

Memorial Services:

Starting in 2012 memorial services will be held quarterly to honor your loved ones in both Cooke and Grayson/Fannin Counties. Our first memorial service will be held in early April in both Sherman and Gainesville. The date and location will be announced in January so keep watch for more information in the Home Hospice website, www.homehospice.org, Facebook or call 903-868-9315 or 940-665-9891.

Ongoing Public Support Groups:

Caregiver Support Group

First Tuesday of each month

1:00 to 2:30 p.m.

Denison Public Library, 300 W. Gandy.

This group is open to all people caring for someone with a chronic or ongoing illness. The dynamic group is led by Paula Perkins, LBSW, a Social Worker at Home Hospice. The members of the group are very supportive and welcoming of others. If you have any questions about the group, please call Paula at 903-868-9315.

Camp Dragonfly

Camp Dragonfly, a grief camp for children ages 8 through 12 years old and who have experienced a significant loss within the last two years, will be held at beautiful All Saints Camp on Lake Texoma. There are two week ends in 2012 the families may choose from:

- **Friday, March 2 through Sunday, March 4th**
- **Friday, September 21st through Sunday, September 23**

This camp is run by professional grief counselors and trained volunteers. The children are immediately comfortable with the experiences in the camp and bond quickly with other children who are undergoing similar experiences. If you know of a child who might benefit from this camp please call Jolene Senek, Bereavement Coordinator at Home Hospice at 903.868.9315 or 940-665-9891. You may also



Community Events

PLEASE TAKE ONE!



January through March 2012

These programs of comfort are offered as part of the mission which has guided our non-profit organization for 30 years - Home Hospice is a non-profit organization, founded in 1982, dedicated to providing education, programs, services and quality care to ease physical, emotional and spiritual symptoms at end-of-life for patients, families, and caregivers regardless of ability to pay, as well as all in our communities who grieve. Unless otherwise noted, all these seminars are open to the public and require no fee.

Although you may feel alone in your grief, we at Home Hospice want you to know that there is no need to walk this journey alone. So take a look at the variety of grief workshops available and consider joining us. We look forward to seeing you at some of our workshops or events.

Grayson & Fannin Counties - 903-868-9315

505 W. Center Street, Sherman, TX 75090

Cooke County - 940-665-9891

316 S. Chestnut (as of late January) Gainesville, TX 76240

Email: info.hospice@homehospice.org

Website: www.homehospice.org

Education and Support Programs

The program listings for Grayson, Fannin & Cooke Counties begin on the next page. Unless otherwise noted, please call Jolene Senek if you have questions or to let us know if you will be attending at 903-868-9315 or 940-665-9891. You may also contact her by email jolene.senek@homehospice.org.

In Grayson County

When Life Changes Support Group:

Beginning Monday January 9 from 12:00-1:30 p.m. Because there is a need for those who grieve to be able to have a safe place to talk about their grief or to listen to others who are experiencing grief, a new support group will begin in January. This structured support group will focus on grief and loss. There is no fee to attend, but registration is required so that appropriate materials may be prepared. Please contact Jolene Senek at jolene.senek@homehospice.org or call 903-868-9315 to register. Home Hospice Conference Room, 505 W. Center in Sherman.

When Families Grieve—2 Part Workshop

Sesame Workshop has created *When Families Grieve* to help both adults and children cope with the death of a loved one. This workshop will provide you with tools on how to talk to your children about death, and provide a better understanding of their grieving process, as you grieve and remember together. This workshop is designed for you and your children to attend free of charge. The children will have an activity designed just for them while you attend the workshop. Since space is limited, please RSVP to jolene.senek@homehospice.org or 903-868-9315.

Tuesday, January 24th & 31st 4:00 -6:00 p.m.
Home Hospice Conference Room, 505 W. Center in Sherman

Sweet vs. Sour...

When Grief Steals Your Chocolate!

Valentine's Day is often one of the hardest holidays for the bereaved. Join us for dessert served up with a light discussion of Valentine's Day and what that means if you are facing it without your sweetheart. We will enjoy the indulgence of chocolate while taking a look at the lighter side of grief. Yes, there is a lighter side. However, after we have indulged in the "ooey gooeey" sweets we may not feel so light! The seminar is free, but registration is required to properly prepare for your attendance. Please contact Jolene Senek jolene.senek@homehospice.org or call 903-868-9315 to register.

Monday, February 13th 2011 from 4:30—6:00 p.m.
Home Hospice Conference Room, 505 W. Center in Sherman.

Seasons of the Heart

This is a four week grief workshop offering insights on grief and coping skills including myths about grieving, factors that make our grief unique and healthy coping skills to name a few. Plan to attend all four sessions. The seminar is free, but registration is required so appropriate materials may be prepared. Please contact Jolene Senek at jolene.senek@homehospice.org or call 903-868-9315 to register.

Tuesdays, January 24th, 31st, February 7th, 14th from 4:00-5:30 p.m.

Whitesboro Public Library Community Room
308 W. Main Street in Whitesboro

P.I.E. (Partners in Education)

P.I.E., a monthly program presented by a highly-regarded professional, is held the third Tuesday of the month at The Eisenhower Room of Texoma Council of Governments, 1117 Gallagher Road in Sherman, from 12:00 -1:00 p.m. Contact Nancy Russell at 903-868-9315 if you have questions.

February 21—Dr. Azar Ehsan

"Heart Healthy Eating"

March 20—Dr. Muqdad Zuriqat

"Pulmonary and Sleep Disorders"

April 17—Ms. Joyce White

"Cut the Clutter: Simplify Your Life"

Sponsored by Texas Health Resource Presbyterian WNJ Senior Passport, TCOG, Area Agency on Aging, Texas AgriLife Extension Service & Home Hospice and with assistance from Sherman Health-care and Traditions Senior Living Centers

In Fannin County:

F-P.I.E. (Fannin Partners in Education)

P.I.E., a monthly program presented by a highly-regarded professional, is held the last Wednesday of the month from 2:00-3:00 p.m. at the T.E.A.M.'s Center, 806 W. 16th in Bonham. Contact Kathi Kirby at 903-868-9315 if you have questions.

January 25—Lanny Joe and Cindy Baker Burnett

"Cowboy Stories and Songs"

February 29—Ms. Joyce White

"Cut the Clutter: Simplify Your Life"

March 28—JoCarolyn Chambers, LCSW

"Shoot the Outlaws, Love the In-laws"

Sponsored by Clyde Coper Texas State Veterans Home, TCOG, Area Agency on Aging, Texas AgriLife Extension Service & Home Hospice.

In Cooke County:

When Life Changes Support Group

Beginning Monday January 9 from 2:00-3:30 p.m. Because there is a need for those grieving to be able to have a safe place in order to talk about their grief or to listen to others who are experiencing grief, a new support group will begin in January. This structured support group will focus on grief and loss. There is no fee to attend, but registration is required so that appropriate materials may be prepared. Please contact Jolene Senek at jolene.senek@homehospice.org or call 940-665-9891. Please ask about location of the group when you register.

