



PATHWAYS

To explore the path of your grief journey

March-April 2023

Camp Chimaqua Celebrates 25th Anniversary!

In 1994 Hospice & Community Care (then known as Hospice of Lancaster County) took a small, established community organization, Coping Kids, under its wing. Coping Kids offered a year-round support group for children and teens impacted by the serious illness or death of a loved one. Patti Anewalt was Hospice of Lancaster County's only grief counselor at that time. She assembled a consortium of community professionals to provide guidance and input in developing the first camp. During the planning phase, a 12-year-old boy named Chimaqua died while in the care of Hospice of Lancaster County. Learning that Chimaqua meant "lover of nature" in Cherokee, Patti realized that it was the perfect name for the camp. A Hospice volunteer created the camp logo, using the four seasons of nature to symbolize the seasons of grief.



Donegal Camp and Conference Center in Airville, PA was the location of the first camp in August 1996. The focus was to help children explore their feelings, strengthen coping skills and increase self-confidence through fun and meaningful activities and small- and large-group sharing. This helped to normalize children's grief experiences as they got to know others who also lost a loved one. Each child was paired with a "buddy," a trained adult volunteer who offered companionship and support throughout the weekend. Each camper created a quilt square in memory of their loved one and the squares were later sewn together by a camp buddy. That quilt now hangs on display in the Pathways Center lobby.

TABLE OF CONTENTS

Coping Kids & Teens	2
Camp Chimaqua	2
Ask the Grief Counselor	3
Support for Caregivers	3
Individual Grief Support	3
Calendar of Events	4-6
Spanish Support	5
Pathways Names	
New Director	7
Remembering Our Mothers .	7

PATHWAYS CENTER for GRIEF & LOSS

The E. E. Manny Murry Center
4075 Old Harrisburg Pike
Mount Joy, PA 17552

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

(717) 391-2413 • (888) 282-2177
(717) 391-2440 (En Español)

pathways@hospicecommunity.org
www.pathwaysthroughgrief.org

Continues on p2



Coping Kids & Teens

Pathways Center counselors recognize that grief is experienced by the entire family – children, teens and adults. When there is a serious illness or death, children are often overlooked, yet their needs are significant. The Coping Kids & Teens program provides a safe atmosphere for children, teens and families to learn about grief, develop coping skills and build self-confidence through individual counseling sessions. **These sessions are for children and teens impacted by the serious illness or death of a loved one.** Three six-week support series are also held throughout the school year for children and teens who are grieving a significant death. There is no charge for any of these programs due to the generous support of the community. Services are offered in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss. Call the Pathways Center for more information or to set up an appointment.

Camp Chimaqua Celebrates 25th Anniversary!

Continued from p1

Twenty-five years later, the format for Camp Chimaqua remains essentially the same and has helped hundreds of children. Some former campers have even returned years later to volunteer as a camp buddy, describing their experience as 'life changing' and finding it important to help other bereaved children find healing. Due to the global pandemic, Camp Chimaqua was canceled for two years so 2023 will be the 25th anniversary.

CAMP CHIMAQUA

(an overnight weekend camp for grieving children 6-12)

May 19–21, 2023

Gretna Glen & Retreat Center

Lebanon, PA

Thanks to the generous support of the community, registration is \$25 and financial assistance is available. Children are required to attend an assessment to ensure that camp will meet his or her needs. Call the Pathways Center to request an application or visit pathwaysthroughgrief.org. Applications must be received by April 21.



Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

Ask the Grief Counselor



Q:

**People say,
“Time heals all wounds.”
I am worried. Why do I feel
more pain now than when
my husband died three
months ago?**

A: What you are describing is very common. At times you may feel worse, rather than better, three months after the death. Most likely when he died, you had the strong support of family and friends. Perhaps now, when everyone else seems to have gone back to their routines, you are facing the day-to-day realities of his absence. Do you catch yourself thinking “I can’t wait to tell him...” or “I wonder what he’ll say about that?” If your husband loved a certain brand of cereal, you may find yourself crying in the cereal aisle at the grocery store! These reminders can be so difficult.

Although it may not feel like it, you are heading in the right direction. As you face and address the daily reminders of how your life has changed, you begin to adjust. It takes a while for your heart to admit what your mind already knows—you no longer have your husband in the physical, present sense.

As you eventually discover what is most helpful in getting you through these difficult times, you will find ways in which your love remains. Although your life is very different from before, many bereaved people have told us that it does get better and easier. It is not just time, it is what you do with that time that helps you heal. A bereaved mother once said **“Time only heals if you work between the minutes.”** By ‘keeping on’ and working through those hard moments, you are changing your relationship to your loss. You begin to see it from a different perspective and eventually you realize that your love lasts forever. As you learn what helps—whether it is a support group, talking to a friend, or taking on a new project or interest in honor or memory of your husband—life will once again become meaningful and even enjoyable. That chain of love that was such a strong part of your relationship is still there as you move forward into this new chapter of your life.

Support for Caregivers

If you are caring for a loved one, who is caring for you? Hospice & Community Care offers an online support group for caregivers of Hospice & Community Care patients. This group offers a place to share your experience with others who may understand. Offered the third Thursday of every month, 6:30–8:00 p.m., the sessions are facilitated by a Master’s-level counselor and a trained volunteer who has been a caregiver. To receive the link to participate in this free virtual opportunity, call (717) 391-2413 to speak with a counselor.

Individual Grief Support

The Pathways Center offers individual grief consultation for adults, children, teens and families. We offer in-person support sessions in Mount Joy as well as York, while adhering to any of the Center for Disease Control recommended guidelines. Individual sessions by phone or online via Zoom are also an option.

Counselors are available any time Monday through Friday, 8:00 a.m.–5:00 p.m. Evening appointments may sometimes be arranged. Call the Pathways Center for more information or to set up an appointment.

CALENDAR OF EVENTS

Many people who are grieving find it helpful to hear others' experiences with a loss after death. It is reassuring to realize that what you are going through is shared by others. Our groups focus on grief education and support. If you do not see something that appeals to you, please call to let us know how we can best help you.

We will be adhering to all Center for Disease Control (CDC) recommended guidelines.

If we cannot hold groups in person, they will be held virtually via Zoom.

Visit www.PathwaysThroughGrief.org or call (717) 391-2413 or (888) 282-2177 for updates.

Loss-Specific Support Groups — Registration required

Groups are led by Master's-level counselors and volunteers who have experienced the same type of loss. They provide time to share experiences and ask questions. Groups are designed for those individuals within the first two years following the death of a loved one.

Registration deadline is one week prior to the group.

Register online at pathways.hccnet.org/groups or call the Pathways Center.

IN-PERSON OPTIONS

Mount Joy

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

Coping with the Loss of a Child (of any age)

Monday, MARCH 20, 6:30–8:00 p.m.

Monday, APRIL 17, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, MARCH 14, 6:30–8:00 p.m.

Tuesday, MARCH 28, 2:00–3:30 p.m.

Tuesday, APRIL 11, 6:30–8:00 p.m.

Tuesday, APRIL 25, 2:00–3:30 p.m.

York

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250

Coping with the Loss of a Spouse or Companion

Tuesday, MARCH 21, 2:00–3:30 p.m.

Tuesday, APRIL 18, 2:00–3:30 p.m.

VIRTUAL OPTIONS (via ZOOM)

Coping with the Loss of a Parent or Sibling

Tuesday, MARCH 7, 6:30–8:00 p.m.

Tuesday, APRIL 4, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Wednesday, MARCH 1, 6:30–8:00 p.m.

Wednesday, APRIL 5, 6:30–8:00 p.m.



Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

CALENDAR OF EVENTS

Support Series — Registration required



Newly Bereaved Program (3-week series)

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Tuesdays, MARCH 14, 21 and 28
2:00–3:30 p.m.

Wednesdays, APRIL 12, 19 and 26
6:30–8:00 p.m.

Tuesdays, MAY 16, 23 and 30
2:00–3:30 p.m.

Registration deadline:
one week prior to the start of the group.

If your loss was recent, this series provides an overview of common grief responses and will help you to begin to identify coping tools. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

Growing Through Grief (6-week series)

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Mondays, MARCH 27–MAY 1
6:00–8:00 p.m.

Registration deadline: March 16

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

Wednesdays, APRIL 12–MAY 17
2:00–4:00 p.m.

Registration deadline: March 31

This six-week support series is for adults (age 18 or older) who are approaching or past the one-year anniversary of the death of a loved one. The group provides a safe place to explore how you have been impacted by your loss, who you are apart from your loved one, and how you continue to reorganize your life. Space is limited; registration required. Interested individuals will first meet with a bereavement counselor to determine if the group will meet your needs. Call to schedule an appointment.

Spanish Support

Grief Support in Spanish

The Pathways Center for Grief & Loss' bilingual Bereavement Counselor, Deborah Gonzalez, MSW, is available to any bereaved individuals who speak Spanish. Call (717) 391-2440 to leave a confidential message in Spanish or if you wish to receive our Spanish newsletter.



Consejería de Duelo En Español

El Centro De Pathways para Duelo y Pérdidas cuenta con una Consejera de Duelo bilingüe, Deborah Gonzalez, MSW, quien está disponible para reunirse con personas que están sufriendo la pérdida de un ser querido. Puede llamar al (717) 391-2440 y dejar un mensaje confidencial en Español o si desea recibir el bulletin Caminos Hacia La Esperanza.

Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

CALENDAR OF EVENTS

Social Dine-Out Options



The Pathways Center offers a variety of social options to choose from. Each participant pays for their own meal. These gatherings are facilitated by trained bereavement volunteers who have also experienced loss in the past.

Dinner Out (for men and women)

Saturday, MARCH 11, 2:00 p.m.

Silver Spring Family Restaurant
3653 Marietta Avenue, Lancaster

Saturday, APRIL 8, 2:00 p.m.

Hoss's Steak & Sea House
3604 E. Market Street, York

RSVP to Connie Whitacre
at (717) 577-1138 or
pathways@hospicecommunity.org
at least three days prior to the event.

Ladies Lunch—Lancaster

Wednesday, MARCH 22
11:30 a.m.—1:00 p.m.

Wednesday, APRIL 26
11:30 a.m.—1:00 p.m.

Loxley's Restaurant
500 Centerville Road, Lancaster

RSVP to Marie Roach at
(717) 823-9889 (text or telephone)
or pathways@hospicecommunity.org
by noon the day before the event.

Ladies Lunch—York

Tuesday, MARCH 14
11:30 a.m.—1:00 p.m.

Tuesday, APRIL 11
11:30 a.m.—1:00 p.m.

Hoss's Steak & Sea House
3604 E. Market Street, York

No registration needed. For more information,
contact the Pathways Center at (717) 391-2413
or pathways@hospicecommunity.org.

Other Options

GRASP

(Grief Recovery After a Substance Passing)

Tuesday, MARCH 21, 6:30–8:00 p.m.

Tuesday, APRIL 18, 6:30–8:00 p.m.

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Pre-registration for new attendees is required.



This monthly group provides sources of help, compassion, and understanding for families or individuals who have had a loved one die as a result of substance abuse or addiction. For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.

Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

Elaine Ostrum Named Director of the Pathways Center



After 21 years as a grief counselor and the Adult Services Coordinator at the Pathways Center for Grief & Loss, Elaine Ostrum was recently named the Director of the Pathways Center. Throughout the years, Elaine has led

various adult support groups offered by the Center. Most recently she has led groups for *Loss of a Child*, the *Coping with the Holidays* series and the *Coping with Suicide Loss* series. Prior to joining Hospice & Community Care, Elaine worked in both Philadelphia and Lancaster with persons with intellectual disabilities, the elderly and in the mental health field. Elaine's favorite part of her role has been the

individual counseling sessions that she has had with bereaved individuals. "I enjoy offering my support and helping them identify what strengths they can draw from to help them cope during this difficult time in their lives. It is so rewarding to see them gain hope as they meet others in the support groups, and feel less alone."

In her new role as Director she is "looking forward to strengthening connections in the community. I often hear that the Pathways Center is our community's best kept secret. I look forward to talking with community partners, donors, as well as our Hospice staff and volunteers about the services our excellent Center's staff provide."

When she is not at work, Elaine is enjoying her role as a new grandmother, visiting her two adult children and traveling with her husband. Born and raised on a Lancaster County farm, to this day one of Elaine's favorite pastimes is "digging in the dirt in my flower beds and spending time outdoors."

Remembering Our Mothers

A Gathering of Women Whose Mothers Have Died

This annual Mother's Day breakfast provides women whose mothers have died the opportunity to remember, honor and celebrate their mothers' lives. Join us to hear Deborah Miley, M.Div, Hospice & Community Care chaplain and former hospital chaplain, present "Still My Mother."

Registration and payment of \$20 must be received by April 27. Space is limited.

Register online at www.HospiceCommunity.org/ROM or call (717) 391-2413 or (888) 282-2177.

Breakfast Buffet

Saturday, May 13, 2023

9:30 a.m. – 12:00 noon

Lancaster Country Club

**1466 New Holland Pike,
Lancaster**

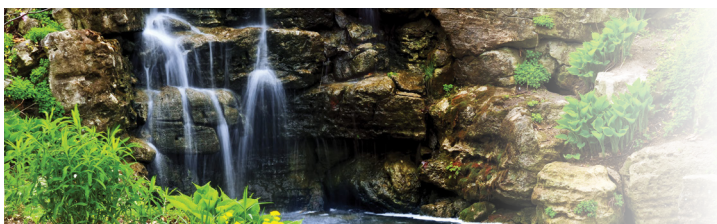
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Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

When the Weather Outside is Frightful . . .

Turn to WGAL Channel 8, WDAC 94.5, WARM 103
or Hospice & Community Care's social media
(Facebook, Twitter, LinkedIn and Instagram)
for cancellations or changes of Pathways
Center programs.



PATHWAYS

The Pathways Center

You will receive the Pathways newsletter free of charge for 16 months. If you would like to continue to receive this newsletter, call the Pathways Center.

The Pathways Center for Grief & Loss is a program of Hospice & Community Care. The Pathways Center offers the area's most comprehensive programs and services for individuals in the community affected by the serious illness or death of someone significant in their lives.

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4075 Old Harrisburg Pike
Mount Joy, PA 17552
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(888) 282-2177
www.pathwaysthroughgrief.org



Also Available Through the Pathways Center

Workshops, in-services and trainings are available for those who support the bereaved. Are you seeking grief support outside of South Central Pennsylvania? Visit www.nhpco.org or call the Pathways Center to find support closer to your home. Contact the Pathways Center for more information about how we could be a resource to you, your organization or someone you know.