

## *The Window by Rumi*

Your body is away from me  
but there is a window open  
from my heart to yours.

From this window, like the moon  
I keep sending news secretly.



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Charlottesville, VA 22911



# HORIZONS

SUMMER 2022

A publication of Hospice of the Piedmont's Center for Grief and Healing & Center for Children

Dear Friend,

*Whether you are grieving the death of a beloved, anticipating loss, or working with those who are grieving, we invite you to reach out to us for support or dialogue. Like you, many of us here at Hospice of the Piedmont have navigated loss and have met grief in one form or another. And, like you, we continue to cope with effects of the pandemic and doing our best to take care of each other and those we love. We are dedicated to abiding with each other and with you on this life journey both to heal and to live as graciously and fully as each day allows. We hope the articles, quotes, programs, and events we share with you will lift you up in some way. Peace to you and those you love.*

~ Center for Grief & Healing Staff



Hospice of the Piedmont, the oldest and most experienced hospice in the region, has provided expert, compassionate comfort care and symptom management to tens of thousands of terminally ill patients since 1980. We pride ourselves in companioning those who are dying, family members and friends who are caring for their loved ones, and those who are grieving.

Our Center for Grief & Healing bereavement team has created a continuum of care that supports the entire family on the end-of-life journey. We offer ongoing bereavement support for everyone during a time of significant concern, worry, stress, and grief, from children to adults; for those whose loved one participated in our hospice program and for community members who are navigating the loss of a beloved.

We offer many programs that provide those experiencing a loss with an understanding and supportive environment in which to process their grief and work on healing in the year following a loved one's death. Our support groups, events, workshops, camps, and counseling for adults, teens, and children encourage a healthy adjustment to feelings of loss. Due to the COVID-19 pandemic, most of our programs have moved to an online or telehealth platform and will continue in this format as long as needed.

Our one-of-a-kind Center for Children supports kids and teens, as well as their families, with comprehensive, compassionate, non-medical services and a safe and positive place to learn and grieve. Our Center for Children art therapy team offers two distinct programs for children and adolescents.

Our Journeys program uses expressive music and art therapy to help kids ages four to eighteen express their feelings about the loss of a loved one, cope with the death process, and create memories in a safe and caring environment. This program includes individual counseling by our caring and professional bereavement specialists.

Our OASIS group connects teens who have experienced the death of a significant person in their lives with each other to learn about grief and creative ways to work through it. The OASIS program is made possible thanks to a generous grant from the Wardle Family Foundation.

Our bereavement services are available to adults, children and families in our 12-county service area: Albemarle, Augusta, Buckingham, Culpeper, Fauquier, Fluvanna, Greene, Louisa, Madison, Nelson, Orange, and Rappahannock and all services are provided at no cost thanks to generous community philanthropy. If you are interested in making a donation to the Center for Grief and Healing or the Center for Children, please call (434) 817-6900 or visit [hopva.org/give](http://hopva.org/give).



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# CENTER FOR GRIEF AND HEALING STAFF



**Craig Wilt, MA, MEd, CT, CBT, CECR**

Craig Wilt has been a member of the Hospice of the Piedmont team for over twenty years. Prior to this time, Craig worked for many years in the field of human services and as a missionary and he realizes that he has been truly blessed by his many life experiences, which, he believes, helped prepare him for his work in grief-care counseling at Hospice of the Piedmont. For Craig, grief-care is all about hope and finding renewed meaning and purpose in life, and he has always been in awe of the strength, courage, and faith of those journeying through the healing-grief process and with whom he has been privileged to accompany and support.



**Jordan Shover, MA  
Resident in Counseling**

Jordan has spent her time working in different therapeutic environments. Some of the work she has done as a counselor includes crisis stabilization, outpatient counselor with residents at Bridgewater Retirement Community, and outpatient counselor with the Arrow Project. She enjoys working with all ages but has a deep passion for working with elders. She has worked in the mental health field with clients who experience a variety of needs including crisis, substance use, trauma/PTSD, anxiety, depression, family conflict, death and dying, meaning making, loss of autonomy, and interpersonal relationships. She works collaboratively with clients from an integrative approach to ensure each clients treatment and goals are individualized.



**Kris Shafer, MA  
Resident in Counseling**

Kris interned with HOP last year and returned to work with us again as a Resident in Counseling. Kris is an Army Veteran. When she left military service she and her husband moved to Charlottesville, where they raised their two children. Kris decided she wanted to work in a helping profession and completed her MA in Counseling in May! Both of her parents were hospice patients, and she feels that working at Hospice of the Piedmont's Center for Grief and Healing is a great place to serve her community. We are grateful for her return.



**Rene Bond, LCSW  
Group Facilitator**

Rene has been with HOP for over 14 years and is a cherished member of our staff. She facilitates workshops and grief support groups for HOP and community members at The Center. Rene is an avid walker and has a deep connection to the outdoors.

**Shirley Paul, M.S.  
Group Facilitator**

Shirley has been with Hospice of the Piedmont for more than eight years. Shirley facilitates workshops and co-facilitates grief support groups. She is an important mentor for students and new staff. Shirley is an artist and dedicated to making the world a more beautiful place.

# CENTER FOR CHILDREN STAFF



**Kacie Karafa  
Art Therapist and Center for  
Children Coordinator**

Kacie has been building the Center for Children for 20 years with Stephanie and Darlene. She is a board-certified and registered art therapist who trained at the School of the Art Institute of Chicago. Kacie is energized by being around children and teens especially when interacting with art materials. In her free time, she enjoys her family, knitting, drawing, and exploring the outdoors.



**Stephanie Wilson  
Art Therapist**

Stephanie describes herself as a “Townie.” She grew up in Charlottesville, attended Saint Anne’s Belfield School and married a “townie” also. They have three wonderful children, two dogs, Angus cattle and live on a scenic farm in Keswick. When not outdoors enjoying the sunshine, she spends her time happily knitting sweaters and has her hands busy at all times! She received her undergraduate degree from Denison University in Granville, Ohio and her master’s degree in Creative Arts in Therapy from Hahnemann Medical College. She has considered it a privilege to provide grief support to children through Hospice of the Piedmont for nearly twenty years. Her job is extremely rewarding and provides her with pride and a sense of fulfillment.



**Darlene Green  
Art Therapist**

Darlene came to the Center for Children in 2016 to work with Stephanie and Kacie. She is a board-certified and registered art therapist who received her degree from Saint Mary of the Woods College in Indiana. Darlene loves making art with children and their families and helping them in their grief journey. She enjoys spending time with her husband and two boxers, gardening, traveling, fiber arts and exploring new art techniques.



**Renee Lucas,  
Center for Grief and Healing  
and Center for Children  
Administrative Coordinator**

Renee was born and raised in Madison, VA. She graduated from Old Dominion University with a Bachelor’s in Human Services. She loves spending time outside and with friends and family. She has one older brother and two dogs - a Jack Russell named Wendy and a lab named Onyx!



# IN-PERSON GROUPS

**General Grief Group (Charlottesville)**

A facilitated eight-week support group offering participants an opportunity to explore grief themes and share strategies for navigating grief in a community of trust. A book and journal will be provided. **Meets on Thursdays 5:30 – 6:30pm, starting on July 7 and ending September 1.** Registration for the group will close June 28.

**Loss of Spouse/Partner Women’s Group (Charlottesville)**

Our loss of a spouse or life partner support group provides a safe place to connect with other women who have experienced a similar loss. This group will be a structured group with guided reading. Books and journals will be provided. **Meets on Tuesdays, starting on August 9 from 4–5:15 pm.**

*A word about support ...*

Grief is a universal emotion and natural part of healing. The Center for Grief and Healing offers adults, children, families, and friends many ways to process their loss and heal after the death of a loved one in a supported, safe environment. Individual support and a variety of support groups are available.

*If your loss is recent, please contact us before attending a group.*

**Pre-registration required for all groups. Please call 434.817.6915 or email [groupregistration@hopva.org](mailto:groupregistration@hopva.org)**





## PROGRAMS AND EVENTS

### CENTER FOR GRIEF & HEALING

#### Zoom Groups - Groups will be offered virtually as long as needed

##### Drop-In Support Group for General Grief

Wednesdays from 3 – 4pm

Grieving the loss of a loved one is a painful, yet natural part of healing. We are here to help you navigate through that process. Please join in for a drop-in support group where grief due to any loss will be shared and supported. We will be offering two separate times and days for drop in. Begins May 4, 2022 and ends on July 27. *Participants can attend just one time or as many times as needed.*

##### Drop-In Caregiver's Group

A virtual caregiver's group is a time for caregivers to give back to themselves. A time to process things such as identity, anticipatory grief, and self-care. Please join us where we will provide space to those who are constantly helping other, help themselves. Meets on Wednesdays, Starting July 6 from 1–2 pm and ending August 31. *Participants can attend just one time or as many times as needed.*

##### Drop-In Loss of Spouse/Partner Women's Group

This will be a process group specifically for women those who have lost a partner/spouse to have a continued place to connect with those who have experience a similar loss. Meets on Mondays starting August 8, from 4:30-5:30pm. *Participants can attend just one time or as many times as needed.*

##### Men's Grief Support Group

Participants will learn about the unique ways that men grieve a loss, as well as have an opportunity to talk with other men who are going through a similar experience. Meets on Thursdays, starting July 14 through August 18 from 3-4pm.

##### Remembering Our Children

(Hybrid - Zoom and in-person)

If you are a parent who has experienced the death of your child (of any age), we invite you to join us for grief education, support, and healing. Meets on the first Monday of every month from 5:30–6:30 pm.

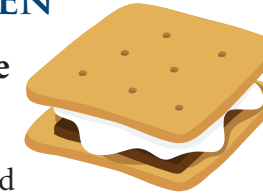
## PROGRAMS AND EVENTS

### CENTER FOR CHILDREN

##### S'more Journeys Camp@Home

5:30 p.m. on Zoom

Join Journeys families for activity time with special guest presenters and Journeys art therapists. Families will be encouraged to remember loved ones, express feelings, learn coping skills, and have fun together. Highlights include receiving Camp@Home materials, creating art projects to share, enjoying s'mores with a virtual campfire, making music and song writing, remembering and more. Ages 4-12 welcome! Thursday, June 9



##### Oasis Teen Group at 5 p.m. on Zoom

Teens will gather on screen with peers who know what it is like to experience the death of someone they love. Oasis will meet Tuesdays at 5 p.m. over Zoom for discussion, art and support. We will connect with each other, do expressive activities, and share our joys and concerns. Unique grief topics will be explored, and each teen will find that they are not alone. Groups facilitated by board certified, registered art therapists. Tuesday, June 21

##### Summer Break in July and August

Programming will resume in September. Individual art therapy sessions will be available as needed.

Register by calling 434.817.6915 or contacting [journeys@hopva.org](mailto:journeys@hopva.org)

##### Journey's Fall Bereavement Camp

Children ages 5-17 who have lost a person close to them are invited to attend this full-day outdoor camp. The camp will be hosted by Living Earth School in a beautiful natural setting. Children and teens will be involved in nature-focused and expressive activities to promote grief healing. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

Saturday, October 8, Time & Location - TBD

## PAPER MEMORY CHAINS

An easy art activity to help your grieving child is a memory chain. Remembering the person who died is a great way to keep them in your heart. The supplies for the project are markers, construction paper or white paper, scissors and tape.

- Cut strips of paper across the width as pictured below. You may also use plain white paper and decorate one side with markers to create colorful links.
- On one side of the paper strip, child can draw or write about memories with their person. They might also write or draw about qualities the person had, or their person's favorite things.
- Fasten two ends of one strip together with tape. The memories can be on the inside or the outside.
- Loop the remaining strips one by one to each other as shown on right.



## OUR NEW CHILDREN'S BEREAVEMENT COUNSELOR

Ally Lotter is excited to be working as the new Children's Bereavement Counselor for the Rapidan team serving our Northern county service area. She has immense passion for working with grieving children and guiding them through their grief journey. She received her bachelor's degree in Social Work from Marshall University in Huntington, West Virginia, and her master's degree in Social Work from Radford University. She has been working with grieving children since 2015. During this time, she has been volunteering at children bereavement camps around the county and working in Baltimore City as a social worker at a family grief center. Ally wants all children to feel supported during their grief journey and know that their feelings are normal and valid. In her free time, she enjoys going on walks with her dog, baking and spending time with friends and family.



# THE INDEPENDENCE OF GRIEF

by Patti Anewalt, PhD, LPC, FT, Director, Pathways Center for Grief & Loss

Grief can seem to have a life of its own, independent of your hopes or expectations. Similar to a volcano, it can have a dormant state as well as an active state, and even when not consciously felt, it is there within you. While often thought of as occurring only after the death of a loved one, grief can be experienced in a profound way as soon as changes start to occur. Many people can pinpoint the beginning of their grief journey to the time of a serious diagnosis. They realize it is present even as their loved one is seeking a cure, as though starting to prepare for the many losses ahead.

Along the way, grief can manifest in ways that catch us off guard, such as fatigue, tearfulness, irritability, difficulty concentrating, loss of interest in activities, difficulty sleeping, increased sleep, restlessness, and change in appetite.

Dealing with grief starts with naming and recognizing it. In doing so, you begin to feel a little more in control. Part of grief's independence is its ability to appear when you least expect it; at a special family function, while performing routine home tasks or driving in your car. You may be energized to keep active as you try to stay one step ahead of it. Perhaps you tend to withdraw from people you normally enjoy. You may be more sensitive to the emotions of those around you. Many describe their grief as being like a roller coaster or like waves in the ocean. Just when you think you are doing a little better, another memory or reminder takes you by surprise and you once again feel "thrown" into the depths of grief. What's important to remember is that "this too shall pass" and, in time, there will be more good moments and fewer painful ones.

Grief impacts not only your emotions, but also your mind, body and spirit. Try as you might, it's hard to avoid. It demands to be recognized and worked through because that's what helps you discover some relief. Your grief is comprised of all the reactions you have in response to loss. Although people tend to use the terms grief and mourning interchangeably, mourning is the process involved in how you adapt to the loss—what you do with your grief reactions. Be aware of what seems most helpful to you during this difficult time. Think about what has helped you cope with difficult times in the past. Try to set aside any expectations you have about how you "should" be grieving. So rather than block out or ignore them, find healthy ways to express your feelings as they arise. Let family members and friends know what you need. Many are surprised how helpful it can be to attend a hospice support group.

Your feelings are normal even though it doesn't seem like it. Know that you are more resilient than you feel; you will get through this difficult time. Moving toward the pain of loss may not be easy, but it is the path toward healing and growth. So be patient with yourself and the seemingly independent nature of your grief. It is difficult to allow yourself to feel what you may have spent time trying to avoid. Try to trust that if you feel the sorrow of grief, you will, in time, come to know joy again.

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