

Center Highlights

SPRING 2010



From the Founders -

Winter of 2000. The doors to the Center for Loss and Bereavement officially open. Our vision? To offer a warm and safe atmosphere that allows people to express and explore their thoughts and emotions while grieving. Our plans? To provide grief counseling and support group services. Our work began.

Fast forward (literally!) ten years. Same vision, many more plans. The last decade has been an amazing journey of continuously creating and developing our dream. Our earliest memories have us sitting in area diners, for hours on end, birthing the beginning of the Center. Today we look back on all that has happened as we celebrate our ten year anniversary and highlight our accomplishments:

- Professional grief counseling for all ages
- Specialized grief support groups for adults
- Children's bereavement support program, Nello's Corner
- Trainings:
 - ~ CEU and Act 48 for professionals
 - ~ For volunteers working in children's programs
- Children's bereavement camp, Camp Millie
- Volunteer program:
 - ~ Helping with mailings and events
 - ~ Facilitating children's programs
- Addition of a therapy dog
- Fundraising events

We look at each other and cannot believe the good fortune we have had with obtaining a top notch staff that carries our vision forward, as well as financial support from individuals and organizations that believe in our mission. We are thankful to see grieving people rebuild their lives and know we were able to help. We continue to dream about ways to develop the Center. We look forward to the years ahead. For now...Winter 2010. Same vision. More plans. Our work continues.

Shirley and Christine

Shirley Elrod, LMFT FT
Fellow in Thanatology -
Death, Dying and Bereavement
Christine Smith, MS



From left to right: Barbara Kimball,
Mary Flenders, Christine Smith,
Shirley Elrod, Claire Drexler, Steve Keller,
Pat Keeney, Lois Harris, Emily Vincent,
Beth Douglass, and our therapy dog, Clara

It's Time to Celebrate...

"Seasons of Hope" - 10 Year Anniversary Special Events

Please plan to join the Center for Loss and Bereavement in 2010 as we honor ten years of providing hope to the individuals and families who have entrusted us with their care.



"Swing Into Spring"

May 13, 2010

Fashion Show and Luncheon
Rivercrest Golf Club in Phoenixville
11:00 a.m. - 2:30 p.m.
Fashions provided by:



in Limerick

Raffles, gardening demonstrations, and a silent auction will highlight the day! Invitations will be mailed in early March.

"Harvest of Hope"



September 25, 2010
A Fall Fest!

Willow Creek Orchards
6:00 p.m. - 9:00 p.m.



A casual evening with live music, seasonal fare, local beer tasting, and horse and carriage rides. More details in our Fall newsletter.

Our appreciation to



for their sponsorship
of these two events

Please contact Beth Douglass for additional anniversary information or to be added to our mailing list: 610-222-4110, ext.101. Also visit our website often for additional details!

Local Skippack Business Owners Volunteer For Celebrity Bartending Night Hosted by Justin's Carriage House To Benefit the Center!

We gratefully acknowledge the following people and businesses for their support:

Justin Gambone of Justin's Carriage House
Roseanne Klementisz of Body Serene
Maureen Priest of Moyo Yoga Studio
Lowell Steinberg of Floral and Hardy
Craig Wolf of Green Wolf's Elegant Junque



From left to right:
Roseanne, Maureen, & Craig

The evening was fun and festive with prizes, raffles, and holiday music. We are thankful for the generosity of time and support by these individuals.

Sponsor a Grieving Child...

Imagine what it must be like for a child, to suffer the loss of a parent, guardian, grandparent, or sibling. Imagine parenting that child, on a family journey of many unknowns and new feelings. It costs approximately \$1250 per child for our Center to provide on-going care and support in a place (Nello's Corner) where children and teens can come to share their experiences with peers in a supportive environment, while learning how to cope with the death of a loved one. Caregivers share with peers in learning how to support their grieving children, as well. Any donation, whether large or small, helps to defray our costs and makes it possible for these children and adults to receive this program's support at the Center.

Thank you for considering a contribution towards this program.

Thank You For Your Support

The Center for Loss and Bereavement's mission is continually dependent on the financial support of our generous donors. We take this opportunity to recognize the vital importance of the following individuals, businesses, and foundations in sustaining the Center's programs through each new year, enabling us to provide our services to the community. We are infinitely grateful for your commitment to us.

INDIVIDUAL DONATIONS

FOR 2009:

Deanna and Amanda Albanesius
• *In memory of Chris Albanesius*
John R. Alchin
Santosh Arora
• *In memory of Sanjay Arora*
Mary Jo and Josh Auman
• *In memory of Richard Auman*
Kelly Avrigian
Carolyn Barr*
• *In memory of Darrin L. Barr*
Kate Barrett
Kimberlee Beam
Lynn Benjamin
Bob and Carol Berardelli
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Mark and Joanne Bidwell*
• *In memory of Brenda Johnson*
Daniel and Elizabeth Boyson
Mrs. David Boreanaz
Joan and John Bown
• *In memory of Catherine Bown*
Jennifer Brady
Mary Jane and Dick Brant
• *In honor of Katie Brant*
The Burke Family
Jim and Gail Cagno
• *In memory of Alberta Freeston's lifetime devotion to children*
Patricia Campbell*
• *In memory of Mary G. and John V. Campbell and John B. Campbell*
• *In memory of Carl Harbold and Joan Wiley*
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Dorney and Beth Douglass
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Helen H. Ecker
• *In memory of Harry B. Ecker*
Bill Egan
Gail Elrod*
• *In memory of Wade Elrod*
Shannon Elrod*
• *In honor of my mother*
Leaman Epps-Deans
• *In memory of Alicia and Cornelia Deans*
Pamela Euteneuer*
Ed and Carla Evans
• *In memory of Grace Tordonato*
Jane Evans
Donald and Genevia Ewald
• *In memory of Bert Freeston*
Cathy Farrell
John and Colleen Feras
• *In memory of Jack Thomson*
Carol Fleck
Ellen Flynn
Heather Franklin*
Eugene Frayda
Jack Freeston
• *In memory of my mother, Bert Freeston for her love and lifetime commitment to children*
Leigh Frosch
• *In memory of Richard Duszak*
Tom and Joyce Galloway
Alice and Rob Gassner*
• *In memory of Judith Gassner*
• *In memory of Diane Bozorth*
Ann Marie Geiger
• *In memory of Rosarie Geiger*
Barbara and Tim Gilbert
• *In memory of Sharon Carter*
Amy Gowing
James and Sara Gowing*
Jim and Katie Haig
• *In memory of our parents*
Michael and Patricia Hallden-Abberton
• *In memory of Alberta Freeston*
Patricia Harmer
• *In memory of Alberta Freeston*
Herb and M.M. Harris
• *In memory of John D. Thomson*

Gordon Hart
Dr. Wini and Mr. Robert Hayes
Dottie Heebner
• *In memory of Ken Reburn*
Doris Houck
Andrea Cavitolo Kanton
• *In memory of Andrew Cavitolo*
Pat and Bob Keeney
Winnie Keller*
Jack and Carolyn Kelly
Allison Kerlin
• *In memory of my grandparents*
Raymond and Theresa Kerlin*
• *In memory of Nana and Papp*
Gloria Kimmel
• *In memory of Tom Kimmel*
Chase and Linda Kneeland
Linda Knoebel
John Konvalinka*
John and Sue Kreisher
• *In memory of Faith Elizabeth Wurtz and Mabel and Merrill King*
Janice and David Lamphere*
Jane Lichterman and Rob Cavello
• *In memory of Rashad Kaleem Ford-Bey*
Marilyn and Bill Loblely
• *In memory of Gregory M. Rowles*
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The Luna Family
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Joe and Karen Maglaty
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• *In memory of Patrick Markley*
Jerry Maye
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Paul and Jeanne McDonald*
Irene McGoldrick
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Ralph and Ruth Meister
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Robert G. Muse
• *In memory of Karin Muse*
Doris Myers
Valerie and Aaron Myers
Debby Nichols
• *In memory of Aunti Ro Geiger*
Gail Novotny
Beverly and Sam O'Brien

Anne and Dave Oglevee
Patricia O'Shaughnessy*
• *In memory of Connor McKelvie*
Linda Oxenreiter
• *In memory of Brian Oxenreiter*
Joan Paltenstein
• *In memory of Alberta Freeston*
Francis and Mary Pagnotto
• *In memory of Timothy L. Fitch*
Donna and Jeff Pearson
Andrea and Andrew Pellegrino
Marilyn Pennapacker
• *In memory of Alma and Samuel Sproul*
Bonnie Platt
• *In memory of Alma Sproul*
Leonard and Roberta Podolin
Sandra Ritchie*
Dr. Betty Robinson
• *In memory of Irene and Robert James, late parents*
Rochelle Robinson
Pam Ross
• *In memory of Michael Ross*
Paul and Carol Rossi*
• *In honor of Jean M. Keyser*
Patricia Ruser and Family*
• *In memory of Michael R. Ruser, Sr.*
• *In honor of Robert and Carol Berardelli*
• *In honor of Rob and Alice Gassner*
Mary Schwenkler
• *In memory of Joseph J. Schwenkler*
Linda, Ted and Adam Segal*
• *In memory of Michael Glenn Segal*
Carl and Holly Sensenig*
Mr. and Mrs. Robert W. Sibel, Sr.*
• *In memory of our son, Robert W. Sibel, Jr.*
Mary Skoien
Christopher and Ashley Smith*
Drew and Melissa Smith*
Ken and Sara Smith and Family
• *In memory of Alberta Freeston*
Oliver and Rosalie Smith
Robert G. Smith
Joe and Sue Somers
• *In honor of our family*
Sara Ann Swavely
Mike and Cindy Tallent
Art and Ginny Tinner
Scott Trevathan and Luke Grass*
• *In memory of Sue Grass*
Bob and Sue Vincent
Ellen and Dave Watson
• *In memory of Joan Wiley*

Sandy and Wayne Weaver
• *In loving memory of Alberta Freeston*
Claudia White
Flavia Ellis White
Frances A. Witte
Mr. and Mrs. Thomas R. Whitesell*
Judy and Paul Wickersham
H. Drake and Sandra S. Williams
David and Carol Wisler
• *In memory of Kirk E. Wisler*
Joan and Jim Wynn
• *In memory of June Davis and James R. Wendling*

BUSINESSES / ORGANIZATIONS:

Central Schwenkfelder Church - Ladies Aid Society
Green Tree Church of Brethren Merchants of Skippack
Merck Partnership for Giving (matching gifts)
Pfizer, Inc. - United Way Campaign (matching funds)
Phi Alpha Sorority*
PJM Interconnections
Wentz Women's Guild

FOUNDATIONS:

The Bown Family Charitable Fund
The David Glen Bradley Memorial Fund
• *In memory of David Glenn Bradley*
Gifts of Joy Foundation
The Andrea Cavitolo Kantor Foundation
• *In memory of Andrew Cavitolo*
David Kidwell Memorial Fund
• *In memory of David Kidwell*
Mennonite Memorial Foundation
Nello Memorial Fund
The Parlanti Family Foundation
Aileen and Brian Roberts Foundation
The Suzanne and Ralph Roberts Foundation
Worcester Township Charity Fund Drive

Shirley and Brad Elrod
• *In celebration of Tom and Erica's wedding*
Lawrence and Christine Smith Charitable Trust
• *In memory of Ann Jenkins Wollpert, her son, Worth, and our beloved parents*

(*)TWO DONATIONS MADE IN 2009



THE CENTER FOR LOSS AND BEREAVEMENT

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

Camp Millie 2010



June 21, 22, 23, 24
9:00 a.m. – 1:30 p.m.



Hitch up your covered wagon and mosey on over to the Center's summer bereavement program called **Camp Millie**. Designed to connect children and teens ages 6-14 with other peers who are grieving the death of a parent or sibling, **Camp Millie** invites children into an environment of safety and fun in all that is shared and played. This year our "Westward Ho" theme will take the kids on an imaginary journey westward, incorporating images of exploration into unknown territory and survival during change. New friends, ideas and experiences lay ahead for both campers and volunteers together as we saddle up for adventure.

Camp Millie is held at the Variety Club Camp and Developmental Center in Worcester, PA, just 5 minutes from the Center. The fee per camper is \$75.00 and includes all activities such as swimming, beverages, snacks, lunch on the last day of camp, and tee shirts.

Discounts are offered for families with multiple children.
Campers provide their own transportation and bag lunches.

Families of potential campers are encouraged to contact the Center at 610-222-4115.

Campers ages 12-14 spend part of their day as volunteers with Camp activities.



Volunteer Facilitator Training - April 9th, 10th, and 17th 9:00 a.m. – 4:00 p.m.

Are you young at heart and do you enjoy spending time with kids? Why not consider joining the team of volunteers who work with the children in the on-going support group program, Nello's Corner, or our four-day summer bereavement program, **Camp Millie**? Training provides an understanding of the grief process, offers practical skills for working with children as a grief facilitator in a support setting, gives opportunities to explore awareness of personal beliefs and experiences with loss, and provides a group experience with professional staff and peers from all walks of life. Volunteer opportunities and the volunteer application may be found on our website or by calling 610-222-4115.



Attention College Students:

Are you a student who enjoys working with children and is studying psychology or a related field in college? Would you like to gain some valuable hands-on experience in the bereavement field? Our **Camp Millie** staff is looking for a qualified individual to work as Camp Intern at our four day bereavement camp held during the last week of June. The student would attend four preparation meetings, work with experienced staff during camp, and attend a post-camp meeting. A small stipend is given for completion of duties.

Participation in the Spring Volunteer Facilitator Training enhances the intern experience and is strongly encouraged. Please call 610-222-4115 or email Lois at lh@bereavementcenter.org if you are interested in applying.





THE CENTER FOR LOSS AND BEREAVEMENT

Children's Bereavement Program - Nello's Corner



What is Nello's Corner?

Nello's Corner is the Center's bereavement support group program for children ages 4-17 who have experienced the death of an immediate family member. Groups are age specific and meet every other week from September through early June. Families may join at anytime.

Referral and Placement Process

Families contact the Center directly to inquire about Nello's Corner. Often they learn of the program through school counselors or participating families who have experienced the benefits of these peer support groups. Pre-registration and a visit to the Center is required before assignment is made to a group.



Memory Square Night

The Nello's Corner Annual Family Memory Square Night was held on December 3rd for families currently participating in the program. The children eagerly arrived, selected their fabric, ironed on pictures, and created that special touch by adding messages and meaningful drawings. Attendance at this event has steadily increased each year, speaking to the importance of commemorating and memorializing the lives of those who have died.

WISH LIST

- Tacky, craft glue
- Empty thread spools
- Baby food jars with lids
- Colored yarn, raffia and pipe cleaners
- 1/2 gallon cardboard juice or milk cartons
 - Lids from frozen juice containers
 - Plastic gallon milk jugs
- Feathers
- Jar lids- all sizes
- Felt
- Wide ties
- Fabric paints
- Buttons

Thank You!

SEASONAL ADULT SUPPORT GROUP PROGRAM

On-going

Twice-a-month Young Adult Loss – For those ages post high school - 28 years who have experienced a significant loss.
Every other Wednesday: 1/20, 2/3, 2/17, 3/3, 3/17, 3/31, 4/14, 4/28
7:00 p.m. – 8:15 p.m.

Monthly Loss of Child – For parents who have experienced the death of a child as an older teen or adult.
2nd Monday: 2/8, 3/8, 4/12, 5/10, 6/14, 7/12 7:00 p.m. – 8:15 p.m.

Late Winter Session

Younger Loss of Spouse – For young women coping with family, relationships, and life after the death of a spouse.
Morning or Evening Options: 1/21, 1/28, 2/4, 2/11, 2/18, 2/25

Loss of Spouse or Partner – Age-specific groups offered for men and women.
Six Thursday Evenings: 2/18, 2/25, 3/4, 3/11, 3/18, 3/25
7:00 p.m. – 8:15 p.m.

Adult Loss of a Parent – For men and women who are grieving the loss of a parent as an adult.
Six Monday Evenings: 2/22, 3/1, 3/8, 3/15, 3/22, 3/29
7:00 p.m. – 8:15 p.m.

Spring Session

Support for Suicide Loss – For any adult whose life has been affected by suicide.
Six Monday Evenings: 4/19, 4/26, 5/3, 5/10, 5/17, 5/24
7:00 p.m. – 8:15 p.m.

Mature Loss of Spouse or Partner – For retired men and women.
Six Tuesday Afternoons: 4/20, 4/27, 5/4, 5/11, 5/18, 5/25
1:30 p.m. – 2:45 p.m.

Loss of Spouse or Partner – Age specific groups offered for men and women.
Six Thursday Evenings: 4/22, 4/29, 5/6, 5/13, 5/20, 5/27
7:00 p.m. – 8:15 p.m.

Specific groups and dates listed are subject to change based on total registration (at least six registrations are required). Sessions are for six weeks unless noted as on-going.

Groups listed below will be scheduled as interest is expressed:
~ *Motherless Daughters* ~ *Support for Caregivers*
~ *Grieving the Loss of a Sibling* ~ *Men's Loss Support*
~ *Chronic Illness and Disability Support*



SPRING PROFESSIONAL ROUNDTABLE TRAINING

We have had another successful year of small group trainings designed for professionals interested in expanding their understanding of grief and loss. Spring is the perfect time to take advantage of our next workshop: **The ABC's of Children's Grief, K-12** to be held at the Center on March 25, 2010 from 9:00 to 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. There is still time to register! Cost is \$60. For further information contact Claire Drexler at 610-222-4110, ext.104 or visit us at www.bereavementcenter.org to access information and the registration form.

Board of Directors:

<i>Christine Smith, Board President</i>	<i>Carl Sensenig</i>
<i>Shirley Elrod, Executive Director</i>	<i>Christopher Smith</i>
<i>Connie Fretz, RN</i>	<i>Kathleen Thomas, Esq.</i>
<i>Anna Hillman, CPA</i>	<i>Ellen Watson</i>
<i>Marilyn Pennapacker</i>	



SAVE the DATES

for our "Seasons of Hope"



10th Anniversary Fundraisers

May 13th & September 25th

Please join us ~ see inside for details!

The Center for Loss and Bereavement

Website: www.bereavementcenter.org

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

Staff Directory:

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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

If you no longer wish to receive our newsletter, please contact Beth Douglass at 610-222-4110, x.101 or bad@bereavementcenter.org

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The Center for Loss and Bereavement

