



## 2010 CALENDAR: June through December

**See final calendar page for ongoing programs that take place every month**

Unless noted:

Events take place at the Nina K. Miller Hospicare Center, 172 E. King Road, Ithaca

### June

Thursday, June 3

#### **Helping your Family through Grief**

5:30-6:30 p.m.

Open to children of all ages and their caregivers: children gather for activities, and caregivers gather for support and education. New members welcome. Registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

Thursday, June 10

#### **Illuminations**

7:30 p.m.

Take a walk on the peaceful pathways at the Nina K. Miller Hospicare Center, light a candle for a loved one who has died, enjoy a program of music, spoken words and remembrance. To purchase luminarias, visit [www.hospicare.org](http://www.hospicare.org) or call 607-272-0212.

Thursday, June 17

#### **FOR MEN ONLY-Men and Grief**

6-8 p.m.

This program is designed for men only. There will be discussion and dialogue that provides understanding and insight on how men grieve. Facilitated by local therapist, Alan Ledet, LMFT. Registration required, please contact bereavement counselor Donna George at [dgeorge@hospicare.org](mailto:dgeorge@hospicare.org) or 607-272-0212.

### July

Thursdays, July 1 and 8

#### **Gardens of Grief: Family Support group in Hospicare's Garden**

5:30-7:00 p.m.

Families gather for activities outdoors with gentle themes related to death and grief. Free, but registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

Saturday, July 31

#### **Storymaking for Bereaved Families**

Time TBA

Workshop using storymaking to make meaning from the loss of a loved one. Facilitated by local storyteller, Regi Carpenter. Free, but registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

## August

Thursdays, August 5 and 12

### **Gardens of Grief: Family Support group in Hospicare's Garden**

5:30-7:00 p.m.

Families gather for activities outdoors with gentle themes related to death and grief. Free, but registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

Saturday, August 14

### **Seventh Annual Women Swimmin' for Hospicare**

Early morning at the Ithaca Yacht Club

A community swim across Cayuga Lake to benefit Hospicare. Registration for swimmers and boaters will open online May 3. Space is limited. Last year we reached our limit 10 days after registration opened, so please sign up early to avoid disappointment. Visit [www.womenswimmin.org](http://www.womenswimmin.org) for information about the event and to view photos.

## September

Tuesdays, September 14, 21 and 28; October 5, 12 and 19

### **Six-Week Group Focusing on Sudden Loss**

Tuesdays, 12:00-1:30 p.m.

This group is a collaborative effort between Hospicare and Suicide Prevention and Crisis Intervention (SPCS) and will be facilitated jointly by Hospicare and SPCS counselors. Participants will explore grief that is complicated by sudden, unexpected loss. Bring your lunch if you'd like. Beverages will be provided.

*\*Meeting location at Suicide Prevention and Crisis Service, 124 East Court Street, Ithaca*  
Group size is limited so registration is required. Contact Donna at [dgeorge@hospicare.org](mailto:dgeorge@hospicare.org)

Thursday, September 23

### **Let's Talk about Death and Grief**

5:30-7:30 p.m.

Interactive event facilitating communication amongst family members about death and grief. Free, but registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

## October

Tuesdays, October 5, 12, 19 and 26

### **Four-Week Group Singing through Grief**

7:00-9:00 p.m.

Group size is limited so registration is required. Contact Donna at [dgeorge@hospicare.org](mailto:dgeorge@hospicare.org)

Thursday, October 14,

### **Special Speaker**

5:30-7:00 p.m.

Join us to hear a special speaker from the community talk about children and grief. Free, but registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

## November

Mondays, November 15, 22 and 29; December 6, 13, 20 and 27; January 3, 2011

### **Eight-Week Group Coping with the Holidays**

12:00-1:30 p.m.

Holiday time can be especially difficult after the death of a loved one. Learn about ways to take care of yourself and honor your feelings as we head into the holiday season. Bring your lunch if you'd like. Beverages will be provided. Group size is limited so registration is required. Contact Donna at [dgeorge@hospicare.org](mailto:dgeorge@hospicare.org)

## December

Tuesday, December 7

### **Light the Landscape**

5:30 p.m.

A ceremony to light up the trees in Hospicare's gardens in memory of loved ones who have died. Please join us to reflect, listen to music and poetry, and enjoy refreshments. To purchase bulbs, visit [www.hospicare.org](http://www.hospicare.org) or call 607-272-0212.

Thursday, December TBA

### **Seasons of Remembrance**

2:00 p.m.

Remember a loved one by making a stuffed bear using a deceased loved one's clothing, or other special fabric. Free, but registration required with bereavement counselor Kira Lallas at [klallas@hospicare.org](mailto:klallas@hospicare.org) or 607-272-0212. Part of the Good Grief Program for Children and their Families.

## Ongoing Programs

1st Tuesday of each month, 5:30-7 p.m.

### **Women Singin' at Hospicare**

A singing circle (a capella songs from different traditions, harmonizing, rounds, etc.) for all women who like to sing. For more information, contact Hospicare at 607-272-0212.

Wednesdays, 7:30-9 p.m.

### **Mindfulness Practice**

In times of stress, the present moment can seem anything but wonderful. It's all too easy to get lost in regrets about the past or worries about the future. Mindfulness practice can help us come back to the reality of the here and now, reduce stress, and be in touch with the beauty of a flowering plant, the singing of the birds, and the clarity of the open sky. The group meets each Wednesday to practice mindfulness as taught by Vietnamese Zen monk, Thich Nhat Hanh. This group is open to everyone, regardless of experience or spiritual affiliation. For more information, contact Pamela Goddard at 607-273-8678 or Dr. Nancy Stewart at 607-277-0260.

1st and 3rd Wednesday, 5:30-7 p.m.

### **Evening Bereavement Support Group**

(June 2 and 16; July 7 and 21; August 4 and 18; September 1 and 15; October 6 and 20; November 3 and 17; December 1 and 15) Drop-in group is facilitated by bereavement counselors. Registration is not required, but prompt arrival is encouraged and appreciated. Free.

2nd Tuesday, 5:30-7 p.m.

**Bereaved Parents Support Group**

(June 8; July 13; August 10) This is a peer led group. For more information, contact Leslie Strebel at 607-257-4066. Registration is not required, but prompt arrival is encouraged and appreciated.

2nd Tuesday, 12 p.m.

**Tuesday Lunch Group**

(June 8; July 13; August 10; September 14; October 12; November 9; December 14) Meets at The Ramada Inn Restaurant, 2310 N. Triphammer Road, Ithaca. Join other bereaved people for camaraderie and support at informal lunch get-togethers. Participants purchase their own food and beverage. No registration required.

4th Wednesday, 8:30 a.m.

**Wednesday Breakfast Group**

(June 23; July 28; August 25; September 22; October 27; November 24; December 22) Meets at Royal Court Restaurant, 529 South Meadow Street, Ithaca. Join other bereaved people for camaraderie and support at informal breakfast get-togethers. Participants purchase their own food and beverage. No registration required.