

FOR YOUR GRIEF SUPPORT



Katherine Murray, MDiv, is a hospice chaplain and Supportive Services Coordinator at Suburban Hospice, where she supports patients and their families who are preparing for the end of life. As chaplain, Katherine loves

to hear the stories of peoples' lives, helping them explore meaningful moments and deepen their understanding of life and faith. As a bereavement and supportive services coordinator, Katherine supports families during times and loss and facilitates our weekly drop-in grief group, provides one-to-one grief education and support, and stays in touch with family members to assess needs and provide support and resources.

Grief Support at a Glance

- Weekly drop-in grief group
- Support for individuals and families
- Mindfulness and creative imagery groups for support through grief
- Yoga for Grief Relief, a six-week, gentle yoga class offered several times a year
- Grief support available by phone (317-468-4124), email, or in person
- Bereavement newsletter with tips for health grieving
- The "Healthy Grieving" grief workshops for groups, churches, or businesses wanting to learn more about what grieving families need
- Articles, resources, and research on grief available as needed

What Does Hospice Offer?

Our goal is to keep patients comfortable and provide support at home so they can enjoy quality time with their families during their final months. Our services include:

- Medical and nursing care with a focus on pain and symptom control.
- Access to a member of our hospice team 24 hours a day, 7 days a week.
- Medical supplies and equipment as needed.
- Counseling and social support to help patients and their families with psychological, emotional, and spiritual needs.
- Nutritional counseling.
- A hospice aide for personal care.
- Respite care for caregivers, family, and others caring for the patient.
- Volunteer support, such as preparing meals and running errands.
- Bereavement counseling and support for loved ones for thirteen months following the death of the loved one.



Suburban Hospice



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Grief Support for Individuals and Families

Death is a part of life, and sooner or later we are each touched by the loss of someone we love. We also experience grief in other circumstances in which we say goodbye—through death, job change, or divorce—to folks we love and value.

Fortunately we also know that compassionate support can make a huge difference in our seasons of grief. Our tender attention to each other strengthens our relationships and our community.

For this reason, Suburban Hospice continues to support family members for more than 13 months following the loss of their loved one. We have a multilevel, free bereavement support program that can meet grieving peoples' needs in a variety of helpful and personalized ways.



SUBURBAN HOSPICE: GRIEF SUPPORT



Even in the most loving, supportive families, it is sometimes difficult to know how to support those who are overwhelmed in their caregiving, facing the end of life, or grieving the loss of a loved one. Thankfully, these aren't typically

paths we travel often in life, but when we do, having support can make a huge difference. Although many friends may give us suggestions on how to get through our grief, we find that our grief is unique because it is our natural expression of the love and loss we feel when we lose (or are losing) someone who is very important to us.

Healthy Grieving

There are many misconceptions about grief—what is it and how we should handle it—and believing those myths can cause us to get in the way of our own healthy grieving. In reality, grief is as unique to each person as his or her own fingerprints. And because there is no “one size fits all” approach to grief, some people struggle to know how to support those who have lost someone close. And in a family where it feels safer to “put on a happy face” when someone is grieving, the result can be a loss of connection and a member or family that feels isolated and alone as they grieve.

Here at Suburban Hospice, we know that healthy grieving means family members have the support they need to share their feelings honestly. Our grief support in the last weeks of life and following a loved one’s death includes:

- Spiritual and emotional care for patients and their families
- Grief awareness & education during

- the last weeks of life (what to expect, what’s “normal,” coping strategies, where to go for help)
- Presence of the chaplain at the patient’s passing (as requested by family)
- Availability to officiate at funeral services
- Continuing contact with families to check in and assess grief needs and provide resources following patient’s death

Long-Term Bereavement Support

- Phone calls to check in
- Mailings about grief, encouraging families to call for more support
- Weekly drop-in grief group
- Private Facebook grief group for our Hospice families
- Memorial services for families of loved ones twice a year
- Face-to-face grief counseling as needed
- Home visits or calls for grief counseling as needed
- Yoga for Grief Relief, a 6-week class offered several times per year

How Can We Help You?

Often we don’t know what we need in terms of grief support until we find ourselves struggling after the loss of someone we love. Here are some of the concerns we can help you with through our bereavement care services:

- What to expect when you’re grieving
- How to best support those who grieve
- “How can I help my kids?” Children and grief
- What’s normal in grief?
- Will life ever feel “normal” again?
- Why am I so forgetful?
- Learning ways to support yourself on your own
- Ideas for holding our loved ones’ memories close
- How to navigate the holidays when you’re grieving
- How grief changes over time

Suburban Hospice

Suburban Hospice began in 1996 as Hancock Hospice Care after Dr. Thomas Whitaker discovered that there was a real need for end-of-life care in Greenfield and surrounding areas. Since that time, we have supported thousands of families as they go through this sacred and important time. In 2019 and 2020, our hospice was rated in the top 5% of hospices in the nation in patient satisfaction (and the only hospice in the state of Indiana to earn that distinction). We feel blessed to be able to use our gifts to serve families in our community and provide excellent medical and interdisciplinary care with love and compassion.

Hospice care gives patients and their families the support they need to enjoy their time together at the end of life. Instead of “fighting” illness or seeking curative measures, families can relax, knowing that their loved one’s symptoms are managed, and concentrate on what matters most.

“The healthiest response to death is to love, honor, and celebrate life.”
— Dr. Ira Byock



Our Trees of Life share the names of friends and loved ones.