

Bereavement News newsletter

Iowa City Hospice provides comprehensive grief and loss services and support to anyone who needs it whether or not their loved one was a patient. Iowa City Hospice has many programs and support groups that can help loved ones survive their loss, understand feelings of grief and sadness, and learn coping strategies. A number of programs also help friends and loved ones understand the needs of others going through a loss. More information is available by visiting www.iowacityhospice.org or by calling 319-351-5665 or 800-897-3052. Information on bereavement programs and services for January-April 2010 are available at www.iowacityhospice.org/support/downloads.html.

Understanding Your Grief

“Understanding Your Grief” is a six-week grief education series designed for adults who have experienced the loss of a loved one. Understanding Your Grief will be offered on Saturdays, January 16, 23, and 30, and February 6, 13, and 20, 2010 from 10-11:30 a.m., at Iowa City Hospice, 1025 Wade Street, Iowa City. There is no fee for this program. This series will help participants understand the grieving process, learn ways to manage grief, and share with others who have experienced a similar loss. Grief education materials will be provided by Gay & Ciha Funeral and Cremation Service. Register online at <http://understandingyourgrief.eventbrite.com/>, or contact 319-688-4217, 800-897-3052 or keila.naparstek@iowacityhospice.org for more information.

Volunteer Training

Are you interested in helping patients and families make the most of the final months, weeks and days of life? Becoming an Iowa City Hospice volunteer may be a great fit for you. The next training session for new volunteers will be offered January 22-24 at Walden Place Retirement Residence, 2423 Walden Road in Iowa City. The schedule is Friday, January 22 from 6-9 pm; Saturday, January 23 from 8 am-4:30 pm; and Sunday, January 24 from 1-5 pm. Volunteers must be at least 18 years old and must attend ALL training sessions. Following training, volunteers' schedules are very flexible. Volunteers provide companionship and support to terminally ill patients and their loved ones. Iowa City Hospice serves a seven-county area that includes Johnson, Washington, Louisa, Muscatine, Cedar, Iowa and Linn counties. Volunteers are especially needed outside the Iowa City area to serve patients and families in their own communities. Groups of six or more trainees are encouraged to contact Iowa City Hospice to request a local training session. Advance registration is required before January 15 by contacting Jessie Hanlin at (319) 688-4200, (800) 897-3052 or jessica.hanlin@iowacityhospice.org.