



The Gift of Joy

The payoff is even greater than you might think. Sure, it's fun to have fun, but research also shows that time spent enjoying personal pursuits improves your mental and physical health and increases happiness and self-esteem.

Sometimes living a joyful life doesn't demand anything more complicated than slowing down long enough to savour the special people, places and things that give our lives meaning and texture. For me, it's my husband's dry sense of humour, walking along the beach feeling the sand stick up between my toes, or singing along at the top of my lungs, with the radio, inside my car.

Even when life throws us a curveball we have the chance to find joy in the pain – if we make the effort. One of life's most stressful events, right up there with marrying and starting a new job is that of moving. When the move involves a parent or relative, stress levels can rise through the roof. A client who has recently experienced this replied "I have been given this gift in my very early years, so that I can stop and make the changes necessary for happiness in my life. This is not an easy path and I have been faced with many challenges along the way, but never alone. This has allowed me to smile through my tears and lets me know that I have so many things to be thankful for."

This spring, take the time to bring joy to your life. Think about registering for the BON conference and spending time away from the hustle and bustle as you enjoy pursuits to improve your joy and personal happiness.

Marilyn Hollinger
BON Board Chair

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& York County north of Markham & Richmond Hill)

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Sudbury – Sault Ste. Marie Region Norma Beam
(Algoma, Manitoulin, Sudbury)

Northwestern Region Vacant
(Kenora, Rainy River, Thunder Bay)

To contact your regional representative please refer to the BON Directory. We greatly appreciate the support of our readers in locating new regional representatives. Would you be interested in joining us?

Mission Statement

Bereavement Ontario Network is a network of individuals, groups, and organizations which, through the exchange of ideas, resources, and energy, is dedicated to helping the bereaved and the dying.

Bereavement Ontario Network (BON) is a diverse group of organizations and individuals across Ontario that work in the field of grief and bereavement as professionals and volunteers.

BON provides opportunities to access, in a reciprocal manner, the knowledge, experience, wisdom, and sensitivity of other members in Ontario. You can use BON to access this support for your clients and yourself.

Membership in the Bereavement Ontario Network is open to individuals, volunteer organizations, small business, and corporations. If your work brings you in contact with bereaved individuals, BON can help you to help them.

BON offers an annual conference, a directory of members, this newsletter, an interactive website, and the services of volunteer regional representatives. These representatives are available to answer questions and to refer you to available resources within your region.

About the BONewsletter

The BONewsletter belongs to you! We encourage your contributions by submitting articles, book reviews, and audiovisual reviews. Let us know about news in your region, any upcoming events, as well as your comments and suggestions. Tell us about a great website that we can share with everyone in the BON "Network" across Ontario.

We accept previously published articles that are accompanied by written permission to reprint.

The BONewsletter committee reserves the right to edit all contributions for clarity, punctuation, spelling, grammar and syntax.

The BONewsletter is published three items each year.

Please send your submissions via email to:

nancy_gingerich@yahoo.ca

Newsletter Committee:

Editor: Nancy Gingerich

Distribution: Marilyn Cox

Upcoming Events

Friday May 6, 2005 9 am – 4 pm

Bereavement Resource Council of Niagara presents
the 14th Annual Educational Workshop

**Healing
at the Individual, Family, Group, Community and
Cellular Level**

with
Dr. Heather Lee Kilty
Certified Grief Counsellor and Educator
Brock University

\$85 including lunch
Four Points Sheraton, Thorold

For registration contact:
BRCN at (905) 680-6400

Wednesday May 18, 2005 7:30 pm

Bereavement Ontario Network
presents

**When Grief Enters the Workplace:
Helping Colleagues, Helping Ourselves**

with
Dr. Rose Marie Jaco, Ph.D.
Professor Emerita of Social Work,
University of Western Ontario

\$10 (free to BON members)
Elizabeth A. Labatt Building
King's University College
Epworth Ave, London

For registration contact:
Mary Frances O'Hagan
at (519) 764-2426 or ohagan@execulink.com

Wednesday May 11, 2005

The Bereavement Resource Council of Elgin
presents

**Finding Meaning
In The Face of Grief**

with
Dr. John D. Morgan

\$85 including lunch
St. Thomas

Concurrent sessions are:
Surviving The Personal Journey
Workplace Grief
Children and Adolescent Grief

For registration contact:
BRCE at (519) 764-2426 or
email brce@execulink.com

Thursday May 19, 2005 9 am – 4 pm

Bereavement Foundation of Sudbury
presents

**Life Matters...
Death Matters**

with
Dr. David Kuhl
Author of "What Dying People Want"

\$75 including lunch & refreshments
Radisson Sudbury

For registration contact:
Fran McMillan at (705) 566-6221 or
Santina Marasco at (705) 675-4705

Upcoming Events (cont'd)

May 24, 2005 7- 9 pm

Bereaved Families of Ontario - York Region presents a workshop for anyone who has been touched by loss in their lives

**Understanding Your Grief:
Touchstones for Hope & Healing**

with
Dr. Alan Wolfelt
Founder and Director of the Center for Loss & Life Transition in Colorado

\$10 admission
The Bridge, Markham

For registration contact:
Bereaved Families – York Region
at (905) 898-6265 or email bfoyr@neptune.on.ca

Monday May 30, 2005 8:30 am – 4 pm

The Psychosocial Spiritual Team of
The Temmy Latner Centre for Palliative Care
at Mount Sinai Hospital
presents the 1st annual Advanced Practice Teaching Day

**Psychosocial Spiritual Care
For The Dying:
Strategizing Wisdom**

with
Stephen Jenkinson, Clinical Leader
Dr. Pauline Abrahams, GP Psychotherapist
Bonnie Barry, Social Worker
Jennifer Bennett Pond, Art Therapist
Dr. Michele Chaban, Academic & Researcher
Elaine Rapp, Social Worker

\$125 / \$75 Students
18th floor - Mount Sinai Hospital Auditorium
600 University Avenue, Toronto

For registration contact:
(416) 586-4800 x 6707
or email kate.castonguay@tlcpc

May 25, 2005 9 am – 4 pm

Bereaved Families of Ontario York Region presents a workshop designed for counselors, school personnel, social workers, clergy, chaplains, child life specialists, medical professionals and others caring for the bereaved

**Help Children & Youth Cope with Grief:
A Seminar for Caregivers**

with
Dr. Alan Wolfelt
Founder and Director of the Center for Loss & Life Transition in Colorado

\$175 including lunch & refreshments
or \$75 for morning only
Convention Centre, Richmond Hill

For registration contact:
Bereaved Families – York Region
at (905) 898-6265 or email bfoyr@neptune.on.ca

Gitche M'Qua Centre For Healing & Dying
presents

Opening the Gifts of Love and Death
with

Joan Halifax, Roshi, Phd.

Friday, June 24
Lecture 7– 9 pm
\$30

Toronto Zen Buddhist Temple

Sat – Sun June 25-26
Workshop 10 am – 5 pm
\$280 for two days
Gitche M'Qua Centre

For registration contact:
(416) 651-1846
or email GitcheMQua@rogers.com

A Tribute to Dr. John D. Morgan



On December 31, 2004, Dr. John D. Morgan Ph.D. (Jack) resigned from his duties as Administrative Assistant, Bereavement Ontario Network after more than a decade of association with this organization. In 2003, Jack assumed this position and donated many hours to these duties. Jack has been undergoing a series of chemotherapy and radiotherapy treatments, which were both completed at the end of February.

Dr. Morgan began with BON as board Vice-chair, then Chair, and Past Chair. He was also a member of the BON Conference Planning Committee and has been a frequent keynote speaker at the annual BON conference at Geneva Park, Orillia. Jack has contributed articles for this newsletter, the most recent being the Winter 2002 issue with an article "The Death Awareness Movement: Thirty Five Years Later."

Jack was born in San Francisco and completed undergraduate and graduate studies in California. In 1963 he immigrated to Canada, becoming a lecturer at Loyola College in Montreal. In 1968 he accepted the position of Associate Professor of Philosophy at King's University College, University of Western Ontario in London, eventually becoming Academic Dean and Principal of King's. At King's, Jack designed and coordinated the popular and successful Death and Bereavement studies programme. Since 1999, he has been Professor Emeritus of King's. Jack was the driving force and coordinator for the twenty annual international conferences at King's, which convened over four thousand people from forty countries.

Jack is the author of more than sixty articles, reviews or chapters in books. He has travelled the world as a much sought after speaker and workshop leader. He has lectured in Australia, Russia, Poland, Norway, England, Croatia, South Korea as well as numerous cities throughout North America.

On behalf on the BON Board of Directors and membership, we wish Jack a speedy return to good health and look forward to sharing time with him at a future BON conference. Feel free to contact Jack via email at griefeducation@rogers.com. He would love to hear from his old friends and numerous acquaintances.

Mary Frances O'Hagan
BON Regional Representative Middlesex-Elgin

News from Across The Regions

Toronto East Region

From the Durham Region, Andrea Shaw reports that Hearth Place Cancer Centre is in the process of training 15 teen facilitators for adolescent bereavement groups.

The Durham Distress Centre is continuing with it's series of Suicide Survivor Support Group meetings.

Brad Hunter has been asked to do a Bereavement 101 seminar for cemetery managers in Northern Ontario who find it difficult being with the bereaved.

Further into the heart of the GTA, Gitche M'qua Centre for Healing and Dying is hosting a lecture and workshop this summer (June 24, 25, 26) by Roshi Joan Halifax, Zen teacher and founder of the Upaya Centre for Being with Dying in New Mexico. For more information about Gitche M'qua you can email gitchempqua@rogers.com

Brad Hunter

Toronto East Regional Representative

Niagara Region

Since our last newsletter, our local Bereavement Support Group has seen an increase attending for support and to gain educational resource material to read quietly at home. There has been an increase in male attendance, which is a positive sign, given the common attitude that men should be strong and not publicly show emotion in times of grief. Feedback has been very positive and most encouraging that these groups are indeed helpful and a healing environment for sharing their stories.

The Annual Education-Workshop Day for the Bereavement Resource Council of Niagara will be held Friday, May 6th/05 at the Four Points Sheraton at Schmon Parkway, Merritville Hwy. Thorold, Ontario. from 8.30 am - 4pm. The workshop will be facilitated by Heather Kilty.

Richard Crysler from the Working Group on Mental Health Services for Diverse Ethno-Racial/Ethno Cultural Services in Niagara has been invited to attend a BRCN meeting for discussion about mutually beneficial roles we might play.

Nancy Riou

Niagara Regional Representative

London – St. Thomas Region

King's University College, University of Western Ontario, has created a cross-appointment between the School of Social Work and the Thanatology Department, with teaching duties in both programs. Professor Eunice Gorman will direct this new program. She has an interest in cross-discipline education and grief among First Nation's people. One of the goals of the cross-appointment is to strengthen the exposure of social work students to the field of grief and bereavement and to connect the Palliative Care & Thanatology Certificate Course to the School of Social Work.

BON members in the Middlesex-Elgin Region will be holding regular breakfast and/or dinner meetings. For information regarding time and location, contact Mary Frances O'Hagan at 519-764-2426 or ohagan@execulink.com.

Congratulations to Carmen Lewis, BON member from St. Thomas and Marilyn Cox, BON Administrative Assistant, on achieving certification from the Death and Bereavement Studies program, King's University College, University of Western Ontario.

A day conference "Finding Meaning in the Face of Grief" will be held on Wednesday, May 11, 2005 in St. Thomas, with Dr. John D. Morgan as keynote speaker. Concurrent sessions are: Surviving the Personal Journey: Self-Care; Workplace Grief; Children and Adolescent Grief. Registration is \$65 (includes lunch & parking), \$85 after March 25. For information call The Bereavement Resource Council of Elgin at 519-764-2426 or email at brce@execulink.com or www.elgin.net/brce.

A BON sponsored lecture "When Grief Enters the Workplace: Helping Colleagues, Helping Ourselves" will be held on Wednesday, May 18 at 7:30 p. m. at King's University College, Elizabeth A. Labatt Building, Epworth Ave, London. Dr. Rose Marie Jaco, Ph.D., Professor Emerita of Social Work, University of Western Ontario will be the speaker. Admission fee is \$10.00 (free to BON members). For information, call Mary Frances O'Hagan at 519-764-2426 or ohagan@execulink.com.

Mary Frances O'Hagan

London – St. Thomas Region Regional Representative

Chatham-Windsor- Sarnia Region Region

Across the Chatham-Windsor BON Region there is a great diversity of memorial services conducted. In Blenheim, the memorial service at the Blenheim Community Village is followed up by one-on-one bereavement counselling offered as a community service by Rev. Bruce Cook and Rev. Bill Terris. In Wallaceburg and Dresden, as reported by Rev. Linda Maw, memorial services are held monthly. The Chatham-Kent Health Alliance conducts Memorial Services on both the Chatham and Wallaceburg Hospital Campuses for the friends and families of patients who have died in the past three to six months.

Recently three bereavement support groups in Chatham have merged into one group of 15-20 members.

In Chatham the Canadian Mental Health Association (CMHA) offers a variety of services that minister to the needs of the bereaved. These services include workshops as well as one-on-one counselling for the bereaved and for those with a loved one in palliative care. CMHA offers, as needed and requested, workshops to specifically address the needs of widows and widowers, grieving adults and survivors of suicide. As follow up to the CMHA workshops, one-on-one counselling sessions can be set up to address individual bereavement needs or blockages.

Last fall I drafted a 'board' survey to begin to address the need for BON membership retention and recruitment. While the BON Board will follow up on the survey it is clearly evident the membership recruitment needs to be a concern for all members. Suggestions forwarded as a result of the survey need further discussion and will be addressed in the next newsletter.

John DeVries

Chatham – Windsor – Sarnia Regional Representative

Simcoe – York – Dufferin Region

A warm greeting from the Simcoe-York- Dufferin Region A committee has been formed of Social Workers doing bereavement work with the intent to draft comprehensive policies and procedures for the workplace and also to formulate a specific training program for Hospice volunteers who will do bereavement work. Hospices Vaughn, Evergreen, Orillia, Simcoe, King Aurora, find the bereavement work in our agencies becoming more complex and challenging, therefore requiring a comprehensive

training program. We have fortunately connected with Hospice Dufferin who offer such a 2 day training program.

The committee also hopes that with program policies standardized, we will be able to have uniformity in our service provision.

Hospice Simcoe has the deed to property for a Program House in Barrie. This is very exciting and the community has joined us in coordinating the building of the house, this spring. Matthew's House in Alliston provides a Day program for people living with a life threatening illness, caregivers and bereaved. For scheduled programs look to www.hospicesimcoe.ca . In Barrie we continue to offer one-on-one support and group support for clients anticipating or grieving the loss of a loved one. Our Bereavement Walk Group continues to meet and share stories and coffee each Saturday morning.

Grieving Children at Seasons Centre started a new session of their Bereavement Chatline for teens in March 2005. Summer camps for children 4-12 years of age will be offered for July 2005. Contact Joan at joan@grievingchildren.com or 707-721-5437 for information.

A new Centre modelled after Grieving Children at Seasons is now located in Oakville. The Lighthouse Program For Grieving Children is located at 82 Wilson St. Phone #905-337-2333 for more information about their programs.

While some of this information crosses regional borders, it is quite exciting that we are collaborating. If you would like to share in this quarterly report, I welcome your input.

If you are in the mood for a tender book about grief, I suggest, "Good Grief" by Lolly Winston.

Kathi Kelly

Simcoe – York – Dufferin Regional Representative

Kitchener - Waterloo Region

Life After Loss, under the leadership of Marilyn Hollinger is growing as seniors are learning to understand their losses. "Northern Exposure" offered four days at the Talisman Lodge near Flesherton for fifty seniors to have a winter retreat. The retreat featured a Hollywood theme complete with costumed actors and actresses strolling the red carpet.

Kitchener-Waterloo Region (cont'd)

A casino night, an old fashioned sleigh ride and tubing down the Talisman hills rounded out the fun. "Toothpix", a monthly lunch for mature adults, recently featured an Antiques Roadshow. Each person was able to bring three treasures to learn about the history behind them and to be evaluated.

Nancy Gingerich recently launched her private practice, Touchstone Associates, which offers services throughout southwestern Ontario. Touchstone offers individual coaching, support group facilitation and supportive and educational workshops in the area of grief and bereavement and life changes. Training programs are also offered for volunteers and professionals providing front line support for those impacted by loss and life transitions. For further information contact Nancy at (519) 634-9870.

Bereaved Families of Ontario hosted a day-long conference on Friday, April 15, 2005 with Dr. J. William Worden as the featured speaker. Over two hundred people attended this very successful conference.

People Needing People in Waterloo continues to offer regular grief support groups for adults affected by the death of someone special. Call Dena at 745-2195 for further information on these programs.

The regional Bereavement Networking Group, which meets in Kitchener-Waterloo monthly, recently enjoyed Liz White as a guest speaker to share from her book The Action Manual – Techniques for Enlivening Group Process and Individual Counselling. For more information check out Liz's website www.lizewhiteinaction.com. Briana Zur from the Community Geriatric Unit, will join us in May to discuss resources in the community for the senior population. The Bereavement Networking Group meets on the fourth Thursday of each month, from 8:15 – 9:30 a.m. at the Ratz-Bechtel Funeral Home Family Centre. All are welcome.

Nancy Gingerich
Kitchener – Waterloo Regional Representative

Huron – Grey – Bruce Region

Bruce, Grey and Huron counties are large geographical areas with relatively spread out populations. Churches and funeral homes continue to be the integral supports for bereavement in most of the area. In the northern part of Bruce/Grey counties, Owen Sound is the mecca, with most of the services for the area headquartered there. Of necessity, services do get spread out a bit but not in intensity. In the south, Goderich is the county seat where, again, most services for that general area are headquartered. Bereavement requests are simply bumped to the Marriage, Family and Individual Counseling section of the telephone book. Any needs beyond the ordinary, whether large or specialized, from the entire geographical area, are directed towards London.

Palliative care services are stretched, but do a wonderful job with the resources they have. Kincardine Palliative care has recently undergone a change. Doug Boron has retired as coordinator (he was working about 25 hours per week).

Grief groups, including more specialized ones for suicide related experiences, continue to be coordinated out of the Canadian Mental Health Association (CMHA) office in Owen Sound at (519) 371-3642.

A new service was recently introduced in the Kincardine area, where counsellors Bob O'Brien at (529) 395-4681 and Pat Daze at (519) 396-3152, are offering open-ended "Grief and Coping" sessions, at the Davey-Linklater Funeral Home, the first Thursday of each month. These sessions are an opportunity for bereaved people to come together, share their experiences and learn about available resources. An on-going supportive coffee clatch model has evolved from the early sessions.

More recently, funeral directors from all over the area met for a curling bonspiel at the Kincardine Curling Club. BON pamphlets and information were liberally talked up and made available.

If anyone is aware of additional services or activities in the Huron, Grey or Bruce County areas, please call me at (519) 395-0757 or email d.b.brown@hurontel.on.ca. Thank you!

Doug Brown
Huron – Grey – Bruce Regional Representative

Bereavement Ontario Network Website

www.bereavementontarionetwork.ca

Sault St. Marie Region

Folks at VON Algoma Branch have completed their training of Bereavement Facilitators and are now offering a "Grieving Well: Bereavement Self-Help Group" on an as-needed basis. All services are free of charge. To register or for more information contact VON Algoma at (705) 942-8200 or 1-800-561-6551.

David Kuhl, Author of **What Dying People Want** will be the featured speaker at the Life Matters... Death Matters Conference being held Thursday, May 19, 2005. The conference is sponsored by The Bereavement Foundation of Sudbury, St. Joseph's Health Centre, Hopital Regional Sudbury Regional Hospital and Loughheed Family and Staff and will be held at the Radisson Sudbury. For more information on the conference please contact Fran McMillan at The Westmount at (705) 566-6221 or Santina Marasco, Spiritual & Religious Care at St. Joseph's Health Centre at (705) 675-4705.

Norma Beam

Sudbury – Sault Ste. Marie Regional Representative

Apologies

Extenuating circumstances with some of our newsletter volunteers has meant the delay of our first 2005 newsletter. We'll work even harder to ensure that the rest of 2005 proves to be one of communication & networking!

"When someone you love suddenly passes, a series of shocks ripple through the system: waves of grief, tenderness, memories, combined with a sense of your own finitude; and at the same time, a paradoxical analytical process of combing through the associations and trying to understand the significance of what this person meant in your life."

- Michael Cohen
(from a tribute to Dr. Mack, Harvard University psychiatrist who recently passed away)

Submitted by Doug Brown

New BON Administrative Assistant

We, as members of the Bereavement Ontario Network, are so fortunate to have a competent and experienced person at our steering wheel. Marilyn Cox was hired in December 2004 to be our Administrative Assistant and she is already providing us with skill and professional competence. Let me tell you a bit about her interesting life.

Marilyn's passion in life is horticulture or in simpler words "growing". She owns and operates a wholesale perennial nursery north of London. The spring is her busy time as the plants grow and she delivers them to the retail nurseries.

She has also done horticultural therapy in a mental health care setting and has just received her certification as a horticultural therapy technician (HTT) from the Canadian Horticultural Therapy Association. Good work!

In the past years, she attended King's College and received a degree in Sociology and the Grief and Bereavement Studies certificate in 2004.

Currently, she is volunteering with Hospice of London's visitor program and co-facilitated her first bereavement support group in the fall of 2004 with V.O.N. Middlesex-Elgin.

Marilyn lives near Lucan with her husband, Mario who is working on his PhD in political Science at McMaster. Her two furry canine companions, Henry and Abigail, help her to lighten up and smile.

Although Marilyn is and has been a member of Bereavement Ontario Network, I appreciate her diligence, expertise and the opportunity to work with her as she keeps us organized.

Marilyn Hollinger
Chair



“Chips from the Board”

The most recent board meeting was held at King's University College, February 22, 2005.

Marilyn Hollinger, our chair, introduced our new BON Administrative Assistant, Marilyn Cox, who is already doing a great job; and gave a glowing tribute to Dr. Jack Morgan, as he retires from this position.

Regional reports were discussed (check the different regions in this newsletter). We have a huge province - keep the communications coming!!!

A financial review was done. The 2005 budget was approved. Figures show that we still have some work to do to improve our cash flow situation. Discussion centred around ideas for better financial solvency. For example, annual conference attendance hovers around the breakeven point and, if we could entice a few more attendees, to what really is a great conference, we would have a good cash flow to assist the membership. Finances will continue to be reviewed carefully.

77 memberships have been renewed for 2005 (42 organizations and 35 individuals) but 178 members since June 2003 have not renewed so we questioned why. One simple explanation is that they do not know if they have renewed or not. Therefore, the board decided to try to better notify persons who have not renewed, clarify the membership year and carry names in the Directory for a year beyond, but not send out new directories to persons who have not paid. So, if you don't get a new Directory, call to see if you have paid!

BON has been active for 15 years and some things have changed. The board is undertaking a review and revamping of job descriptions and bylaws. For details, please ask, or listen carefully at the next annual general meeting, held during our annual conference.

Committee activity was reviewed. The Conference Committee is in full swing ensuring that our 2005 15th Annual BON Conference will be as invigorating as ever. The Conference Committee consists of Susan McCoy as chair, Grant Churcher, Cindy Elkerton, Nancy Gingerich, Marilyn Hollinger, Brad Hunter, and Phyllis Russell. The Newsletter Committee consists of Nancy Gingerich as the newsletter editor and Marilyn Cox as the newsletter distributor. The Website Committee consists of Grant Churcher as our website liaison and Nancy Gingerich as a Forum moderator. Please send any ideas for website links to Grant at churcher@vianet.ca and send articles, book reviews, etc. for our Forum library to Nancy at nancy_gingerich@yahoo.ca.

The Board has decided that BON should use email communications more frequently, in order to save money. The Newsletter will be sent out via email to all members who have an email address. Likewise, the Directory updates will be sent out via email when the size is manageable rather than mailing it. Notice of the annual conference will also be sent to members via email. However, if copies of the actual conference brochure are needed, members may contact Marilyn Cox at (519) 225-2263 or email info@bereavementontarionetwork.ca.

Next Board Meeting will be May 14th, at the Turner and Porter Funeral Home, Dundas St. W., in Etobicoke.

Members are welcome to send comments and suggestions for the Board to Marilyn Hollinger at lifeafterloss@sympatico.ca or by calling by (519) 747-3439.

Doug Brown

Huron – Grey – Bruce Regional Representative