

Center Highlights

SPRING 2009



From the Founders-

Congratulations go out to three of our staff members - our **Program Director Lois Harris and therapists, Claire Drexler and Barbara Kimball**. All three passed the requirements needed to receive their **Certificate in Thanatology** (CT) from the American Association of Death Education and Counseling (ADEC), an international organization that spearheads research and education for those working in the bereavement field. In addition to college degrees, a number of years of experience in the bereavement field, as well as CEU credits and letters of recommendation, the last requirement to obtain a CT is to sit for a rigorous exam. In order to do well on this exam, one needs to spend a significant amount of time studying, which involves reading dense text books cover to cover. These three ladies spent the better part of the last year pouring over all the materials, taking notes, and otherwise 'living' with this material. It is a great accomplishment for them and for us to know that **each of our directors and all of our counselors have obtained this important credential**.

As we often mention, within our organization we place an emphasis on continuing education and training for each of our staff. We feel very strongly that any person coming to the Center should be confident that they are being helped by people who take this seriously and want to be the best they can be in this unique field. Job well done Lois, Claire, and Barbara!

Shirley and Christine

Shirley and Christine
Fellows in Thanatology -
Death, Dying and Bereavement



PROFESSIONAL ROUNDTABLE TRAININGS

The Center is committed to providing quality training opportunities for professionals interested in expanding their understanding of grief and loss. Designed for small groups, our trainings are interactive and experiential in nature, providing an optimal environment for learning. All are appropriate for the needs of hospice and health care professionals, school personnel, chaplains and clergy, as well as others who work with those who are bereaved.

Understanding the Grieving Process: What's In / What's Out

Thursday, February 12, 2009 9:00 - 12:15

This workshop is designed to explore current perspectives of the grief process. It will focus on new insights and attitudes regarding models of grief that have emerged in the field of death and dying.

Participants will be able to identify how the experience of grief is viewed in the context of models such as: dual process, attachment theory, continuing bonds, and narrative styles of grief work. Cultural and gender styles of grieving will be explored.

The ABC's of Children's Grief, K-12

Thursday, March 26, 2009 9:00 - 12:15

This training will focus on the experience of school-aged children K-12 who are coping with the death of a loved one. It will explore the grieving process of children including: how children mourn, how their grief differs from that of adults, how grief presents in school, and how we can best help bereaved children. Group interaction and case studies, based in current theoretical frameworks, will be used to demonstrate grieving families' experiences and needs.

Cost is \$60 per training. Those interested in registering for two trainings will receive a \$10 discount (\$110 for both).

Call Claire at 610-222-4110, ext.104 to register.

Space is limited!

Center for Loss and Bereavement's Spring Fashion Show & Luncheon Fundraiser



Thursday, May 14, 2009

Reception & Raffles 11:30
Luncheon 12:15

Ticket cost: \$40.00

The Historic William Penn Inn
Route 202 & Sunnyside Pike, Gwynedd

Plan to
attend!

Special Guest Speaker:
Mary Jane Brant, author
"When Everyday Matters:
A Mother's Memoir on Love, Loss and Life"

Fabulous fashions presented by Talbots
The Shoppes at English Village, North Wales

To reserve your seat or table of guests, please contact
Beth Douglass at 610-222-4110, ext. 101

Mark your
calendar!

SEASONAL ADULT SUPPORT GROUP PROGRAM

Support groups offered are not limited to the categories listed below.

Late Winter Session: Begins 2/23
Spring Session: Begins 4/28

- Loss of Spouse or Partner
- Support for Suicide Loss
- Adult Loss of a Parent
- Motherless Daughters
- Young Adult Loss
- Grieving the Loss of a Sibling
- Support for Caregivers
- Chronic Illness/Disability Support
- Men's Loss of Spouse Support
- Loss of a Child – For parents who have experienced the death of a child as an older teen or adult. 2nd Mondays, 7:00-8:15 p.m.

Call 610-222-4110, ext. 118
for a brochure or to register.

Also at the Center:

- Local chapter of Parents of Murdered Children - 1st Sundays, 1:00-3:00 p.m.
Call for contact name and number.

Center for Loss and Bereavement's Inaugural Golf Outing



September's beautiful weather provided the perfect backdrop for our Inaugural Golf Outing at the lovely Lederach Golf Club. Sixty-eight golfers were treated to early morning breakfast before the shot-gun start. After 18 holes of Links style championship golf, lunch was served to over 100 guests on the picturesque outdoor pavilion. Prizes were awarded for contest winners. Congratulations to the top scoring foursome of **Joe Rieger, Paul McDonald, Drew Smith, and Pat McGinnis!** **Sherry Demito's** powerful swing earned the prize for ladies' longest drive while **Brad Elrod** took top honors for the men. **Ken Aller** grasped the prize for landing closest to the pin. The day was highlighted with sports raffles and silent auction memorabilia. Through the generosity of sponsors and individual donors, more than \$11,000 was raised at this event!

Special recognition to our Golf Outing Committee and Volunteers who gave of their time and talents prior to and on the day of the outing: **Ellen Watson, Brad Elrod, Lauren Rieger, Dorney Douglass, Christopher Smith, Cathy Sikora, Barbara Gula, Cathy Thomas, Sandra Ritchie, Linda Kneeland, Carol Berardelli, Alice Gassner, Holly Sensenig, Sue McGinnis, and Selaine Keaton.** Tremendous thanks to **Beth Douglass** for her enthusiastic dedication in making the event a success.

Sincere appreciation to the following individuals and businesses for their contributions to our outing: **Steve Vincent**, owner, All About Catering in Lansdale, **Tom and Judy Hahn** at EmbroidMe in Trappe, **Roseanne Clementisz** at The Body Serene in Skippack, and **Wendy Bourne** at Bourne Graphics in Worcester.

Heartfelt thanks to our generous event sponsors:

Williams & Co. Jewelers, The Stratton Foundation, R.L. Williams, Jr. Funeral Home, Inc., Sensenig Capital Advisors, David and Ellen Watson, John and Joan Bown, The Wynn Group, Caramenco Funeral Home, Whitehouse Graphics, Comcast Corporation, Jim, Sara, Kristen and Amy Gowing, Page Six...its Haute, J.J. DeLuca Company, Inc., ETB Services, The Berardelli & Cresta Families

Plan to join us next year - September 18, 2009





THE CENTER FOR LOSS AND BEREAVEMENT

Children's Summer Camp - **Camp Millie**

Camp Millie 2009

SUMMER ROAD TRIP ADVENTURES

June 22nd to 25th 9:00 a.m. – 1:30 p.m.



Connecting grieving children with peers who are coping with the death of a parent or sibling is what makes **Camp Millie** so unique and special. If the past four years of camp are any indication, it is also loads of fun! Our Road Trip theme promises exciting Adventures as children “travel” to a different destination each day, exploring and sharing their journeys of grief. New friends, ideas, and experiences can be found along the way as campers hit the road for an awesome summer adventure!



Camp Millie is open to children ages 6-11 AND now ages 12-14 also!

Requested by former campers, the experience for older participants will include an opportunity to volunteer with the younger campers during some morning activities. In order to address their own grief with peers, they will then have separate group time for the remainder of the day.

Camp Millie will be held at the Variety Club Camp and Developmental Center in Worcester, PA. Campers provide their own transportation and bag lunches. The fee per camper is \$75.00 for all activities, including swimming, snacks, lunch on the last day of camp, and a camp tee shirt and dvd.

Family discount is available.

Visit our Website or call 610-222-4115 to register. Camp fills quickly!



When is the last time you played in the sand... threw water balloons... lent a helping hand?

Didn't need answers - just a listening ear - and could offer so much by just being near?

When is the last time you tried something new that not only helped others but was fulfilling for you?

If this sounds appealing, we want to be clear; we could sure use your help as a volunteer!

We invite you to look into the varied volunteer opportunities with our children's bereavement programs, Nello's Corner and **Camp Millie**.

Volunteers are often surprised to discover the many benefits of spending time with children – their honesty, playfulness, and wisdom. Please consider attending our next Training Course. It provides all the preparation needed to help make a volunteer experience meaningful - for the children of our Center and for YOU!



**Volunteer Facilitator
Training Course
March 27th, 28th, and
April 4th**

9 a.m. – 4:00 p.m.

For all who wish to volunteer with the children's groups of Nello's Corner or be Buddies during **Camp Millie**

Call for information.

When is the last time you learned about life, resilience, and hope - from a child?



THE CENTER FOR LOSS AND BEREAVEMENT

Children's Bereavement Program - Nello's Corner



The Nello's Corner bereavement program of the Center provides a safe place for children, teens, and their families to give and receive support, validate feelings and thoughts, and find hope for healing. Groups are held on Tuesdays and Wednesdays for specific ages. Call 610-222-4115.

Who attends Nello's Corner?

The families who participate in the Nello's Corner Program have experienced the death of an immediate family member. The children, ages 4-17, meet in a group with their peers to share experiences and provide support to one another while the parents/guardians meet in an adult group and focus on their role as a parent of a grieving child. Currently, we have over 90 children and adults participating in the program.

What gets talked about in the children's groups?

- Stories about death and dying
- Information, understanding or confusion surrounding the death
- Funeral services and other ways in which those who have died are remembered
 - Cemeteries and cremation
- Fears and worries about someone else dying and who will care for them
- Wanting or not wanting others to know about the death
- Various feelings and what to do with them
 - Memories
- Encountering significant dates and events (birthdays, holidays, anniversary of death)
- Identifying sources of support to talk about those who have died
 - Missing those who have died
 - Life and living



How do children respond to a support group setting?

- Energetic and loud
- Closely attaching to peers or adults
- Fidgety (may find being still in circle difficult)
- Silliness (just having fun or when sensitive topics are discussed)
- Talkative and willing to share
 - Enjoy leadership roles
- Expressing curiosity about peers' experiences with death
- Eagerness to play and just be themselves

How do kids say they feel about coming to Nello's Corner?

This poster, inspired by the building-block game "Jenga", was created by children ages 9 through 11 years and describes the support they receive from their Nello's Corner group.



What other opportunities does the Center offer for Nello's Corner families to connect with each other?

Each year, the Center holds an annual Family Memory Square Night for participating families to come together, meet other families not in their group, and create a fabric square in memory of those who have died.

This year's event was held on December 11th and a record number of families attended. In addition, we hold a Family Picnic in July for all past and present Nello's Corner families.



WISH LIST

- Gift cards to Walmart and craft stores
 - Old CDs
 - River rocks
- Plastic tablecloths
 - Tacky glue
- Markers and crayons
 - Baby food jars
- Ribbons and bric-a-brac
- Foam sun visors
- Shoe boxes with lid attached
 - Old road maps
- Multi-colored card stock paper
 - Coffee cans
 - Felt
 - Hula hoops
- Fabric paints and markers

Thank You!

Thank You For Your Support

"We make a living by what we get, but we make a life by what we give." ~ Sir Winston Churchill

We are immensely grateful to the following individuals, families, businesses, and foundations who so generously support our Center and its mission, even during these uncertain times. Your support of the community is paid forward in our everyday work, made possible by your contributions.

INDIVIDUAL DONATIONS FOR 2008:

Judy Abramowicz
• *In memory of Philip Abramowicz*

Deanna and Amanda Albanesi
• *In memory of Chris Albanesi*

John Alchin
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Ron and Taryn Bath
• *In honor of Shirley and Brad Elrod's 25th anniversary*

Kim and Jim Beam*
• *In memory of my mother and brother*

Lisa D. Beers
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Scott Benney and Molly
• *In memory of Margaret Anne Benney*

Bob and Carol Berardelli
• *In memory of the Cresta Family and in honor of George W. Snear on his 80th birthday*

Mark and Joanne Bidwell*
• *In memory of Lou Donato*

Susan Bishop
• *In memory of Ty, my dog*

Mrs. Patricia Boreanaz*
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Doris J. Bradley-Plager
• *In memory of my son David Glenn Bradley*

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• *In honor of Shirley and Brad Elrod's 25th anniversary*

Marie Fisher
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• *In memory of Curtis and Myrtle Franklin*

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Gary and Nancy Gallagher
• *In memory of Ruth and Roy Hood*

Alice and Rob Gassner*
• *In memory of Karlin Henze*
• *In memory of Mr. and Mrs. Horace Gassner*
• *In honor of Harper Srinivasan*

Jillian Gallagher
• *In memory of Thomas A. Gallagher*

Ann Marie Geiger
• *In memory of Rosarie Geiger*

Anthony and Lori Giaquin
Judy Giuliano
• *In honor of Roger and Lauren McKinney for your kindness to Kristi Littell and Greg Giuliano*

Mr. and Mrs. James L. Gowing*
The Harris Family
• *In honor of Shirley and Brad Elrod's 25th anniversary*

Herb and M-M Harris
Gordon Hart*
Candy High
Val Holzhauser
• *In honor of Shirley and Brad Elrod's 25th anniversary*

Nancy and Roger Hunt*
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William and Leslie Jacobson
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• *In memory of Ron James*

Dan and Priscilla Keeler
• *In honor of our friends, Bruce and Connie Fretz*

Pat and Bob Keeney
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Chip and Jennifer Mathes
Mary and Carl Mazzocco*
Tom and Donna McClennen
Patrick McGinnis
• *In honor of Amy Gowing*

David and Linda McKinley
Bob and Joanne Melchionni
Mr. and Mrs. James O. Moore
Mr. and Mrs. James Moyer
Mr. Robert G. Muse
• *In memory of Karin Muse*

Debby Nichols
• *In memory of Aunti Ro*

Kirsten and Mark Notaro
Beverly and Samuel O'Brien
Dave and Anne Oglevee
Tamar Olitsky
• *In honor of Amy Gowing's 16th birthday*

Bonnie Platt
• *In memory of Alma Spool*

Leonard Podolin
Rita Porreca
• *In memory of Lew Porreca*

Barbara and Rick Press
George Prieston*
Mr. and Mrs. C. Lloyd Radcliff
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• *In memory of Helen Zugay*

Leslie and Gary Rowles
• *In memory of Gregory Martin Rowles*

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• *In memory of Michael R. Ruser, Sr.*

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• *In memory of Shane Leister*

Carolyn Schaefer
• *In memory of Rob Schaefer*

Steve Schwenk
Trudy Schwenkler
• *In memory of Alice and Steve Schwenkler*

Linda, Teddy and Adam Segal
• *In memory of Michael Segal*

Bill and Verna Seiler
Carl and Holly Sensenig*
Gerald Shay and son, Brian
Manisha Shendge
Bob and Ruth Sibel*
• *In memory of Robert W. Sibel*
• *In honor of Mr. and Mrs. Steven Craig Eberbach*

Mila Sklar
• *In honor of Amy Gowing's 16th birthday*

Drew and Melissa Smith
Oliver and Rosalie Smith*
Robert G. and Barbara J. Smith
Sandra Smith
• *In honor of all who suffer loss*

Mr. and Mrs. Harvey Sokoloff
• *In memory of Teri and Skye Sokoloff*

Terry and Tony Spagnoletti
• *In memory of Roy "Chappy" Chapman and Elsie Carsto & Dorritt Pino*

Jennifer Stuart
• *In honor of Dave and Ellen Watson*

Thomas and Jennifer Swavely
Mark and Sandra Teichman
• *In honor of Amy Gowing's birthday*

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• *In honor of Shirley and Brad Elrod's 25th anniversary*

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• *In memory of Robert Gunther and Jim Toomey*

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• *In memory of John D. Williams*

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• *In memory of Lucille and Andrew Cavitolo*

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• *In memory of Frances Bottger*

Nello Memorial Fund
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The Suzanne T. and Ralph J. Roberts Foundation
The Stratton Foundation
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GIFTS IN KIND:

The following individuals and businesses donated items from our Wish List to the Center's programs:

Jenny Barr
Doris Bradley-Plager*
Pat Clayton
Patricia Earhart
Elizabeth Lurch
Sherry Smith
Lynn Vafides
Sue Weeren
Mira Salon

Shirley and Brad Elrod
• *In honor of our children, Tom, Jason and Shannon*

Lawrence and Christine Smith
Charitable Trust
• *In memory of Ann Jenkins Wollpert, her son, Worth, and our beloved parents*

**(*)TWO DONATIONS
MADE IN 2008**

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Christopher Smith

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Ordering from Amazon.com?

Go to our webpage @ www.bereavementcenter.org. Click the Amazon link on the home page and place your order. The Center receives a percentage of the total from all orders placed through our webpage.

Thank you!!!

The Center for Loss and Bereavement

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