

Center Highlights

From the Founders -



Understanding nonprofit organizations can be confusing. Nonprofits rely heavily on support from people in their community. People committed to working in nonprofit environments, volunteers who give generously of their time and donors who give monetary gifts are valuable to the success of a nonprofit organization. Here are some fun statistics that might be of interest if you are someone who donates money or supports this type of organization:

- According to the National Center for Charitable Statistics (NCCS), more than 1.5 million nonprofit organizations are registered in the U.S.
- Nonprofit organizations employ approximately 13.5 million employees or nearly 10 percent of the U.S. workforce.
- A nonprofit organization is not “owned” by the person or persons that started it. It is a public organization that belongs to the public at-large.
- A volunteer’s time is worth \$23.00 per hour.
- Between Sept. 2013 and Sept. 2014, 62.8 million people volunteered at nonprofits.
- 72% of U.S. charitable giving comes from individuals.
- The average number of nonprofits that baby boomers give to is 4.5.
- The average number of nonprofits Generation Y donors give to is 3.3.
- From 2013 to 2015, there has been a total of 335.17 billion dollars donated to U.S. charitable causes.
- 16.6% of people donate on mobile devices.
- Nearly 10% of online donations are made on mobile devices.
- There has been an 8.9% increase in online fundraising in 2014.

If you are one of our supporters, we thank you. If you would like to get involved, please give us a call!

Shirley and Christine
Shirley Elrod, LMFT, FT
Christine Smith, MS
Co-founders

A Special Note of Thanks

The Center is happy to report that we were generously given 2 concert tickets to a Carrie Underwood show in March! With our counseling clients and support group members, the Center held a small raffle fundraiser where the lucky winner received the concert tickets in addition to a \$100 Visa card for parking and refreshments. Both of these prizes were anonymously donated to the Center, for which we and our winning patron are immensely grateful. The concert offered not only a night of entertaining fun for a grieving widow and mother of two, but also provided us all with a meaningful appreciation for the support of others. From all of those whom the Center’s services touch, a heartfelt thank you to the anonymous donor!



MEET OUR NEWEST STAFF MEMBER!



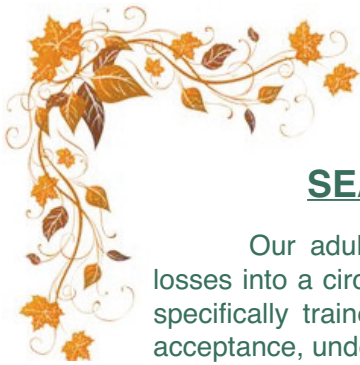
My name is Kim Burian and I feel truly honored to be part of the professional team at the Center. My background includes experience working specifically with women who have/had breast cancer and with adolescents in a high school and alternative school setting. I also have experience working for the Cancer Support Community, a nonprofit organization offering support to those whose lives have been affected by cancer.

I received my Master's Degree in Counseling from Rider University and am a member of the American Counseling Association. As a National Certified Counselor (NCC), I am currently working toward becoming a Licensed Professional Counselor (LPC). I completed the Thanatology Certificate Program at Bucks County Community College and am working toward obtaining a Certification in Thanatology (Death, Dying and Bereavement) through the Association for Death Education and Counseling (ADEC). I also hold certification in Secondary School Counseling.

Like so many, I have personal experience in untimely death and the journey toward healing. I have the upmost respect for each individual's unique situation. By communicating a deep sense of understanding and empathy, my goal is to create a safe, supportive environment to help clients find meaningful ways to navigate their grief. In addition to being a member of the clinical counseling staff, I am also very excited about participating in the facilitation of groups both for adults in specialized support groups and for children in our *Nello's Corner* and Camp Millie programs.

I am eager and grateful to be part of this important organization!

You are welcome to contact me at 610-222-4110, ext. 121 or kab@bereavementcenter.org.



SEASONAL ADULT SUPPORT GROUP PROGRAM

Our adult support group program gathers individuals with similar circumstances and losses into a circle of support and encouragement. All groups are guided by our Center's staff, specifically trained in grief and group facilitation. Participants can expect an atmosphere of acceptance, understanding and mutual respect while sharing their issues of coping with loss and living with hope.

Groups are not limited to those listed. We recently offered a summer college-bound teen group and are able to schedule Loss of a Sibling, Caregiver's Support Group and Loss due to Substance Issues if enough interest is shown. A registration form and fee are required (\$60 for six weeks/months).

Groups listed below are anticipated to have a fall start date. Please contact us for details.

Adult Loss of a Parent - Six Thursday Evenings

Support for Loss due to Suicide - Six Monday Evenings

Mature Loss of Spouse or Partner - Six Weekday afternoons

Loss of Spouse or Partner - Six Evenings for various age groups

Ongoing groups:

Monthly Loss of Child - Ongoing registration. For parents who have experienced the death of a child as an older teen or adult. 2nd Monday of the month, September - July
7:00 - 8:30 p.m.

Twice-A-Month Young Adult Grief Support Group - Ongoing registration. For men and women who are post high-school age - 29 years. **No charge.** Every other Wednesday, beginning September 7th 7:00 - 8:15 p.m.

Call Lois at 610-222-4110, ext. 118 to register.





THE CENTER FOR LOSS AND BEREAVEMENT

Children's Bereavement Program - Nello's Corner



Managing the Roller Coaster

The unpredictability of how a child or teen will grieve and cope following a death can be very unsettling for the adults who love and care for them. Families often compare it to being on a roller coaster – ups/downs, loops/turns, backwards/forwards. In the midst of this ride, the children's programs of the Center may offer a bit of stability and focus for all family members, perhaps helping to manage the unpredictability of the roller coaster.

Here is what can be expected when joining a Nello's Corner group:

- Timely, personal response to all inquiries – 610-222-4115
- Collaborative effort between families and our Director to help match needs to services
- Individualized, informal family visit to the Center, prior to joining a group
- Group schedule set in advance so all the meeting dates are known
- Group facilitation by professional staff with backgrounds in children's grief
- Specially trained volunteers providing additional support and companionship for participants
- Adult support group to encourage sharing of parenting insights and good modeling
- Predictable group rituals and routines so participants always know what to expect
- Child-driven, peer to peer discussions and activities, meeting them wherever they are with their grief
- Confidential, non-judgmental, clique-free atmosphere
- Genuine care, attention and empathy
- Counseling available at same, familiar location of the Center if more individualized support is needed



We wish to thank the **Nello Memorial Foundation**, established in memory of Nello Naticchione, IV, for the generous donation of a new outdoor basketball net. Physical play is an essential part of our peer group programs and a gift such as this is greatly appreciated by the children and teens of Nello's Corner.

The wonderful women of the Valley Forge Homestead Quilters Guild returned once again to finish off the Memory Quilt Squares created by participants in our Nello's Corner groups. This annual event is only possible through their generosity of time and terrific attention to detail. Our thanks to all, especially **Sally Chillington**, for her organization.



Our programs could not exist without the many who donate items from our **Wish List** and give **Gifts in Kind**. Our deepest gratitude to each of you!



THE CENTER FOR LOSS AND BEREAVEMENT

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

YeeHaw!

Our Westward Ho Adventure – **Camp Millie 2016**, was a journey of friendship and connection. Our wagons of campers were kept busy, loading up on new ideas as to how to cope with grief after a family member has died. Campers experimented with Yoga, Expressive Dance, Pet Therapy, Rhythmic Arts and Meditation. There was journaling, arts and crafts, games and cozy grief discussions around our ‘campfires.’

Perhaps the best coping strategy for any child and young teen is to experience fun and share laughter within a community of care and understanding. Hopefully, the techniques and the memories packed into their support wagons will be carried with them beyond Camp Millie and integrated throughout the journey of the rest of their lives.



A special Thank You to the **Moylan Family and Team Super Smile** from the Spreading Smiles Campaign, for helping to fund our wet and wild Water Slide in memory of their daughter and sister, Lily. The smiles brought to the campers' faces were endless!

For the fifth year in a row, **The Michael H. Wise II Memorial Foundation**, in collaboration with **Weikel Sportswear**, has generously sponsored our Camper T-shirts. We are so grateful for this ongoing contribution to our Center.



Tremendous appreciation and a hearty “YeeHaw” to our Camp Millie team: **Emily Cauchon, Robin Cavallo, Sarah DiNolfi, Kate Doyle, Ilissa Ducoat, Patty Flynn, Connie Fretz, Debbie Hendrik, Jill Herman, Nancy Hunt, Jake Marron, Leanne Mowrer, Sonalee Panchel, Carmen Phillips, Amy Ramsey, Steve Rasbold, Jason Reiger, Malinda Roth, Joyce Saddler, and Kenzie Smith** were our tireless volunteers. Our extremely capable interns were **Haley O’Neil and Laura Godshalk**. Thank you to **Jamie Reif of Moyo Yoga, Denise of Denise Gucwa School of Dance** and **Walter Cherkas of MuddySnow Productions** who generously shared their unique talents with our campers.

2016 - 2017 PROFESSIONAL ROUNDTABLE TRAININGS

We are pleased to offer some exciting trainings for the upcoming year. As always, our Roundtable Trainings are designed for professionals seeking a small group, interactive learning environment. All of this year's trainings are approved by the PA Board of Social Work, Marriage and Family and Professional Counselors for 3 CEU's.

October 20, 2016: 9:00 am - 1:15 pm Anticipatory Mourning: What is it? What does it look like and what are the challenges of working with people trying to cope with an impending death.

March 16, 2017: 9:00 am - 1:15 pm Young Adult Grief: Coping with grief in the young adult years is often complicated by expected life transitions such as leaving for college, the military or independent work life. This training will explore the ways in which this population responds to loss and what helps them.

April 27, 2017: 9:00 am - 1:15 pm Stigmatized and Disenfranchised Grief: We will explore the experience of people who are grieving losses that conventional social supports sometimes neglect or avoid such as murder, suicide, loss in the LBGT community or death from drug or alcohol addiction.

Call Claire at 610-222-4110, ext. 104 for cost information and to register.



Grief Notes

GRIEVING STYLES

Is every grief experience unique? Technically, yes. We know that a grief response is influenced by many factors: gender, age, relationship to the deceased, circumstances of the death and prior loss history. However, researchers have found that among grievers certain patterns or styles do exist.

We therapists at the Center for Loss and Bereavement frequently encounter clients who wonder, "Am I grieving right?," and/or family members who are perplexed or troubled by their differing internal experiences of grief or ways of expressing it. For instance, it is not uncommon for a husband and wife to find themselves completely "out of sync" with regard to their grief processes following the death of a family member. This can cause family discord at a time when mutual understanding and support is most needed.

Perhaps the most influential researchers in this area have been Kenneth Doka and Terry Martin, who coined the terms "**Intuitive**" and "**Instrumental**" grieving styles. They were initially interested in exploring the differences, if any, between women and men regarding grief. Research and clinical observation indicated that women and men do tend to grieve differently, but not always. Some women exhibited a more masculine pattern of grieving, and vice versa. He coined the feminine style "intuitive" grievers and the masculine style "instrumental" grievers, based on the characteristics of each.

Intuitive grievers experience their grief as very intense waves of emotion. Their feelings are very strong and expressed like "an open book". Intuitive grievers cope and adapt to the death by exploring and processing feelings. The benefit of "working through" feelings to facilitate healing makes intuitive grievers quite good candidates for support groups.

Instrumental grievers are less "feeling based"; they experience their grief more cognitively and physically. They tend toward inward reflection, thinking about all aspects of the loss as well as attempting to problem solve to adapt to the new normal. Instrumental grievers typically cope in behavioral ways, for example building something to memorialize or pay respect to the deceased, etc.

Doka and Martin carefully elaborated, however, that the two grieving styles, intuitive and instrumental, are actually extremes on a continuum. In other words, the great majority of grievers exhibit "a blend" between the two styles, i.e., have characteristics of each. They went on to say that neither style is by definition superior to the other, and that each has aspects that facilitate healthy adaptation to the loss.

Interestingly, another researcher, Lisa Prosser-Dodds, PhD, has done studies attempting to ascertain whether personality has an impact on grief. She enlisted grieving individuals to take a variety of standardized personality tests to assess what, if any, relationship there is between personality and grieving style. Her results indicated that, indeed, personality type does impact behaviors, attitudes, and approaches to grief. She issued the caveat, however that more work needs to be done in this area.

The entire staff at the Center has been well educated on the various factors that influence the grief process. We steadfastly strive to create a therapeutic environment that validates and supports each and every client's grief experience and attempts to cope and adapt.



The Center for Loss and Bereavement

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<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>	

WISH LIST

- Gift cards to Walmart and craft stores
- Plastic tablecloths
- Construction paper
- Fabric paints
- Dark t-shirt transfers
- Fabric
- Pre-cut Quilt squares
- Glue sticks

THANK YOU!

The Center for Loss and Bereavement

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If you no longer wish to receive our newsletter, please contact Shirley Elrod at 610-222-4110, ext. 102 or sje@bereavementcenter.org