

Center Highlights



From the Founders -

A recent study from The Nonprofit Center at LaSalle University's School of Business on the financial state of 185 regional non-profits during this difficult economic year reports that 59% experienced a decrease in donations from individuals. Another 26% have reduced the scope of a service. While giving has decreased somewhat, we are grateful at the Center to be able to say that we did not experience a serious decline, one that would have jeopardized our services and our programs for grieving people that come to us for help. For this, we have many of you to thank.

Over the years we have been able to grow our programs and serve many people because you have donated to us consistently and generously. Your quiet commitment to the Center does not go unnoticed. We appreciate it every month that goes by, in fact each day that an envelope is delivered in the mail. And while we made it through one of the worst financial years in recent history, we know there is still a long road to economic recovery and nonprofit organizations are not out of the woods.

We want you to know that we are carefully monitoring our expenses and are doing everything we can to make sure your donated dollars are being used wisely. We are vigilant with our planning and budget needs. Our Board of Directors and staff are invested in seeing through these tough times. We feel good about our work, the Center's future, and the hope we see in the eyes of the people who have completed their time with us. Thank you for making it continue to happen!

Shirley and Christine

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



2009 - 2010 Upcoming Events at the Center

For Grieving Children and their Families

- ~ Nello's Corner peer support program resumes September 15th
- ~ Family Memory Square Night – December 3rd
- ~ Camp Millie 2010 Westward Ho! June 21st-24th (On-going registration)

For Grieving Adults: Support Groups

- ~ Monthly Loss of Child as an Older Teen or Adult begins Monday, September 14th
- ~ Loss of Spouse/Partner begins Thursday, October 1st
- ~ Support for Suicide Loss begins Monday, October 5th
- ~ Companions for the Holidays begins Thursday, November 12th

For Professionals: Round Table Trainings

- ~ Building Blocks of Life and Death for the Younger Child – Thursday, October 15th
- ~ Are We There Yet? Exploring the Path of Anticipatory Mourning and Life Threatening Illness – Thursday, November 5th
- ~ What's In / What's Out: Exploring the Grieving Process – Thursday, February 11th
- ~ The ABC's of Children's Grief: K-12 - Thursday, March 25th

For Volunteers

- ~ Nello's Corner Facilitator Kick-off and Mini Training – Thursday, September 10th
- ~ Spring Newsletter Mailing – Tuesday, February 9th

SEASONAL ADULT SUPPORT GROUP PROGRAM

Support groups gather individuals with similar circumstances and types of loss into a circle of support and encouragement. Specific groups offered at the Center are determined by the number of participants registered (at least 6) and are not limited to the categories listed below. Sessions are for 6 weeks unless otherwise noted.

Fall Session: Begins 10/1/09

Late Winter Session: Begins 2/18/10

Spring Session: Begins 4/19/10

- Loss of Spouse or Partner – Various groups based on age or circumstances for men and women. Afternoon and evening options available.
- Support for Suicide Loss – For any adult whose life has been affected by suicide.
- Monthly Loss of a Child – For parents who have experienced the death of a child as older teen or adult. 2nd Mondays beginning 9/14/09, 7:00 p.m. - 8:15 p.m.
- Companions for the Holidays - General bereavement support



Groups listed below will be scheduled as interest is expressed.

- 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

Also at the Center:

- Local chapter of Parents of Murdered Children – 1st Sunday of every month, 1:00 p.m. to 3:00 p.m. Call for contact number.

CALL 610-222-4110, ext. 118 FOR A BROCHURE AND TO REGISTER

The Center is proud to announce our 2009-10 Professional Round Table Training Schedule. We will be starting our “training season” on **Thursday, October 15** with a new option: ***Building Blocks of Life and Death for the Younger Child***, designed for those working with an early childhood population who are interested in learning more about a young child’s processing of death and dying concepts. It will review the young child’s developmental perspectives on life and living, death and dying, and their experiences in both learning and childcare environments, as well as in the family system. We will present opportunities to enrich children’s understanding of and ability to cope with death and grief. Teachable moments, use of curriculum tools, and therapeutic interventions will be discussed.

Complete list of Round Table Trainings scheduled:

- ~ **October 15, 2009** *Building Blocks of Life and Death for the Younger Child*
- ~ **November 5, 2009** *Are We There Yet? Exploring the Path of Anticipatory Mourning and Life Threatening Illness*
- ~ **February 11, 2010** *What’s In / What’s Out: Exploring the Grieving Process*
- ~ **March 25, 2010** *The ABC’s of Children’s Grief: K-12*



Cost: \$60 per participant for one training or \$110 per participant for any two trainings

You can find training schedules, a synopsis of content, and an online registration form for all of our trainings on our website, www.bereavementcenter.org. Click on *Our Programs* and then *Grief Education*. The registration form can be downloaded online or cut below and submitted with your payment. Checks payable to the Center for Loss and Bereavement. All trainings run from 9:00 a.m. to 12:15 p.m. We are a PA Dept. of Ed. Act 48 approved provider and offer approved CEU credit for social workers, marriage and family therapists, and professional counselors! Questions? Contact Claire Drexler- csd@bereavementcenter.org or 610-222-4110 ext. 104. We hope to see you soon!!!

REGISTRATION FORM – Check applicable trainings to register.

Payment of \$60 for one training or \$110 for two trainings is required for each participant at the time of registration.

All trainings are scheduled 9:00 a.m. to 12:15 p.m. Includes light breakfast.



- Building Blocks of Life and Death for the Younger Child - October 15, 2009
- Are We There Yet? Anticipatory Mourning and Life Threatening Illness - November 5, 2009
- What’s In/ What’s Out: Exploring the Grieving Process - February 11, 2010
- The ABC’s of Children’s Grief: K-12 - March 25, 2010

Name: _____ (If paying by check) # _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Phone (where you can be reached on day of training): _____



Spring 2009 Fundraiser: Thank you for Supporting the Center!

Two-hundred and thirty guests were treated to a delightful afternoon of delectable food, stunning fashions, exciting raffles, an inspirational speaker, and the hottest handbags around! The Center's spring fundraiser, held at the Historic William Penn Inn, was a splendid success due to the generous support of the attendees and our fantastic fundraising committee. More than \$10,000 was raised for the Center's programs! We were grateful for the creative efforts of our committee members: **Barbara Grula (co-chairperson)** along with **Shawna Bader, Carol Berardelli, Dot Chmielewski, Nancy Collier, Connie Fretz, Alice Gassner, Arlene Kilcoyne, Lauren Rieger, Rose Seponara, and Thelma Wood.** These ladies spent many months planning every lovely detail of the day.

We truly appreciated our six radiant and charming models who walked the runway in support of the event: **Shawna Bader, Carol Berardelli, Meg Cinelli, Shannon Elrod, Pat Keeney, and Cathy Sikora.** The staff at **Talbots** in North Wales generously donated their time and fashions for the show. **Barbara Grula** shined as commentator of the fashion show!



Mary Jane Hurley Brant, guest speaker and author of "When Every Day Matters: A Mother's Memoir on Love, Loss and Life" provided inspiration and hope through her message. For more information about her book, log on to Mary Jane's website at www.WhenEveryDayMatters.com.



Special thanks to **Thelma Wood** and the ladies of the **Wentz's Quilting Group** for their generous donation of the "Fun Quilt" for our silent auction. Beautiful raffles highlighted the day! We were very grateful for the following individuals and businesses for their generous donations: **Aquatic Supplies, Inc., Barbara Firth, Bay Pony Inn, Body Serene Day Spa, Chilcote and Richards, Designed Treasures, Fabulous Folks, Sheri Fay, Connie Fretz, Jill Gillan, Hill Company, Hotel Fiesole, Koehler's Jewelers, Lederach Tea Room, Manni and Peddi, Nu Waves Salon, Pizazz by Renee & Company, Salon 32 & Spa, Shapes Salon, Shear Waves Salon, Skippack Goldsmiths, Total Body Fitness, Weis Markets, and The Wooden Duck.**

*As 2010 approaches, we are planning a series of 10th year anniversary celebration events for the Center!
Check our website often @ www.bereavementcenter.org for updates and specials announcements!*

Sign Up for eSCRIP

Register your club cards and debit/credit cards securely with eScrip and the Center receives a percentage of your purchases from participating merchants. Visit www.escrip.com to sign up! Our group ID is #50006017.

In between fundraisers and our annual drive, here are some other ways you can help the Center and the community we serve:

Wish List

Our programs would be grateful for donations such as: glue, markers, felt, scissors, wide paint brushes, glitter glue, play dough, construction paper, nerf balls, tissue paper, fun foams, crayons, old neckties, and baby food jars.

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.

Memorial Donations

Monetary gifts may be mailed to the Center with the donor's name, or in memory or honor of a loved one. Donations can also be made to sponsor a child in one of our children's support programs.



THE CENTER FOR LOSS AND BEREAVEMENT

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

"Camp Millie is awesome...I would live here if I could...I want to come back every year for the rest of my life."

Souvenirs from our Summer Road Trip Adventure

Our Camp Millie Summer Road Trip Adventure took thirty-seven campers, twenty-four volunteers, and ten staff to the exciting "destinations" of an Amusement Park, hiking through the Moody Mountain Range, and on an Ocean Voyage full of surprises. From a robust cheer, signaling the unifying message of friendship, to a rigorous game of water balloon volleyball, where campers have to work together, Camp Millie is more than four days in the sun. It is a safe haven which embraces memories, cultivates hope, and affirms life.



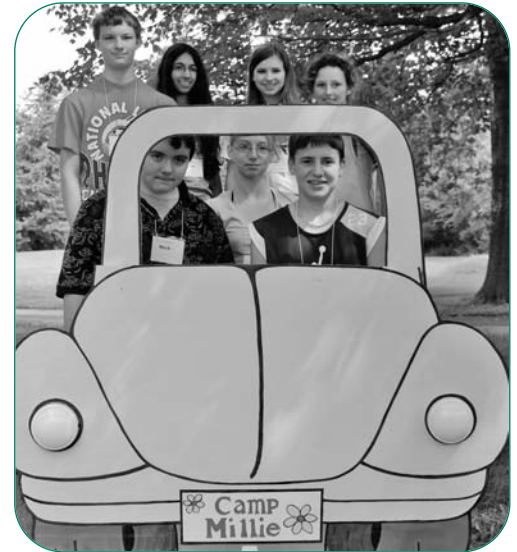
Children especially enjoyed making Tin Can Stilts and learning to walk in a new way, much like they are learning to do things differently since their person died. Another highlight was making a camp tee shirt, uniquely designed with hand and foot prints.



Campers stayed closely connected during our daily Hula Hoop game. This year's camp intern, **Nick Moffa**, brought much energy and enthusiasm to our games where he was assisted by our Junior Volunteers **Travis Brown and Amy Gowing**.



"Our favorite part of Camp Millie was helping the little campers."



Piloting our first Teen Camper Experience were **Cascee, Damian, Kat, Nick, Scott, Shruti, and Tricia**. These campers, ages 13-15, volunteered for part of their day, helping with games, crafts, and warm up activities. This interaction gave opportunity for the teens to offer insight and support to young children from the common experience of grieving a death. Teens then spent time in their own group, exploring their life journeys, sharing the load of emotions they carry, brainstorming coping strategies for roadblocks they encounter, and identifying the strengths found within to help them continue the journey. We look forward to incorporating teens into future Camp Millies!

"(Our daughter) has started talking about her dad again. She's interested in his things and learning more about the times they spent together. Thank you for getting her to open up again!"



"Camp Millie was everything that we hoped it would be. (Our children) felt a sense of relief...because they realize they are not alone and that others their ages are having similar feelings...They wish that Camp went on for longer!"



"The thing that sets this camp apart is the wonderful, caring, empathetic people who work with the children. Thank you all for your time and expertise."

Our deepest gratitude to all of our volunteers: **Christina Beebe, Karen Bottger, Travis Brown, Kate Doyle, Jason Elrod, Barb Frankel, Gabby Frankin, Connie Fretz, Stacy Fromhold, Amy Gowing, Carol Hale, Kelly Hornack, Julia Kling, Christina Larken, Stacey Lukens, Joanna MacKnight, Kathie Makowski, Ashley March, Lauren Mehr, Amy Ramsey, Laura Russo, John Shane, Sherry Smith** and of course, **Clara**, our wonderful therapy dog!



THE CENTER FOR LOSS AND BEREAVEMENT

Children's Bereavement Program - Nello's Corner



Nello's Corner is a bereavement support program for children who have experienced the death of an immediate family member. The program also includes an adult component offering support to those actively caring for the grieving child. One of the groups, ages 6-8, wrote this letter to future Nello's kids, explaining what Nello's Corner is all about:



A grief activity using food coloring and bleach helps children talk about their feelings



Younger children especially like dramatic play

Dear Friends,
You can learn a lot about people that died with friends old and new. There's a lot of crafts that we do at Nello's. We have circle time where we tell about our feelings and we help each other. At first, you're nervous, but then it ends up being good and fun. It can be sad, but then we can be happy. We learn we can talk it through and get through it easier. You are not allowed to talk about what others say. That makes us feel safe. We meet others that have lost a loved one.
From your friends at Nello's Corner



A group member talks about his dad by showing a picture collage brought from home



Our annual family picnic offers Nello's Corner participants and their guests a chance to come together during the summer months, catch up with each other, and make connections with other families in the program. This year's picnic was held at Fischer's Park in Lansdale and included a memorial candle lighting.

Volunteers Recognized

Volunteers are at the heart of our children's programs. Each and every bit of time donated to the work of our Center is greatly appreciated. At our annual Volunteer Appreciation Dinner held in April, six volunteer facilitators were specially recognized for giving over 100 hours of service to the children of Nello's Corner and/or Camp Millie.

Nello's Corner facilitators will be kicking off the new year of groups with a Mini-Training Meeting on Thursday, September 10 at 7 p.m.



Pictured with Lois and Mary are honorees Jean Flannigan-Termine, Barbara Frankel, Jake Marron, and Sherry Smith. Jessica Wills and Allison Seponara (not pictured) were recognized at a later time.

The Nello's Corner Program will resume the week of September 15th. Groups are scheduled on Tuesdays and Wednesdays according to age. New participants are welcome at any time throughout the year. Nello's Corner is a donation-based program. Please call 610-222-4115 for registration information.

Board of Directors:

Christine Smith, Board President

Shirley Elrod, Executive Director

Connie Fretz, RN

Anna Hillman, CPA

Marilyn Pennapacker

Carl Sensenig

Christopher Smith

Kathleen Thomas, Esq.

Ellen Watson

Celebrate with us in 2010!



Center for Loss and Bereavement's

10th Year Anniversary

Check our website often for
upcoming special events!

The Center for Loss and Bereavement

Website: www.bereavementcenter.org

Phone (610) 222-4110 Fax (610) 222-4116

Staff Directory:

Christine Smith	Board President, Co-Founder	---	cjs@bereavementcenter.org
Shirley Elrod	Executive Director, Co-Founder	ext. 102,	sje@bereavementcenter.org
Beth Douglass	Community Outreach & Development Coordinator	ext. 101,	bad@bereavementcenter.org
Claire Drexler	Therapist	ext. 104,	csd@bereavementcenter.org
Mary Flenders	Nello's Corner Coordinator	ext. 119,	mf@bereavementcenter.org
Lois Harris	Program Director	ext. 118,	lh@bereavementcenter.org
Pat Keeney	Support Group Facilitator	ext. 120,	pak@bereavementcenter.org
Steve Keller	Therapist	ext. 105,	sk@bereavementcenter.org
Barbara Kimball	Therapist	ext. 121,	bnk@bereavementcenter.org
Emily Vincent	Clinical Director, Therapist	ext. 103,	emv@bereavementcenter.org

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