Dear Friends,

The Bereavement Department is looking ahead to our annual Camp Greentree, scheduled for September 22, 2018. This is a great opportunity for kids, ages 7-14, to learn about grief with other kids going through similar experiences. Explaining grief to kids and normalizing their feelings can be challenging. Questions come about what to say and how much to say. Grief is challenging enough for adults to understand. Imagine what it must be like for the kids in our life to understand. It is also hard to support others when you, too, are grieving.

Can a camp about grief be fun? Absolutely. We tailor our discussions around activities that make it easier for kids to ask questions and talk about the one who died. Although this can be a time of some tears, it is also an uplifting and positive experience. As the kids become comfortable with one another, they share laughter, stories and free time together. Pizza is provided for lunch. This is always a hit with the campers. We make memory pillows out of clothing or special fabric and other remembrance activities.

Camp Greentree is available free of charge. See the flyer in this newsletter for more information.

Please contact us with any questions, registration for camp or any of our bereavement services.

Thinking of you,

Joyce Sherman & Autumn Hawver
Bereavement Coordinators

Tribute to Kathryn:

We are forever grateful Kathryn Mills has graced us with her many talents as a Bereavement Coordinator for Hospice of North Iowa since 2001!

To no surprise, Kathryn was voted "best listener" by our staff, as she helped so many North Iowans (including staff) through their grief and loss journey. Kathryn is very organized, paid attention to detail, professional, responsive and always caring.

Kathryn has the knack to both lead, and to follow, while always kept our family members in her forefront.

She seems wise beyond her years, and while Kathryn was very thoughtful in making decisions, she was not afraid to change things up when needed. Kathryn was the primary writer of our bereavement newsletter, took the lead on Camp Greentree as well as the Mason City and Osage Tree of Life celebrations, initiated a "Remembrance to our Mothers" gathering, and supported numerous families through her kind words and gift of listening.

Most of all, Kathryn, we will miss your laughter and your friendship.

Thank you, Kathryn, for making a difference! We wish you all the best in whatever comes your way...
Camp Greentree is a free day camp for children, ages 7 to 14, who have experienced the death of a family member or friend. Children will be educated on normal feelings of grief and learn ways to cope with the changes following a death. Camp Greentree is facilitated by Hospice of North Iowa staff and trained volunteers. Registration is required prior to participating in the camp, and we ask that completed forms (one form per child) be submitted by Monday, September 17, 2018. Kids who previously attended will be on waitlist as space is limited. For more information or registration materials, visit us on-line at hospicenorthiowa.com or call 800-297-4719 or 641-428-6208.
Important Considerations of the Grieving Child
by Sasha J. Mudlaff, M.A.

• There may be differences in priorities: what YOU think is important may NOT be considered by the child as such.

• Do not EXPECT the child to behave in certain ways. If he or she immediately goes outside to play after learning about the death, THAT’S OKAY! It doesn’t mean the child doesn’t care or doesn’t understand.

• It is very important for children to see the adults around them express their grief. This gives the child "permission" to do the same.

• Children are very sensitive and perceptive as well as protective. They may decide not to express their grief openly because they do not want to risk "making mommy cry."

• Almost anything can trigger grief reactions. Respect the child’s need to express him or herself.

• Grief causes difficulty in concentration. Children often experience a shortened attention span, and school work is often affected.

• Other losses often accompany the identified loss. A change in residence, caretaker, school or peer group, adds to the loss. For the child’s sense of security, it is important to try to stick to the usual family routine as much as possible.

• Children often know when they are not being told the whole truth, or when their questions are being avoided. Loss of TRUST will compound their grief.

• Grieving children are often busy with the task of establishing a new identity. "WHO AM I NOW?" becomes a major concern. Family roles may change as well as identities. This self-search often overshadows all other concerns for many weeks and months. (This pertains especially to grieving teens and pre-teens.)

• Grief lasts far longer than anyone expects. It may take months or even years before a child displays signs of the full impact of a family change; especially one as significant as death.

• Children and young people will continue to deal with the losses/changes they experience as they grow through their grief and discover that love never goes away.

Teske Drake, PhD, Director
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www.HamiltonsFuneralHome.com
Franklin County Fair, Hampton
July 18th – 22nd 2018
Come visit us in the Commercial Building

Camp Greentree
Bereavement Camp
Saturday, September 22, 2018
Camp Tanglefoot, Clear Lake

Understanding Grief & Loss

Thursday Evenings ~ Mason City
6:00 p.m.- 8:00 p.m.
Sept. 6 – Oct. 11
Hospice of North Iowa
232 – 2nd Street SE   -   Mason City

Thursday Evenings ~ Hampton
6:00 p.m.- 8:00 p.m.
Sept. 13 – Oct. 18
First Christian Church
605 4th Street NE   -   Hampton

For more information about each of these events visit our website at: www.hospicenorthiowa.com and click on Hospice Events.