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**NEW LET'S TALK BEREAVEMENT PROGRAMS FROM EXCELA HEALTH  
ADDRESS FAMILIAL BONDS PRIOR TO MOTHER'S AND FATHER'S DAY**

**GREENSBURG, PA, April 10, 2012 ...** Whether the death of a parent is recent, or took place decades ago, the memories and feelings about those relationships run deep. With Mother's Day and Father's Day on the horizon, Excela Health bereavement counselors will offer two new opportunities for sharing with others their experiences of parental loss.

Let's Talk About Our Moms will be held 2 to 4 p.m., Sunday, May 6, Charter Oak Church, 449 Frye Farm Road, Unity Township. A similar discussion regarding fathers will occur Sunday, June 10. Both events are scheduled the week prior to the actual holiday observance.

The programs will be facilitated by Excela Health Home Care and Hospice bereavement counselors Carla Colello, LCSW and Maureen Ceidro, MA, with assistance from new Hospice volunteer Diane Marsh,

"For women, our mothers are those magical creatures that we hope, in our deepest hearts, we will someday become. And yet we shudder with the anxiety of 'oh no, I'm becoming my Mother!' For men, a mother can be the epitome of what it means to be a woman in this world, or the one person who can stop them short and bring them to task." said Ceidro.

"The reminders of our moms presence and absence are keenly felt. This is an opportunity for those who have experienced the loss of their mother to 'sit and chat' about the memories they hold dear to their hearts and what it is like to move forward in a world without Mom."

“In my experience the most important and intimate bond is between parents and children,” said Marsh, professor emeritus from the University of Pittsburgh at Greensburg, where she taught psychology for more than three decades. “When we experience the end of our parents’ lives, we come face to face with our own mortality. Being able to share feelings and memories can be very valuable in helping to process end of life as a whole human being, psychologically as well as medically.”

Having served as a consultant to the behavioral health community in Westmoreland County for many years prior to retirement, Marsh has chosen to volunteer with Mental Health America and Excelsa Health Hospice.

“Both provide meaningful opportunities and are a good match for me,” she said. “My mother benefited from hospice care, and I appreciate the hospice philosophy which promotes quality of life at the end of life.”

Reservations are requested for both programs and may be made by contacting the Excelsa Health Call Center, 1-877-771-1234. For more information about Hospice care and other bereavement groups, visit [www.excelahealth.org](http://www.excelahealth.org)