

inside

fernside

A publication for grieving children and their families

*Fundraisers Support Fernside***John M. Naish, Jr. Memorial Fundraiser**

On Saturday, January 27, 2007, friends and family of John M. Naish, Jr., Fernside alum, held a fundraiser in his memory. This annual event raised \$10,000. All proceeds benefited Crimestoppers and Fernside.

John and his siblings, Kim, Jenni and Joe, attended Fernside support group meetings following the death of their parents in 1988 and 1991. Kim obtained custody of her younger siblings at that time and has since returned to Fernside groups for herself and her own children, following John's death. "It is very important to us to continue to celebrate Johnny's life. Fernside is a center for grieving children; Johnny attended support sessions at Fernside after our parents passed. I know he would love to give back to them."

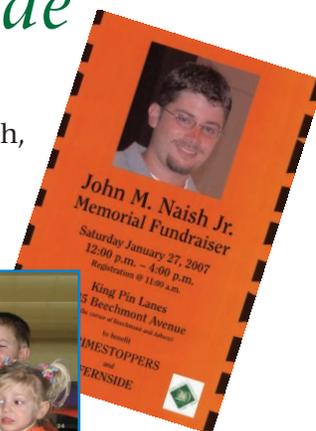
Bowling was chosen out of John's love for the sport. This fundraiser is an annual event to keep John's memory alive.



Koelle-Naish Family

"Johnny attended support sessions at Fernside after our parents passed. I know he would love to give back to them.."

– Kim Koelle



Sixth annual

Hospice of Cincinnati
SUMMERTIME CLASSIC

Supporting Fernside: A Center for Grieving Children

Sunday, June 3, 2007

Dinner Program

Northern Kentucky
Convention Center

Monday, June 4, 2007

Golf Outing

Hyde Park Golf &
Country Club

Sunday evening guests will enjoy dinner, live entertainment and silent auction. Golfers will have the option to play in a morning or afternoon flight on Monday.

- This two-day event offers the opportunity for golfers and non-golfers alike to support Fernside.
- Sponsorship opportunities remain available. For more information, please contact Erin Long at 513-745-1613 or erin_long@trihealth.com OR Diana Fogel at 513-745-1617 or diana_fogel@trihealth.com.

Ladies Night Out For a Cause

On Friday, January 19, 2007, the Blue Ash Bees hosted an evening of Bunko at the Blue Ash Golf Course. This themed event "Ladies Night Out For a Cause" raised over \$2,100 with all of the proceeds benefiting Fernside. Group members voted on the charity that they wanted to support and 100 women came out for the evening. Some important criteria in their decision to support Fernside, was that many of our groups are held in Blue Ash – our evening program holds groups at the Blue Ash Presbyterian Church and we currently offer two grief groups at Sycamore High School.



Front Row, L to R: Mary Carol Gennett, Wendy Sirkin & Chris Weber. Back Row, L to R: Paula Mott, Nina Prysock, Kim Thornton, Jackie Beck & Lori Murphy.

Program News

New Families Join Evening Support Groups

This winter, 60 children/teens and 59 adults joined our evening support group program. We welcome all 119 new group participants to our program.

Orientation Sessions

Families interested in joining the support groups must attend an orientation. Orientations are held in Blue Ash on the third Monday of each month. Completed paperwork must be returned prior to attending an orientation. Please call the office for registration information.

School Groups

Our school groups have crossed the Ohio borders! We have now served schools both in Indiana and Kentucky, totaling 14 school districts and 17 schools so far this year.

Serving young children at Fernside



Liberty Township Parent Loss group

Fifty-one children from the ages of 3-6 currently participate in our evening support groups. Developmentally, preschoolers and kindergartners are continuing to learn more about their environment through their own natural curiosity and the use of their imagination.

However, they are concrete and literal thinkers. Preschoolers also begin to have a better sense of their individuality. They are increasing their verbal skills and are beginning to express their feelings and worries with words. Some quotes from this age group in response to the statement:

We explore the topic of grief with this age group through expressive arts projects, reading stories, playing games and encouraging pretend play.

Support Groups Available

Blue Ash:

- 2nd and 4th Monday Parent Loss
- 2nd and 4th Tuesday Parent Loss
- 1st and 3rd Tuesday Sibling Loss
- 1st and 3rd Tuesday Young Extended Family Member & Friend Loss
- 1st and 3rd Tuesday Young Adult Support Group

Hamilton Area:

- 1st and 3rd Tuesday Parent Loss
- 1st and 3rd Tuesday Adult Extended Family Member & Friend Loss

Bridgetown:

- 2nd and 4th Wednesday Parent Loss

Anderson Township:

- 2nd and 4th Tuesday Parent Loss

Since the death I worry about...

"Mommy"

"I am sad. I worry about Granny."

"My tummy hurts when I think about my Dad."

"Another person in my family are going to die."

With this in mind, we explore the topic of grief with this age group through expressive arts projects, reading stories, playing games and encouraging pretend play. A favorite activity for this age group is Mean Soup. In this activity, the book *Mean Soup* is read out loud and the children create their soup by adding "ingredients" – growls, screams and whatever else they can think of! They take turns stirring the "ingredients" in a large bowl. This activity allows the children to express anger about having a bad day in a healthy way.

Volunteer News

Long Time Co-Facilitators Share Fernside Experience

Meet Kathleen Cepela and Matt Fenik – facilitators in a group for teens who have experienced the death of a parent. They have worked together for over 5 years. This article highlights a recent conversation with them in which they responded to questions about volunteering at Fernside.

What keeps you coming back to Fernside year after year?

K: It's the kids!

M: I believe in Fernside's mission and find great satisfaction in being a small part of that.

What is it about your partnership that makes for a successful group?

K: We always have a plan but we know when it's not working, it's time for a different approach.

M: I think it helps to have both a female and male perspective.



Matt Fenik and Kathleen Cepela

What talent or skills do you see in each other?

K: Matt is good at asking tough questions.

M: Kathleen is always prepared and very energetic.

What do you enjoy most about working with teenagers?

K & M: We like working with teens during a normally challenging time in their lives that is further complicated by a significant death.

What do you hope that the teens take with them from their Fernside experience?

K: I hope they leave feeling less isolated.

M: Hope

You know you have made a difference when...

K: I see them support one another and talk about their futures with positive anticipation.

M: They allow themselves to be vulnerable.

Teens in Kathleen and Matt's current group had this to say about their facilitators:

- They don't force you to talk
- They don't put words in your mouth
- They're "real."
- They're "in the crib."

Fernside thanks all our volunteers for their TIME, TALENT & TREASURE

National Volunteer Week
April 15th-21st

Calling all runners...and walkers!

Run or walk and collect pledges for Fernside at the 2007 Flying Pig Marathon during the weekend of May 5th-6th! Margie Doran, Fernside's Administrative Assistant and avid runner, has pounded the pavement to organize Fernside's first-ever, Flying Pig marathon team! If you're participating in the Flying Pig marathon and interested in joining Fernside's team, contact Margie. We are excited to be participating in and benefiting from what has become a favorite Cincinnati tradition.



For more information about the race, you can contact the Cincinnati Flying Pig Marathon directly at:
644 Linn Street, Suite 626
Cincinnati, OH 45203
(513) 721-PIGS (7447)
www.flyingpigmarathon.com

To Contact Us at Fernside:

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WalMart becomes Corporate Sponsor

WalMart donated \$10,000 to our peer support group programs during a ceremony held on January 3, 2007. Ron Mosby, Senior Manager Public Affairs, Cincinnati office, contacted Fernside in December to learn more about our program.

Jerry Spencer, Regional General Manager for WalMart, flew in from Arkansas for the check presentation. On behalf of WalMart and SAM'S CLUBS, he shared these thoughts: "I am personally excited about actively supporting Fernside because it is an organization dedicated to improving the quality of life for children and families – a passion I share. This organization has an outstanding and unique way of bringing the positive out of a negative situation while

bettering the lives of the individuals it impacts. I think Fernside is special."

WalMart executives and associates accompanied Jerry to present the check. (Pictured behind the check,



WalMart presents check to Fernside

L-R: Jerry Spencer – WalMart Regional General Manager, Vicky Ott – Fernside Executive Director and Steve West – Hospice of Cincinnati President & CEO) Jerry expressed his commitment to supporting Fernside by saying, "As Fernside celebrates 20 years of dedicated service this year, we look forward to the many opportunities to get further involved with this organization and to witness the positive impact of Fernside within this community."

Fernside
Supporting Children and Families Through Grief
An Affiliate of Hospice of Cincinnati, Inc.

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