

HORIZONS

a Publication of Hospice of the Piedmont's Grief and Healing & Kids' Grief and Healing Programs

Dear Friend,

Whether you are grieving the death of a loved one, anticipating loss, or working with those who are grieving, we invite you to reach out to us for support.

Hospice of the Piedmont, the oldest and most experienced hospice in the region, has provided compassionate, expert care and symptom management for tens of thousands of terminally ill patients since 1980.

Our Grief and Healing teams have created a continuum of care that supports the entire family on the end-of-life journey. We offer ongoing grief and healing support for everyone during challenging times.

We hope you'll take advantage of the advice and support included in this publication.

Sincerely,

The Grief & Healing Staff at

HOSPICE OF THE *Piedmont*

Email: grief@hopva.org

HELPING YOU NAVIGATE YOUR GRIEF

Everyone experiences loss at some point in their life. That's why we offer free, ongoing bereavement support groups for the entire community, whether your loved one used our hospice services or not.

From support groups and memorial services to connections with community resources and more, we help individuals, families, and communities live forward after loss. No one should have to cope with loss alone.

We provide grief support groups to anyone who needs them, even if their loved one wasn't in our care. These groups can:

- Help you understand how your grief is normal
- Explain what to expect in the grieving process
- Provide a safe space to talk about your grief
- Connect you with others experiencing the loss of a loved one
- Identify additional community resources and counselors

Our website (hopva.org/grief) has information about our services, a calendar of upcoming support groups, and additional bereavement resources.

For adults 18 years and older who have lost a loved one enrolled in our Hospice or Palliative services, we offer 13 months of free individual counseling services.

For children and teens who have lost a loved one, whether that person was in our services or not, we offer short-term individual counseling support with our licensed art therapists, workshops, and daylong outdoor camps. To see our calendar of upcoming events and access free resources for children, visit hopva.org/kids.

If you are interested in taking advantage of any of our bereavement services or would like to learn more, please call us at 434-817-6915 or email us at GriefAndHealing@hopva.org.

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SPRING 2024

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**
Email: **register@hopva.org**
Visit: **hopva.org/grief**



ZOOM GROUPS

Drop-In Support Group for General Grief

*Wednesday from 3:00–4:00pm
January 10th to March 27th (on Zoom)*

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 this drop-in support group where grief due to any loss by death will be shared and supported.

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

*Mondays from 4:30–5:30pm
January 8th to June 10th (on Zoom)*

This will be an open drop-in group specifically for women who have lost a partner or spouse to connect with those who have experienced a similar loss.

Drop-In Young Adult Loss Group

*Tuesdays from 1:00–2:00pm and/or
Tuesdays from 5:00–6:00pm
February 13th to March 26th (on Zoom)*

Our young adult support group provides a safe place to connect with others who have experienced a similar loss and is open to anyone between the ages of 18 and 45.

Drop-In Yogic Healing

*Fridays from 6:00–7:00pm
March 8th to April 26th (on Zoom)*

Guided trauma-informed sessions will include Yin and Restorative practice to soothe the nervous system and relieve the exhaustion and fatigue of grief.

Yogic Healing Workshop

*Saturday Time TBD
Noon–1:00pm or 3:00–4:00pm
April 6th (on Zoom)*

This focused workshop will explore various yogic techniques of breathwork, asana, and somatic practice to sit with, hold space for, and move through the complexities of grief within the physical and energetic bodies.

*The Grief and Healing program
is made possible thanks to
generous community philanthropy.*

ADDITIONAL SPRING 2024 GROUPS

IN-PERSON GROUPS

General Grief Group

Thursdays from 5:30–6:30pm
April 18th to June 6th
(C'ville Office)

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.

Loss of Spouse/Partner Women's Group

Tuesdays from 3:30–4:45pm
April 2nd to May 28th
(C'ville Office)

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 structured with guided reading. A book will be provided.

Mother's Day Workshop

Saturday from 3:00–4:30pm
May 4th
(Back Patio of C'ville Office)

Mother's Day can be a challenging time for anyone who has lost their mother or mother figure. In this workshop, we will come together to share memories of our mothers, honor their gifts, and reflect on their continued presence in our lives by using expressive arts. We will provide supplies for the art activity.

HYBRID GROUPS

Remembering Our Children

Mondays from 5:30–6:30pm
First Monday of Every Month
(Zoom and In-Person in C'ville)

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.

Pet Loss Workshop

Thursday from Noon–1:00pm
March 21st
(Zoom and In-Person in C'ville)

If you have experienced the death of a pet, we invite you to join us for grief education, support, and healing for a one-time pet loss workshop. We will offer this workshop online (we will send a Zoom link) and in person in our Charlottesville office.

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**
Email: **register@hopva.org**
Visit: **hopva.org/grief**

Scan to
Learn More



THE GRIEF & HEALING TEAM



JORDAN PHILLIPS, MA
GRIEF AND HEALING COUNSELOR /
MANAGER

Prior to joining HOP, Jordan was an outpatient counselor with residents at Bridgewater Retirement Community and the Arrow Project. She has worked with clients with multiple needs, including crisis, substance use, trauma/PTSD, anxiety, depression, family conflict, death and dying, meaning-making, loss of autonomy, and interpersonal relationships. She enjoys working with all ages but is passionate about working with elders. She focuses on collaborating with clients to individualize their treatment and goals.



CRAIG WILT,
MA, MED, CT, CBT, CECR
GRIEF AND HEALING COUNSELOR /
COORDINATOR

Craig Wilt has been a member of the HOP team for over twenty years. Previously, Craig worked in human services and as a missionary. He has been blessed by his life experiences, which, he believes, helped prepare him for his work in grief-care counseling. For Craig, grief care is about hope and finding renewed meaning and purpose. He is routinely awestruck by the strength, courage, and faith of those journeying through the healing-grief process.



KRIS SHAFER, MA
GRIEF AND HEALING COUNSELOR

Kris interned with HOP in 2020 and is now a volunteer member of the HOP counseling team. She is an Army Veteran, and when she left military service, she and her husband moved to Charlottesville, where they raised their two children. Both of her parents were hospice patients, and Kris feels honored to work with HOP families and provide a safe space to navigate grief. Kris uses a collaborative and compassionate approach to foster resilience, healing, and hope for finding renewed meaning and joy in life.



TERESA HAASE, PHD, LPC, ACS
CLINICAL SUPERVISOR

Dr. Teresa J. Haase is a Licensed Professional Counselor and a Clinical Supervisor of Residents in Counseling for Grief and Healing Services at Hospice of the Piedmont. Teresa has been working in the mental health field for over twenty years, specializing in grief and loss, the integration of the humanities in counseling, and adolescent development.



JEFFREY C. FRACHER, PHD
VOLUNTEER GROUP FACILITATOR

Jeff is a retired Clinical Psychologist. He practiced clinical psychology for 44 years in NJ and VA. A native Virginian, he lives in Charlottesville with his wife of 50 years, Kay, and his two beloved rescued Golden retrievers, Kaiya and Khema. He has two adult sons. In addition to volunteering at HOP as a group facilitator, he is a clinical assistant professor in Clinical Psychology.



FRANCES PRYLUCK
VOLUNTEER GROUP FACILITATOR

Fran is from the Hudson Valley in New York, where she attended school, raised a family, and enjoyed a 40-year career as a Registered Nurse. After the death of her parents in 2005, she found herself searching for a better understanding of her grief. She enrolled in Pace University in Westchester County, New York, completing a Masters's degree in Grief and Loss Counseling. During her internship, she did palliative care work and facilitated bereavement groups at Orange Regional Medical Center in New York.



MARNITA SHEPHERD
VOLUNTEER GROUP FACILITATOR

Marnita is an Albemarle County native. She has four awesome sons and three cherished grandchildren. The time spent with them is the most priceless thing in her life. She loves the outdoors. Providing bereavement support and engaging with our grief support group is an added bonus.

THE KIDS' GRIEF & HEALING TEAM



KACIE KARAF

ART THERAPIST AND KIDS' GRIEF AND HEALING MANAGER
Kacie has been building the Kids' Grief and Healing program at HOP for two decades with her co-workers. She is a board-certified and registered art therapist who earned her master's degree in art therapy at the School of the Art Institute of Chicago. Kacie is happiest while helping others, spending time with children and teens, playing with art materials, knitting, drawing, and exploring nature.



ALLY LOTHER

KID'S GRIEF AND HEALING COUNSELOR
Ally is passionate about working with grieving children and guiding them through their grief journey. She received her bachelor's degree in Social Work from Marshall University and her master's degree in Social Work from Radford University. She has been working with grieving children since 2015. She has volunteered at children's bereavement camps around the country and worked 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 their feelings are normal and valid.



DARLENE GREEN

ART THERAPIST
Darlene came to the Hospice of the Piedmont in 2016. 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 boxer, gardening, traveling, fiber arts, and exploring new art techniques.



AMANDA HUMPHRIES

ADMINISTRATIVE COORDINATOR
Amanda spent five years in the US Navy as an Aviation Maintenance Administrationmen. She worked at Rockingham Memorial Hospital for almost eight years, caring for surgical, acute, and COVID patients. She has three children and enjoys spending time with her family and traveling to explore new places.

YOU'RE INVITED TO ATTEND OUR

Spring Memorial

Hospice of the Piedmont invites you to join with families, friends, staff, and volunteers to remember loved ones who have died during the past year. We will honor them through special readings, music, and sharing thoughts and memories. Light refreshments will be served at the memorial.

Please bring a single-stem flower with you to honor your loved one. This will be used during the remembrance ritual.



When:

Saturday, April 27th
3:00 - 4:30pm

Where:

Blue Ridge Presbyterian
6566 Spring Hill Rd
Ruckersville, VA

KIDS ART PROJECT: FAMILY MEMORY CAPSULE

This activity brings families together to create a special project, a "Family Memory Capsule." This is a chance to celebrate what makes each family member unique—our likes, talents, experiences, and memories. It's a way to honor and remember a loved one we've lost by sharing and learning from each other's memories.

Think about what you'd like to include in the capsule. It could be about you, the loved one who has passed, moments spent together, or even current events in your family or the world.

Once completed, the capsule can serve as a way for your family to share and talk about memories, or you can hide it to be found later, creating a treasure of memories for the future.

Supplies:

- Empty paper towel roll
- 8 ½ by 11 colored paper or wrapping paper
- Strips of paper, fabric, yarn, string, or ribbon
- Clear packing tape or scotch tape
- Markers, pen
- Assorted materials for decorating (magazine images or words, gift cards, duct tape, washi tape, stickers)
- Small memory items like buttons, beads, shells, and feathers that have special meaning



Instructions:

1. Gather the materials.
2. Write or draw these things on small pieces or strips of paper. Fold each paper into a small square and set aside.
3. Cover one end of the tube with a square of paper and seal it with tape.
4. Tuck the paper squares inside of the capsule. Place the small objects with special meanings inside the tube.
5. When you have finished putting folded paper pieces and small memory objects inside, cover the other end of the tube with a square of paper and seal it with tape.
6. Use colored paper, 8 ½ by 11, and draw on it to decorate or use wrapping paper. Wrap around the tube and tape.
7. Have fun decorating the outside of the capsule with any of your materials.



HOSPICE OF THE *Piedmont*
KIDS' GRIEF AND HEALING

SPRING 2024

JOURNEYS GRIEF CAMP

*Saturday, April 20th
8:45am–4:30pm
Triple C Camp (near Charlottesville)*

Children and teens ages 5-17 (18 if still in high school) who have lost a person close to them are invited to attend our full-day camps. All camps include activities like art therapy, music making, nature exploration, team-building, and remembering loved ones. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

OASIS GRIEF SUPPORT FOR TEENS

*Third Tuesday of the Month
5:30–7:00pm (In-Person)*

*HOP's Charlottesville & Culpeper Offices
(Contact us to participate via Zoom)*

Teens who know what it is like to experience the death of someone they love are invited to this monthly gathering. Oasis meets in person for discussion, art, and support. We will connect, 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 Master's Level Counselors. Ages 13-17 welcome!

The Kids' Grief and Healing program is made possible thanks to generous community philanthropy.

KIDS GRIEF FAMILY WORKSHOP

Second Thursday of the Month

*5:30–7:00pm (In-Person)
HOP's Charlottesville & Culpeper Offices*

Families of all kinds are invited to come together and honor their loved ones who have passed away by creating unique art projects. While kids are busy with their art, adults can join a support group to share their experiences and find comfort in connecting with others. Plus, we'll keep everyone fueled with some delicious pizza! All families with children ages 5 to 18 are welcome.

WEEKLY KIDS & FAMILY GRIEF SUPPORT SERIES

*Thursdays from 5:30pm–7:00pm
May 9th to June 13th*

*Held In-Person at HOP's
Charlottesville & Culpeper Offices*

Join us for a special weekly version of our Kids Grief Family Workshop. This weekly gathering provides an opportunity for families to build relationships with other families experiencing loss.

**Individual art therapy sessions
and school groups are
available upon request.**

Pre-registration is required for all groups.

Please call
434-817-6915
or email
kids@hopva.org





Be gentle with yourself.

Being gentle
allows healing.

www.hopva.org

YOUR PEACE
OUR PURPOSE

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