

# THE GRIEF BRIEF

## 2017 Holiday Issue



### Emma's Place

Staten Island Grief Center for  
Children and Families

*Support ~ Community ~ Hope*

### 2017 Inaugural Grief Conference for Area Professionals

On Friday, October 20, 2017, Parent to Parent opened its doors to Emma's Place and hosted our Inaugural Grief Conference for Area Professionals at their offices at the Institute for Basic Research.

It was a warm, informative, congenial day where area professionals which included, mental health professionals, school counselors, chaplains, doctors, other medical professionals and volunteers came together to enhance their knowledge of how to help grieving children, and also how to care for themselves so they can be at their best while serving those in needs.

Dr. Ken J. Doka, PhD, HFA, ADEC, CNN and a professor of gerontology at the Graduate School of the College of New Rochelle, and Senior Consultant to the Hospice Foundation of America kicked the conference off with his presentation, *Children, Adolescents, Grief, and Trauma*. In an engaging, meaningful and informative way, Dr. Doka achieved his goals of reviewing how concepts of death change throughout the life cycle, exploring the ways that children and adolescents experience loss, discussing strategies to assist grieving children and adolescents, and examining the particular issues raised by traumatic loss.



Left to Right: Karen Goldman, Pres. Of Emma's Place, Barbara Rubel, Dr. Ken J. Doka, Leslie Delp, KC Delp, and Dr. Carolyn Taverner, Vice Pres. Of Emma's Place

Next, Leslie Delp, MA, Founder of and Bereavement Specialist at Olivia's Place -A Greif and Loss Center for children located in York, PA, and owner of Grief and Bereavement Services, and her son KC Delp, Executive Director of Olivia's Place gave a heartfelt presentation titled, *The Walking Wounded*, which concerns the traumatized child – the child who was present at a death, or who struggles with mental illness that is now complicated by the loss. Leslie and KC also introduced the concept of the "Grief

IEP" which conveyed the message that each grieving child is an individual and needs an individualized way of receiving help.

After networking, and a delicious lunch, the day culminated with a presentation by Barbara Rubel, MA, BCETS, Certified Bereavement Specialist, author and trainer, titled, *A FABULOUS way to Manage Compassion Fatigue*. This presentation was designed to increase participants' self-awareness of skills and strengths that improve ability to handle occupational burnout, compassion fatigue, and vicarious trauma. Ms. Rubel described compassion fatigue and contributors to its occurrence; explained eight pathways of self-care to counter compassion fatigue and enhance resilience; and identified ways to put character strengths into practice to develop resilience. In addition to speaking on this topic, Ms. Rubel, had participants engage in interactive exercises that sparked community and conversation, in addition to providing great and meaningful giveaways.

Those who attended the conference left with increased skills and motivation to ease the pain of grieving children in our community in an individualized and meaningful way; a method of providing care to themselves, and also some new connections and friends. With this conference Emma's Place certainly achieved one of its goals of providing grief and loss education to the Staten Island Community.



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#### At Emma's Place you will

- Be supported by those who have journeyed through their own path of grief.
- Find a community of welcoming, caring and committed individuals who will listen.
- Learn healthy grief processing in a private, safe-setting which facilitates healing while offering the hope and tools to move forward to a meaningful life.

*"What is to give  
light must endure  
burning."  
-Victor Frankl*

Emma's Place  
Staten Island Grief & Loss  
Center for Children and  
Families  
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Contact us at:  
Telephone: 347.850.2322

E-mail:  
[info@emmasplacesi.org](mailto:info@emmasplacesi.org)  
*Support~Community~Hope*



### *We rely on you*

Our Center is supported through donations, grants, memorials and bequests; which will allow us to provide these services at no cost to the children and families it serves.

There are a variety of ways to support Emma's Place and to help reach grieving children and families. We are currently looking for a permanent, cozy home for Emma's Place. Anyone with knowledge of a safe, house or building for rent or as a donation would be greatly appreciated.

Donations can be made out directly to Staten Island Grief Center and mailed to Emma's Place, 276 Watchogue Road Staten Island, NY 10314. Emma's Place staff members are available to make presentations or talk further on the phone – please contact us at:

347-850-2322 or  
[info@emmasplacesi.org](mailto:info@emmasplacesi.org)

*We greatly appreciate  
your generosity!*

## Emma's Place Schedule

### CHILDREN'S GROUPS

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays

Ages 4-9 5:30 pm

Ages 10-14 6:30 pm

Ages 15-19 7:30 pm

### ADULT GROUPS

1<sup>st</sup> & 3<sup>rd</sup>  
Thursdays  
7:00 pm

Read more about  
Emma's Place at:  
[Staten Island Live  
Column](#) or see us on  
Facebook

### HOPE FOR THE HOLIDAYS

The holidays can be an especially challenging time for families who have lost a loved one. Memories of happier holidays come to mind, and we often wish we could go back into the past, or focus on how we wish there was some way our loved one can come back and join us at our holiday table and celebrations this year. While we all know that unfortunately there isn't a way yet to travel back in time, or for our lost loved one to be physically present with us, we can still incorporate the memories of past holidays into the current one, and also still make our loved one a part of our holiday traditions. Here are some ways you can do that:

- **Create a Memory Box:** Think about your most memorable holidays with your lost loved one and put photos, notes with special memories, drawings, or special objects that remind you of your holiday times with your loved one inside the box. You can decorate the outside of the box with meaningful images and words. Then take out the box each time you want to revisit a special holiday with your loved one.
- **Bring Your Loved One's Memory and Spirit with You to Your Family Holiday Traditions:** your loved one by creating a new holiday tradition. These can include, lighting a candle at the holiday or planting a seed in honor of your loved one; playing a song prior to the start of your holiday meal that was meaningful to your loved one; make or buy your loved one's favorite dish and having everyone at the table share a special memory of the loved one before eating.
- **Talk, Seek Support, and Be Gentle with Yourself and Seek Support.** Talk about how you're feeling with others who you will be spending the holidays with who also share your loss. Children should also be included in these types of conversations at a level they can understand. It's more upsetting and anxiety-provoking for both children and adults to go on pretending that everything is the same, when it is clearly not, or to not give children the space to address how the holidays are different this year for them. If you usually host a holiday gathering, it's OK if you suggest someone else do it, or that you all go to a restaurant instead. Make sure you give to yourself and nurture yourself too. If you need help seek out the support of caring others. Emma's Place is always here to help too.

### Children's Grief Awareness Day – Thursday, November 16, 2017

Are you aware that:

- 1 in 5 children will experience the death of someone close to them by age 18. (Dr. Kenneth Doka, Editor of OMEGA, Journal of Death and Dying)
- In a poll of 1,000 high school juniors and seniors, 90% indicated that they had experienced the death of a loved one. ([nahic.ucsf.edu/downloads/Mortality.pdf](http://nahic.ucsf.edu/downloads/Mortality.pdf))

These statistics show that a large majority of children are impacted by death in their young life.

Since 2008, the third Thursday in November has been designated Children Grief Awareness Day by the Highmark Caring Place, as Children's Grief Awareness Day. By raising awareness that any child who is old enough to love is old enough to grieve, those children who have suffered a loss can receive the help and support they need to incorporate their loss into their lives in a health way and move forward to a fulfilling future. You can honor Children's Grief Awareness Day by:

- Wearing blue on November 16<sup>th</sup>.
- Ask your children's schools what they are doing to commemorate the day.
- Be there to offer a grieving child support.
- [Access the Children's Grief Awareness Day Website](#)