

TO MEDIA:

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**EXCELA HEALTH HELPS COMMUNITY COPE WITH LOSS,
EXPANDS GRIEF RESOURCES THROUGH SPECIALIZED GROUPS**

GREENSBURG, PA, February 9, 2010 ...The loss of a loved one affects people in various ways and they often find it difficult to cope with or confront the emotions they experience. Excela Health has expanded its outreach programs in support to those dealing with a loss.

In addition to Excela's "Coping With Loss" support groups that are offered routinely throughout the year, several specialized groups have been created to care for people experiencing a common loss. According to Maureen Ceidro, MA, Excela Health bereavement counselor, "we felt some people would benefit from being with others who share similar circumstances."

Experience shows that people deal better with their grief if they are with others in like situations. In a general group, they may convince themselves their loss is not or should not be as great as another person experiencing a different type of loss. This guilt can hamper their progress and not allow them to grieve properly, said Ceidro, who works for Excela Health Home Care and Hospice.

Ceidro added that this program format can help people to connect or talk openly with others who have experienced the same type of loss, thus establishing a sense of commonality among participants. For example, one who has lost a spouse can relate more readily with others who also have lost a husband or wife.

A new group designed exclusively for widows and widowers will meet for six weeks beginning 6:30 p.m., Tuesday, March 2, Harrold Zion Lutheran

Church, Greensburg. The program is open to anyone who has lost a spouse. Fred Wineman, bereavement counselor, will serve as group facilitator.

“The main objective is for people to meet and share with others. Relating to others with like experiences can help these individuals to deal with their own individual grief and to successfully manage their lives in spite of their loss.” emphasized Ceidro. “It’s an opportunity to get them in an environment where they can be heard or understood while connecting with someone else who has undergone the same experience.”

Additionally, a six-week Grief Book Club will begin 6 p.m., Tuesday, March 20, First Baptist Church, Greensburg. This latest offering evolved from the suggestion of a grief group attendee. Club participants will discuss a chosen book that deals with grief. “Sometimes people don’t feel comfortable sharing their intimate feelings with a group,” Ceidro said. “Reading and discussing a book on grief is a safe outlet for many, allowing them to talk about grief indirectly through another’s feelings. It’s a way to get people to talk about grief on another level.”

Teens are the focus of a another new group beginning 6 p.m., March 1, Seton Hill Family Therapy Center. This six-week program utilizes creative therapy in the form of art, poetry, drumming and music to help young people express their feelings.

An Adult Child Loss program is intended for people who are struggling with the unique loss of a grown child and will connect them with others who can relate and help them work through the grief, commented Ceidro. Another specialized group is intended for individuals who have lost their parents.

“Support groups play a healthy role in helping people who have experienced the loss of a loved one and are struggling with the why’s as well as their own identities, and role of who they are and their relationship with the deceased,” noted Ceidro. “Often this type of support allows them to see who they really are, what is important and how they can move on with their life.”

For more information on upcoming programs, call Ceidro at 724-689-1925.