



## Circle of Care

# grief and illness services for children and families A program of East Bay Agency for Children



## Myths About How Children Grieve

Spring, 2007

Myths are a part of our every day life. There are urban myths, motherhood myths, myths for every stage of childhood and ancient myths. There also are numerous myths our culture attaches to grieving. Many myths make us shake our heads and think, "How could anyone believe that?". But the myths surrounding grief, especially for grieving children, can make living with the loss of a loved one much harder than it already is.

Below is a list of some myths that clients of Circle of Care deal with as they move forward after the death of a loved one. Maybe there are other myths your family holds that make grieving hard. We hope you find these thoughts helpful.

**Myth:** *A child's grief is short in duration.*

**Fact:** Grief never ends. As children develop, their grief is revisited to assimilate new aspects of their loss.

**Myth:** *There is a predictable and orderly stage-like progression to the experiences of grief.*

**Fact:** Grief is unique and individual. It is more important to understand the personal experience of grief.

**Myth:** *Infants and toddlers are too young to grieve.*

**Fact:** Actually, infants and toddlers do grieve. Their expression of grief

is often not recognized because it is non-verbal.

**Myth:** *Children are not affected by the grief of adults.*

**Fact:** Children are affected by the grief of adults and often tend to hide their feelings in an attempt to protect and take care of adults.

**Myth:** *The trauma of childhood bereavement always leads to a maladjusted life.*

**Fact:** Grief is a normal response to the death of a loved one. Most children who are given support and who feel their experiences of grief are validated live full happy lives.

**Myth:** *Children are better off if they don't attend funerals.*

**Fact:** Allowing a family to choose if they want children to attend a funeral seems most helpful. The process of mourning often begins at the funeral where children and teens see grief modeled by others.

**Myth:** *Adults should be able to easily talk to children about death and grief.*

**Fact:** Children's concrete thinking is often different from adult's more abstract thinking. Therefore children need explanations that are concrete and are presented at their level of cognitive development.

**Myth:** *The goal of helping bereaved*

### In this issue...

Holiday Gathering

pg 2 & 3

Springer Memorial

pg 4

Spring group schedule

pg 5

*children is to "get them over" grief.*

**Fact:** One does not "get over" grief. Grief is a process that one goes through. Care and acceptance help this process.

For bereaved families, this is a great list to share with friends, colleagues and family members who might be having a hard time understanding your grief process. For many grieving people, those around them want them to "get over it", quickly. Share this article, and perhaps people around you will be better able to understand. One of our many goals at Circle of Care is to help families through the process of bereavement in whatever way we can.

This article is the first in a series on different aspects of grieving.

*The material used in this article is derived in part from Circle of Care's Volunteer Training Manual.*

# Holiday Gathering FUN 2006

Families who attend our loss and illness groups gathered on December 20th for our 5th annual Holiday Gathering. It was an enjoyable evening of great company, delicious food, desserts and fun activities for everyone. This year we welcomed over 40 families along with volunteers and staff and created an evening to remember.

We all arrived hungry, knowing that our hearts and our tummies would be filled by the famous catering duo of **Denice Haboush & Robert Hohmann**. They have generously catered this event for the past five years and continue to tell us that they look forward to being a part of Circle of Care during the holidays every year. With the help of their assistant, "Hollywood", they dazzled us with scrumptious foods including huge plates of shrimp, pastas, cheeses, meats, and delectable hors d'oeuvres.



Activities for the evening included card making, Karaoke, gingerbread house decorating, and memory flag making. The **Karaoke** singing was a big hit again this year, thanks to **Debbie Tavella**, who donated her time and her Karaoke equipment to make us all feel like stars. The candy was flyin' as folks decorated **gingerbread houses** donated by our volunteer **Anne Bodel**. And new this year was a memory flag activity. Different colored fabric flags were decorated by children and parents. Some children chose to write a note to a loved one who has died. Others chose to draw things that remind them of their special person. The flags were strung together and now hang in our support group room. **Our dedicated team of over 25 volunteers** made these activities possible and we thank each and every one of them for consistently donating their time & skills to work together to make the evening a success.



Relaxation was plentiful as volunteer masseuses donated 10 minute **massages** all evening to grateful recipients. Thank you **Esti Feller, Marion Ybarra, & Jody Moore**. for sharing your gifts with the families at Circle of Care!



**Gifts** were given to each child at the end of the evening thanks to our friends in the community. Many of our donors have a secret passion for picking out toys for little ones...Thanks to all our behind the scene shoppers that made toy deliveries in December: **Amy Boxer (our wonderful volunteer) & Family, Jaynese Davis & The Lake School families, Margaret Mcguire & colleagues at the John Muir Medical Center Physical Rehab Unit**. Thanks also to **Tina Delucchi & the employees at APM Terminals Pacific Ltd/Maersk** for donating all the toys for our PALS school based program clients.



Our 2006 Holiday Gathering was a delightful event **thanks to our community of friends**. Your generosity is what helps us continue to provide services and successful gatherings for the families we serve. We thank you for supporting Circle of Care's work and we wish you the best in 2007!



# ~ Circle of Care Holiday Gathering ~

12/20/06



Photos by:  
Ron Chen





## In Memory of ~ David Allen Springer Jr. ~

We sadly note that David Allen Springer Jr., died on December 6th 2006. David and his family have been an important part of Circle of Care since joining our living with illness group in 2001. David battled bravely for many years against Synovial Cell Sarcoma Cancer. During his 6 years at Circle of Care, David and other group members created a handbook for those facing a terminal illness. This and countless other moments, of thoughtful sharing are the legacy he leaves with Circle of Care. His unflagging enthusiasm, selfless support of others in need, as well as his unique ability to connect with children are what made David so special. Circle of Care will miss David and remember him always with gratitude. The Springer family ask that donations be made to Circle of Care in lieu of flowers. The following donations have been made in memory of his amazing life.

Ben Rose

Dan & Debi Barnes & the Gigliotti Boys, Eric, Brian & Jason

David A. Springer Sr. & Grace Springer ~ In memory of our dear son David A. Springer Jr.

Dorothy, Doug & Scott Hawley

George & Geri Kirkwood

Jean Cary

James & Susan Panches

Marilyn Durkin & John Panches

Matthew & Tillie Roehl

Richard & Jacqueline Klom

Shirley McCune

---

The following donations below have been made to Circle of Care In Memory of or In Honor of a loved one. Thank you for your continued support of our program.

Beverly & Walter Forman ~ In Honor of Madison Forman

Carol, Paul & Melissa Mahar ~ In memory of Mike Mahar

Eric Hudson ~ In memory of Natasha Hudson

Harriet Hillyer ~ In memory Paul & Adelaide Hillyer

Jamie Lee Evans ~ In memory of my dear friend Sari

Kimiko Kogure ~ In memory of Joe Wilkinson

Lynn Landor ~ In memory of Josephine Landor

Marta Krampitz-Dickson ~ In memory of Tom Dickson

Michelle Roos ~ In memory of Leo G. Roos Jr.

Natalie & Peter Van Tassel ~ In memory of Bob & Conor Van Tassel

Patricia Charron ~ In memory of Gerald & Virginia Rothe

Richard Banks ~ In memory of Sam & Ruth Banks



Consider making a gift in memory or in honor of a loved one by using the enclosed envelope. Your donation will be listed in our next newsletter.

# Spring 2007 Calendar

## March 2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Extended Fam Loss	2	3
4	5	6	7 Loss Group	8 Loss Group	9	10
11	12	13	14 Living w/Illness	15 Extended Fam Loss	16	17
18	19	20	21 Loss Group	22 Loss Group	23	24
25	26	27	28 Living w/Illness	29 Extended Fam Loss	30	31

## April 2007

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Loss Group	5 Loss Group	6	7
8	9	10	11	12	13	14
15	16	17	18 Living w/Illness	19 Extended Fam Loss	20	21 Vol Training
22	23	24 Vol Training	25 Loss Group	26 Loss Group	27	28
29	30					

## May 2007

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Living w/Illness	3 Extended Fam Loss	4	5
6	7	8	9 Loss Group	10 Loss Group	11	12
13	14	15	16 Living w/Illness	17 Extended Fam Loss	18 Vol Party	19
20	21	22	23 Loss Group	24 Loss Group	25	26
27	28	29	30 Living w/Illness	31 Extended Fam Loss		

### Support Group Schedule

All groups meet from 6:30 to 8:00pm. Families need to be pre-registered to attend a support group.

Questions?

Call Laura at 531-7551 x 195

- ♥ **Wednesday Living with Illness:**  
March 14 & 28, April 18,  
May 2, 16 & 30.
- ♥ **Wednesday Living with Loss:**  
March 7 & 21, April 4 & 25,  
May 9 & 23
- ♥ **Thursday Living with Loss:**  
March 8 & 22, April 5 & 26,  
May 10 & 24
- ♥ **Thursday Extended Family Loss:**  
March 1, 15 & 29, April 19,  
May 3, 17 & 31
- ♥ **Teen Support at WCRC:** Call for  
Schedule

### Up-Coming Events:

Volunteers *Save the Date* for our  
~ **Volunteer Appreciation Party** ~

**Friday, May 18th**

A celebration for all of our volunteers to show how much we appreciate their dedication & hard work.

**Invitations will be sent mid April**



### Calendar Notes

Shaded Boxes indicate our offices are closed.

## Circle of Care

2540 Charleston Street

Oakland, CA 94602

voice: 510-531-7551 fax: 510-531-3657

Circle of Care assists children and families coping with grief and illness through support groups, counseling and school-based programs. We collaborate with Children's Hospital Oakland, Women's Cancer Resource Center and Alta Bates Comprehensive Cancer Center. We are one of the very few programs in the county devoted exclusively to the needs of children and their families who are dealing with grief in their lives. We are supported entirely by donations from the community, foundations and the families we serve.

### Requesting Services:

If you or someone you know could benefit from individual counseling or group services, please call 510-531-7551. We will have a short telephone interview to get you started in our program.

### Our Staff:

Sara Marsh, Program Director, ext. 130

Harriet Hillyer Program Assistant & HIV Coordinator, ext. 165

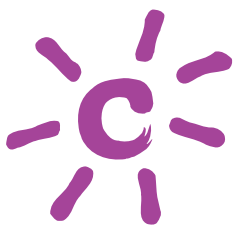
Laura Feren, Support Group Coordinator, ext 195

Alinya Charron, Volunteer Coordinator, ext. 109

Nancy Landau, Clinical Program Coordinator, ext. 107



Circle of Care is proud to be a program of **East Bay Agency for Children (EBAC)**. EBAC improves health, offers hope, and provides opportunities to children and families. Our programs, located throughout Alameda County, prepare children to succeed in school; assist families through times of crisis; and provide therapeutic support to children who have suffered from abuse and/or neglect. Founded in 1952 by local parents, we have grown from a small program serving 18 children into a comprehensive regional agency making a lasting impact on more than 15,000 children and families every year.



## Circle of Care

## East Bay Agency for Children

2540 Charleston Street

Oakland, Ca 94602

[www.ebac.org](http://www.ebac.org)

*We are very glad to get corrections*

*Dated material, Please deliver promptly*