.com/michelle-e-steinke/stifled-grief-how-the-wes\\_b\\_10243026.html?ncid=engmodushpimg00000003](http://www.huffingtonpost.com/michelle-e-steinke/stifled-grief-how-the-wes_b_10243026.html?ncid=engmodushpimg00000003)



## Grief and Loss: Self Care

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As we grieve it is important to remember to take care of ourselves after a loss. The following suggestions were written to help you take care of yourself following a death, but these can be applied to any kind of loss you might be experiencing.

- **Listen to your body:** If you need to cry, then cry. If you need to sleep, then do so. If you need to talk to someone, seek out someone who will listen. If you need to reminisce, then take the time. It is important for the grieving process that you go with the flow.
- **Lower expectations for yourself:** You can't expect yourself to run at full capacity for some time. Give yourself a break and don't expect yourself to perform as well as you did prior to your loss. Educate others that it will take some time before your performance is back to normal.
- **Let others know what you need from them:** Don't expect others to know what you need. Communicate to family and friends how they can support you.
- **If you need counseling, do get it:** Get all the support you need. There are many bereavement support groups as well as counselors or spiritual advisors who specialize in bereavement counseling. Don't hesitate to contact a medical and/or mental health specialist if you have feelings of hopelessness or suicidal thoughts.
- **Take the time to do the things you need to do for yourself:** When you feel up to it, engage in activities to which you feel drawn. It could be visiting a place you haven't been to in a while, walks in nature, reading, etc.
- **Pamper yourself:** Treat yourself well. Without breaking your budget, do things for yourself that are helpful like walks, being with people who are nurturing to you, and inexpensive activities.
- **Keep a journal:** Writing down your thoughts and feelings can help you to validate and work through your grief.
- **Get physical exercise:** If you exercised prior to your loss, try to maintain the same routine. If you did not exercise prior to your loss visit your doctor before embarking on a physical exercise routine. Physical exercise can improve the way you feel.
- **Obtain a proper diet and sleep:** Maintaining a healthy diet and getting proper sleep is essential for functioning as well as you can. If you are having difficulty with either, visit your doctor.
- **Be aware of others' reactions:** Many people do not know how to react appropriately to your grief. Some are more comfortable than others in responding to your situation. Be aware that people have different ideas not only about death, but also about how bereaved individuals should react. Be true to yourself and let others know if they say something inappropriate.

# Indianapolis Free Bereavement Support Groups & Workshops

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- **Indianapolis Remembrance Celebration:** Look for the next Hospice Remembrance Celebration to honor your loved ones who have died. The celebration will be held on Tuesday, October 24, 2017 at North United Methodist Church located on the corner of 38<sup>th</sup> and Meridian Street. A light meal will be served at 6:00pm and the service will begin at 7:00pm. An invitation will be mailed to you in October 2017. After you receive the invitation to the Remembrance Celebration, please RSVP to Clara Ann Merkel at (317) 962-0237 or email her at [cmerkel@iuhealth.org](mailto:cmerkel@iuhealth.org) by Tuesday, October 24, 2017.
- **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 7:00pm in room #101. Lakeview Church is located at 47 Beachway Drive (near I-465 and West 10<sup>th</sup> 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 10:30am. Please call Bonita Stone at (317) 962-1797, if you would like to register for this group located at 8816 West 10<sup>th</sup> 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 2:00pm. 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 Afternoon Grief Workshops:** The following workshops will be held at Aldersgate Free Methodist Church located at 9035 East 21<sup>st</sup> Street (near I-70 and Post Road). The workshops are facilitated by Lori Mercer and they are free and informal. Please RSVP at (317) 962-0775 for workshops listed below to make sure that there are enough supplies:
  - ~ Oct-20<sup>th</sup> & 27<sup>th</sup>, Nov 10<sup>th</sup> & 17<sup>th</sup>, and Dec 8<sup>th</sup> & 15<sup>th</sup> (skipping the week of November 23 for Thanksgiving) "Art From the Heart" from 1:30pm to 3:30pm. The group will be meeting once a week on Friday's for 6 weeks. This group will involve drawing but it can be shapes, or scribbles, or a drawing with stick people.
- **Northside Evening Grief Workshops:** The grief workshop provides information, education and support for those who have experienced the death of a loved one. Everyone is welcome to come and there is no registration required. IU Health North Hospital grief workshop meets the second Tuesday of every month starting 6:00pm to 8:00pm. IU Health North is located at 116<sup>th</sup> Street and Meridian Street. For more information, please call Clara Ann Merkel at (327) 962-0237.
- **Northside Morning Grief Workshops:** The grief workshop provides information, education and support for those who have experienced the death of a loved one. Everyone is welcome to come and there is no registration required. Marquette grief workshop meets the third Tuesday of every month starting at 10:00am to 11:00am. Marquette is located at 8140 Township Line Road, Indianapolis, IN 46260. For more information, please call Clara Ann Merkel at (327) 962-0237.
- **Near North Side: LGBTQ Grief Group** – A six week support group for adults in the LGBTQ community who have experienced the death of a loved one. Take time to be renewed and nurture your strength. Held on Wednesday evenings from 7:00pm to 8:30pm ~ October 4<sup>th</sup> thru November 8<sup>th</sup>. Place: 23 East 39<sup>th</sup> Street. You must register to attend the group and the group is limited to ten participants. To register call Clara Ann Merkel at (317) 962-0237 or email [cmerkel@iuhealth.org](mailto:cmerkel@iuhealth.org)

## Grief and the Holidays Workshops

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- **Grief and the Holidays Workshops**- Everyone is welcome and no registration is necessary.  
Dates & Times: Wednesday, November 15, 2017 from 7:00 pm – 8:30 pm  
Wednesday, December 20, 2017 from 7:00 pm – 8:30 pm  
Location: Lakeview Church located at 47 Beachway Drive, Indpls. IN ~ room #101
- **Grief and the Holidays Workshops**- Everyone is welcome, for more information call (317) 962-0237  
Dates & Times: Tuesday, November 14, 2017 from 6:00 pm – 8:00 pm  
Tuesday, December 12, 2017 from 6:00 pm – 8:00 pm  
Location: IU Health North located at 116<sup>th</sup> Street and Meridian Street, Indpls. IN
- **Grief and the Holidays Workshop**- Everyone is welcome, please call (317) 962-1797 to register  
Dates & Time: Thursday, December 14, 2017 from 2:00 pm – 3:30 pm  
Location: The Greenwood Public Library located at 310 S. Meridian Street, Greenwood, IN
- **Grief and the Holidays Workshops**- Everyone is welcome, please call (317) 962-0775 to register  
Dates & Time: Wednesday, October 18<sup>th</sup> and December 15, 2017 from 1:30 pm – 3:30 pm  
Location: Aldersgate Free Methodist Church at 9035 East 21<sup>st</sup> Street (near I-70 and Post Road).

## Lafayette Free Bereavement Support Groups & Workshops

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- **Lafayette Remembrance Celebration**  
IU Health Arnett Hospice and IU Health Arnett Hospital staff will be holding a remembrance celebration to honor your loved ones. For planning purposes, please RSVP to Marcy Hintzman, Bereavement Coordinator, at 765-838-5784 or [mhintzman@iuhealth.org](mailto:mhintzman@iuhealth.org)  
Date: Sunday, October 29, 2017  
Time: Meal and reception will begin at 1:00 pm and the Service will begin at 2:00 pm  
Location: Battleground UMC - 201 Tipton Street, Battleground, IN 47920
- **Grief and the Holidays Workshops** - Everyone is welcome and no registration is necessary.  
Dates & Times: Friday, November 17, 2017 from 4:00 pm – 5:00 pm  
Thursday, December 21, 2017 from 11:30 am – 12:30 pm  
Location: Home Care Office Conference room located at 3900 McCarty Lane, Ste #102, Lafayette, IN
- **God and Grief Group**  
You are invited to an informal group facilitated by Chaplain David Mills for adults who have experienced the death of a loved one and are struggling with your relationship with God as it relates to your grief. Everyone is welcome and no registration necessary.  
Date: The first and third Monday of the month: Time: 2:30 pm - 3:30 pm  
Held on October 2, October 16, November 6, November 20, December 4, and December 18 , 2017  
Location: Home Care Office Conference room located at 3900 McCarty Lane, Ste #102, Lafayette, IN

### ■ **Adult Grief Group**

You are invited to an informal group for adults who have experienced the death of a loved one. Everyone is welcome and no registration is necessary to attend the groups.

Date: The second and fourth Monday of the month: October 9, October 23, November 13, November 27, and December 11 (\*Please note that there will be **NO** group on December 25<sup>th</sup>)

Time: 2:30 pm - 3:30 pm

Location: Home Care Office Conference room located at 3900 McCarty Lane, Ste #102, Lafayette, IN

- For more information regarding the workshops and groups listed above, please contact Marcy Hintzman, Lafayette Bereavement Coordinator at 765-838-5784 or [mhintzman@iuhealth.org](mailto:mhintzman@iuhealth.org).
- For additional grief/bereavement resources in the Lafayette, Indiana area (provided by other service providers), please contact Hippensteel Funeral Service and Crematory at (765) 742-7302.

## Muncie Free Bereavement Support Groups & Workshops

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- **The Muncie, Indiana Memorial Service is scheduled for Wednesday, January 17, 2018. Look for your mailed invitations around the beginning of January 2018 .**
- **IU Health Ball Memorial Hospice and Cancer Center Adult Grief Group**  
This six-week program will meet on consecutive Wednesdays beginning November 15<sup>th</sup> and ending December 20<sup>th</sup>, 2017. The group will meet in the Cancer Center Conference Room C from 6:00 to 7:30 p.m. There is a \$10 registration fee per family unit. Please call IU Health Ball Memorial Hospice at 765-747-4273 or 1-800-458-2255 to register for this group by November 13<sup>th</sup>, 2017.
- **IU Health Ball Memorial Hospice will be hosting a single session Pre-Holiday Grief Group**  
Tuesday November 7<sup>th</sup>, 2017 from 5:30 to 7 p.m. in the IU Health Ball Memorial Cancer Center Lobby. This single session is free of charge and individuals can register by calling the Hospice office at 765-747-4273 or 1-800-458-2255 by October 31<sup>st</sup>, 2017.
- **For Grief and Bereavement resources available in the Muncie, Indiana area, please contact Courtney Sutliff at (765) 747-4273 or [csutliff@iuhealth.org](mailto:csutliff@iuhealth.org)**

### **I'm Not Ready, Yet . . .**

It's The Holidays that are coming, and I haven't even cleaned up the fireworks from the Fourth of July. I'm still unpacking boxes (we've moved again!)

I'm NOT READY YET . . . for grieving, for handling the holidays, for stuffing a turkey, for finding a place for everything, for living where no one knows my story. I'M NOT READY YET for Thanksgiving, for Hanukkah, for Christmas, for New Year's, for Three King's Day or even for blizzards. I'M NOT READY for the annual flood of memories that always spill out as we unpack the stockings from their tissue-wrapped nest. I'M NOT READY yet for the clutch of pain that still wraps my heart in grief as we place the ornaments on the tree. I'M NOT READY YET for opening the door to greet strangers who are fast becoming friends but who may never know the effort it has taken for me to be who I am now. So I'll just have to figure out how to handle the holidays I'm never going to be ready for in places I may never be settled in. As long as the stockings are up and the silver is polished and ready, then let the holidays come! So this holiday season, gather in your blessings and count them ALL, knowing that no one else has to know about them for them to be real for you. Just because no one else knows The Story doesn't mean it is any less real. Count the blessings of the people in your story and find the peace that comes with counting a holiday of joy remembered and love shared.

Written By Darcie D. Sims

**Hospice Bereavement Staff are available by phone or email!**  
**[www.iuhealth.org/bereavement](http://www.iuhealth.org/bereavement) ~ 1-866-272-5083**

- Lori J. Mercer.....**[lmercerc@iuhealth.org](mailto:lmercerc@iuhealth.org)**  
(317) 962-0775
  
- Bonita Stone.....**[bstone2@iuhealth.org](mailto:bstone2@iuhealth.org)**  
(317) 962-1797
  
- Clara Ann Merkel.....**[cmerkel@iuhealth.org](mailto:cmerkel@iuhealth.org)**  
(317) 962-0237
  
- Courtney Sutliff.....**[csutliff@iuhealth.org](mailto:csutliff@iuhealth.org)**  
(765) 747-4273
  
- Marcy Hintzman.....**[mhintzman@iuhealth.org](mailto:mhintzman@iuhealth.org)**  
(765) 838-5784
  
- Elizabeth Boring.....**[eboring@iuhealth.org](mailto:eboring@iuhealth.org)**  
(317) 963-0829



Indiana University Health

Hospice Bereavement Office

950 N. Meridian Street, Suite 700

Indianapolis, IN 46204



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~ IU HEALTH HOSPICE BEREAVEMENT WEBSITE~

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