



2012 CALENDAR: May, June, July

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

** Unless otherwise noted, all events take place at the Nina K. Miller Hospicare Center, 172 E. King Road, Ithaca, and are free and open to the public, although advance registration may be required in some cases **

May, June, July

Tuesday, May 1, 2:15-5:45 p.m., Tompkins County Public Library Borg Warner Room, [101 E Green St, Ithaca](#)

Hospice Foundation of America's 19th Annual "Living with Grief" Spring Program: End-of-Life Ethics

This program uses a case-study approach to examine end-of-life ethical issues and dilemmas. Hospicare will show the program and facilitate a panel discussion with local experts. There is no cost to attend, although there are small fees if participants wish to receive continuing education credits and/or purchase the companion book. For more information or to register, contact Melissa Travis Dunham (mdunham@hospicare.org or 607-272-0212). Please register by April 24.

Friday, May 4, 5:30 p.m.

Hospicare Musicale Series

In cooperation with the Ithaca College School of Music, Hospicare is hosting two musicales in our Great Room. All performances feature students from the Ithaca College School of Music. Light refreshments will be served. For more information, contact Jayne Demakos (jdemakos@hospicare.org) or call 607-272-0212.

Sunday, May 6, 3 p.m., Ulysses Philomathic Library, [74 E Main St, Trumansburg](#)

***Peaches and Bird* Staged Reading**

The Ulysses Philomathic Library hosts the next staged reading of *Peaches and Bird*, written by former Hospicare board member Carol Kammen and directed by Sue Perlmut (known for the documentary [Beets and Beans: Living and Dying with Hospice](#)). A talk back after the show will once again feature Hospicare staff. *Peaches and Bird* is a moving piece about women's friendship and loss, end-of-life care, and laughter and joy. This performance is free and open to the public. For more information, call the library at 607-387-5623 or visit <http://www.beetsandbeans.com/peachesandbirdtheplay.html>.

Thursday, May 10, 12-1:30 p.m.

Grief 101: Supporting Another in Loss

This one-session program was held once in March, and is being held again in May. For adults who are supporting a bereaved loved one. (Please note that it is not intended for those who provide support on a professional basis.) Hospicare's bereavement counselors will share general grief information and discuss how to offer support to a bereaved adult. There will be time for questions and discussion. Please register by phone (607-272-0212) or e-mail with Donna George (dgeorge@hospicare.org) or Kira Lallas (klallas@hospicare.org) by May 4.

Thursday, May 10, 6-8 p.m.

For Women Who Have Lost Parents

This evening gathering is for women who are grieving the loss of one or both parents – whether they died recently or many years ago. This will be an opportunity to come together to explore and honor this special bond and unique loss. Please register by phone (607-272-0212) or e-mail with Donna George (dgeorge@hospicare.org) or Kira Lallas (klallas@hospicare.org) by May 4.

Thursday, June 7, 7:30 p.m.

Illuminations

Enjoy the Hospicare gardens, light a luminaria in memory or in honor of a loved one, and share in refreshments. There will also be a special program of remembrance at 8:00 p.m. featuring live music and poetry, and concluding with candlelight on the pond. Free to attend, although luminarias can be personalized for a suggested donation of \$25. *Donations are greatly appreciated, but not required.* Those who have had loved ones on Hospicare services in recent times should receive mailed invitations by the 2nd week of May. However, the event is open to the public, and all are welcome to attend. Anybody who does not receive an invitation but wishes to attend can RSVP by calling 607-272-0212.

Thursday, June 14, 6-8 p.m.

How Men Grieve

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. Free and open to the public, but please register with Donna George at 607-272-0212 or dgeorge@hospicare.org by June 8.

Saturday, June 16, 12-4 p.m. (optional picnic with families until 5:30)

Good Grief Program

This program will offer activities for bereaved children 5-12 and their adult caregivers, using nature and the arts, including working with natural materials to create a take-home remembrance of a loved one. The day will start with families working together, and then splitting up to explore feelings about loss in dialogue and writing and through natural surroundings. The program for adult caregivers is optional (families are welcome to drop kids off and pick them up at the end of the session). At 4:00 there will be an opportunity to share, with a provided picnic until 5:30. For more information, contact Kira Lallas at 607-272-0212 or klallas@hospicare.org. Please register with Kira by June 11. *Please dress for the weather, as we will be outside.*

Ongoing Programs

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

Women Singin' at Hospicare

(May 1; June 5; July 3) A singing circle of a cappella songs from different traditions, including harmonizing, rounds, etc. For all women who like to sing. For more information, contact Hospicare at 607-272-0212.

1st & 3rd Tuesday, 5:30-7 p.m.

Continuing Bonds Support Group

(May 1 & 15; June 5) *Group ends after June 5 meeting; current members only, please.* This drop-in peer support group is for women who have lost their spouses/partners – recently or a long time ago. Discussion will focus on issues pertinent to this unique loss while recognizing the importance of this continued bond in our present lives. For more information, contact Donna George at 607-272-0212 or dgeorge@hospicare.org.

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

Evening Bereavement Support Group

(May 2 & 16; June 6 & 20; July 4 & 18) This drop-in group is facilitated by bereavement counselors, and meets on the first and third Wednesdays of the month. It offers a warm, supportive, and confidential environment in which to meet and share with others who are grieving the death of a loved one. Open to all people 18 or older, regardless of whether their deceased loved ones received hospice services. Newcomers are always welcome. Your loss does not need to be recent. Registration is not required, but prompt arrival is encouraged and appreciated. For more information, contact Donna George at 607-272-0212 or dgeorge@hospicare.org.

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.

2nd Tuesday, 12 p.m.

Tuesday Lunch Group

(May 8; June 12; July 10) Meets at Royal Court Restaurant, 529 South Meadow Street, Ithaca. Join other bereaved people for camaraderie and support at informal lunch get-togethers. Participants purchase their own food and beverage. No registration required. For more information, contact Donna George at 607-272-0212 or dgeorge@hospicare.org.

4th Wednesday, 8:30 a.m.

Wednesday Breakfast Group

(May 23; June 27; July 25) 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. For more information, contact Donna George at 607-272-0212 or dgeorge@hospicare.org.