

# Resources



**Home and Hospice Services**

# Resources

## GENERAL RESOURCES

### BOOKS

***The Four Things that Matter Most: A Book about Living*** by Ira Byock, MD (Free Press, 2014)

***Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying*** by Maggie Callanan and Patricia Kelley (Bantam, 1992)

***An Uncertain Inheritance: Writers on Caring for Family*** ed. Nell Casey (Harper, 2007)

***The Anatomy of Hope: How People Prevail in the Face of Illness*** by Jerome Groupman (Random House, 2005)

***Women & Money: Owning the Power to Control Your Destiny*** by Suze Orman (Spiegel & Grau, 2010)

***The Needs of the Dying: A Guide for Bringing Hope, Comfort and Love to Life's Final Chapter*** by David Kessler (Quill, 2000)

### WEBSITES

#### Hospice Foundation of America

[hospicefoundation.org](http://hospicefoundation.org)

Click on the End-of-Life Care tab to find caregiver tools, reading suggestions and information about the dying process, pain relief and palliative care. Click on the Grief tab for information about support groups, articles about loss and a newsletter.

#### CaringInfo

[caringinfo.org](http://caringinfo.org)

Find resources related to planning ahead, living with illness, care giving and grieving from the National Hospice and Palliative Care Organization (NHPCO).

#### CaringBridge

[caringbridge.org](http://caringbridge.org)

CaringBridge provides free websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier. CaringBridge websites offer a personal and private space to communicate and show support, saving time and emotional energy when health matters most. The websites are easy to create and use. Authors add health updates and photos to share their story while visitors leave messages of love, hope and compassion in the guestbook.

#### CarePages

[carepages.com](http://carepages.com)

Similar to CaringBridge, CarePages offer free resources for building a website and blogging as a way to stay connected with family and friends.

## SPIRITUAL RESOURCES

### BOOKS

***Parting: A Handbook for Spiritual Care Near the End of Life*** by Jennifer Sutton Holder and Jann Aldredge-Clanton (University of North Carolina Press, 2004)

***Caregiving: The Spiritual Journey of Love, Loss, and Renewal*** by Beth Witrogen McLeod (John Wiley, 1999)

***How to Be a Perfect Stranger: The Essential Religious Etiquette Handbook***, Fifth Edition by Stuart M. Matlins and Arthur J. Magida (SkyLight Paths, 2010)

***Creating Meaningful Funeral Ceremonies: A Guide for Families*** by Alan D. Wolfelt, PhD (Companion Press, 1999)

## WEBSITES

### A Good Dying

[a-good-dying.com](http://a-good-dying.com)

AGoodDying.com offers help in normalizing and personalizing experiences at the end of life through heartfelt information, intimate stories and many valuable resources including interfaith prayers.

### Unity

[worldprayer.org](http://worldprayer.org)

The objective of this website is to gather the great prayers written by the spiritual visionaries of our planet into an online database representing all life-affirming traditions. Many of these prayers have been used for hundreds if not thousands of years. Others are from spiritual contemporaries in today's intricate global fabric. Though these sacred verses arise from divergent paths, voices, languages, cultures and heritages, they all carry within them the same burning flame, the same impassioned love for life and the divine mysteries.

## GRIEF SUPPORT RESOURCES

### BOOKS

***Dancing in My Nightgown: The Rhythms of Widowhood*** by Betty Auchard (Stephens Press, 2005)

***Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life***, by Genevieve Davis Ginsburg (Da Capo Press, 1997)

***Grieving Beyond Gender: Understanding the Ways Men and Women Mourn***, Revised Edition by Kenneth J. Doka and Terry L. Martin (Routledge, Taylor & Francis, 2010)

***Swallowed by a Snake: The Gift of the Masculine Side of Grieving*** by Thomas R. Golden (Golden Healing Publishing, 1996)

***When Parents Die: A Guide for Adults*** by Edward Myers (Penguin Books, 1997)

***Disenfranchised Grief: New Directions, Challenges, and Strategies for Practice*** by Kenneth J. Doka (Routledge, Taylor & Francis, 2010)

### BOOKS FOR CHILDREN

***Guiding Your Child Through Grief*** by Mary Ann and James Emswiler (Bantom Books, 2000)

***When Dinosaurs Die: A Guide to Understanding Death*** by Laura Krasny (Little Brown, 1996)

***Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love*** by Earl A. Grollman (Beacon Press, 1993)

## WEBSITES

### Association for Death Education and Counseling (ADEC)

[adec.org](http://adec.org)

(847) 686-2240

This site is a professional organization that offers a variety of resources.

### Barr-Harris Children's Grief Center

[barrharris.org](http://barrharris.org)

(312) 922-7474

This site provides a number of resources for helping children deal with grief.

### Legacy.com

[legacy.com](http://legacy.com)

Legacy.com is an online media company that collaborates with newspapers in North America, Europe and Australia to provide ways for readers to express condolences and share remembrances of loved ones.

# Resources

## GRIEF SUPPORT RESOURCES (CONTINUED)

### **GriefNet**

*[griefnet.org](http://griefnet.org)*

This is a great site for online grief support groups. GriefNet is a not-for-profit organization with resources and books.

### **WidowNet**

*[widownet.org](http://widownet.org)*

Established in 1995, WidowNet is the first online information and self-help resource for and by widows and widowers. Topics covered include grief, bereavement, recovery and other information helpful to people of all ages, religious backgrounds and sexual orientations who have suffered the death of a spouse or life partner.

### **Webhealing**

*[webhealing.com](http://webhealing.com)*

Webhealing was the internet's first interactive grief website and has served the bereaved on the net since 1995. It offers grief discussion boards where men and women can discuss issues related to grief and healing or browse recommended grief books. The site's originator, Tom Golden, LCSW, of Washington, D.C. is an internationally known psychotherapist, author and speaker on the topic of healing from loss.

## LOCAL ORGANIZATIONS

### **Willow House**

*[willowhouse.org](http://willowhouse.org)*

300 Saunders Road, Suite 300  
Riverwoods, Illinois 60015  
(847) 236-9300

Willow House is dedicated to supporting children, teens, families and communities who are coping with death and dying. Primary services include peer support groups, educational resources and referrals, community outreach, and special programs and workshops.

### **Gilda's Club Chicago**

*[gildasclubchicago.org](http://gildasclubchicago.org)*

537 N. Wells Street  
Chicago, Illinois 60654  
(312) 464-9900

This organization, founded in memory of Gilda Radner, introduces you to programs of social and emotional support and is unique in the city of Chicago. Men, women and children diagnosed with cancer and their families and friends are always welcome. All of their activities are free.

### **Jewish Healing Network of Chicago**

*[jcfs.org](http://jcfs.org)*

Jewish Child & Family Services  
Goldie Bachmann Luftig Bldg., 5150 W. Golf Road  
Skokie, Illinois 60077  
(847) 568-5100

This organization sponsors a variety of services, including grief support groups, counseling and workshops designed specifically to support the Jewish community.

# Grief Support Groups Sponsored by NorthShore Hospice

Consider joining one of these professionally facilitated groups that offer a safe, supportive environment for expressing feelings of loss and provide the opportunity to learn additional coping strategies. Each session will include a brief informational component and time for personal sharing.

**Preregistration is required.**

## **DEATH OF A PARENT**

**Legacy** is an ongoing support group for adults who have experienced the death of a parent. The group meets on the first and third Tuesday of the month from 6:30 to 8 p.m.

## **DEATH OF A SPOUSE**

**Soul Mates** is an ongoing support group for those who have experienced the death of a spouse or life partner. This group meets on the second and fourth Tuesday of the month from 6:30 to 8 p.m.

Support groups are free and open to the public. All groups are held at the NorthShore Hospice office, 4901 Searle Parkway, Skokie, Illinois. The building is handicap-accessible, and convenient parking is available.

For more information or to preregister, please contact Thom Dennis, Bereavement Services Coordinator, at **(847) 982-4364** or [tdennis@northshore.org](mailto:tdennis@northshore.org).