

**Mission Statement**

Cornerstone of Hope is dedicated to providing support, education, and hope for the grieving.



Guided by Christian values of compassion and service, we welcome and serve all seeking support.



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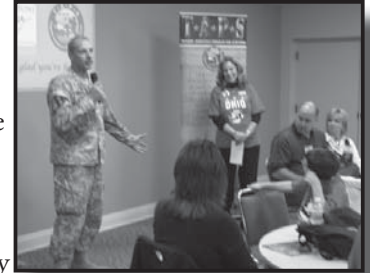
For more information or to make a donation, contact:

**Cornerstone of Hope**  
5905 Brecksville Road  
Independence, Ohio 44131  
216.524.HOPE  
216.524.3743 fax  
www.cornerstoneofhope.org



**TAPS Weekend**

When a soldier pays the ultimate price for serving his or her country, the grief that the family left behind must grapple with over the loss of their child, spouse, or parent is crushing. On November 7th-9th, Cornerstone partnered with the Tragedy Assistance Program for Survivors (TAPS) to offer hope to these families and to remind them that they are not alone. Approximately 120 military family members from Ohio and surrounding states who have lost a loved one in Iraq or Afghanistan came together to share their stories, find strength in friendship, and help each other grieve.



Through a state grant, Cornerstone was able to organize the event and provide all meals and accommodations at no charge to the families. Highlights of the weekend included a grief camp for the kids, support programs for adults, attendance at a CAVS game, watching an army helicopter land at Cornerstone, and the opportunity for kids to sit inside military vehicles similar to ones their loved ones may have used.

Cornerstone would like to thank the many people who responded to our request for donations of bottled water, juice boxes, bakery and bags of munchies. Thanks for your support for our military families!

**Cornerstone Awarded \$100K Grant to Bring Camp Erin to Cleveland**



Cornerstone received an exceptional honor when it was awarded a \$100,000 grant from the Moyer Foundation to host "Camp Erin" in Cleveland. Jamie (of the 2008 World Champion Philadelphia Phillies) and Karen Moyer founded Camp Erin after the death of a good family friend, Erin. Their goal is to establish a bereavement camp for children in every MLB city in America. Now it is Cleveland's turn. Cornerstone was one of many Cleveland organizations to apply and, after numerous levels of inquiry, was awarded the \$100,000 grant which is a 10-year partnership between the Moyer Foundation and COH. The first Camp, scheduled for Summer of 2009, will be an overnight camp for children ages 6-16 who have lost a parent or loved one. It is a weekend-long experience filled with fun camp activities combined with grief education and emotional support.



In partnership with the Cleveland Indians, Cornerstone will be raising additional funds for the numerous activities that will be provided free of charge to the anticipated 50-70 children that will participate in the weekend. Look for Cornerstone to be presented with the grant at an Indians game in the Spring!

*Major League Baseball pitcher Jamie Moyer and his family.*

## Making A Difference

Did you ever wonder what a head football coach says to his team before taking the field in a big game? Not a football player? No problem...what would a coach say to his team about entering the game of life after being devastated by the death of a child, spouse, parent, or loved one. **If you are searching for inspirational words and useful tips on how to cope after such a loss, you won't want to miss the powerful testimony of former Cleveland Brown's Coach Sam Rutigliano at Cornerstone of Hope on Thurs., April 30 from 6:00-8:00 pm.** Sam and Barb Rutigliano experienced the unfathomable in 1962. Their daughter, Nancy, died in a tragic car accident at 4 years old. This life changing event is still very close to Coach Sam's heart. He will talk about picking up the pieces after such an experience and how you can still make a difference amidst the pain of grief.



**LIMITED SEATING** – RSVP Immediately to [Paula@cornerstoneofhope.org](mailto:Paula@cornerstoneofhope.org) or call 216-524-HOPE

**Thursday, April 30, 2009** Cornerstone of Hope 5905 Brecksville Road, Independence, Ohio 44131

6:00-6:30 Light Refreshments

6:30-7:30 Coach Sam's Witness

7:30-7:45 Q&A, Meet the Coach

## Dear Cornerstone...

## Strength in Friends

To someone sitting on the beach at Mentor Headlands, it was hard not to notice the group of women in their 50's. The way they laughed until they cried, the constant chatter and the camaraderie they shared led one to believe they had been friends for many years. But, in fact, they had only known each other for less than two years. Each searching for help to deal with the loss of a loved one, they found themselves attending 'Turning the Corner', an 8-week adult grief support group at Cornerstone of Hope. At the beginning of counseling, each woman carried great sadness from the separation of her loved one. Each wondered why they came, wondering if the counseling was really helping. They struggled, but something brought them back week after week. At the end of 8 weeks, they were stronger women, empowered with an awareness of their vulnerability and a confidence to find their "new normalcy". They learned this from the facilitators at Cornerstone, who gave these women guidance and friendship, along with the support of others in their group, to find their "strength in friends". Thank you Cornerstone for all that you do!



*Cindy Froblich, Cheryl Polak, and Sandy Sicinski*

## Pampering Day



## Ornament Workshop



Every year before the holiday season, Cornerstone invites all past clients and past support group participants to enjoy a day of rest and relaxation. Over 100 individuals enjoyed various complimentary activities which included pedicures, manicures, massages, and creative projects. This year we also invited professionals from all local hospices, staying true to our mission of enhancing existing services of those who continually serve the bereaved.

Christmas is such a tough time for grieving families. We recognize the pain that many will experience and offer an annual ornament workshop to honor and cherish the memory of their loved one. This open house event was attended by 80 individuals of all ages.

# GROUPS for Individuals & Families

## TAKING F.L.I.G.H.T. *Families Living In Grief & Healing Together*

These 8-week groups are designed to allow families (children, teens and parents/Guardians) to all come on the same evening and receive age appropriate grief support. To register call 216-524-HOPE or email [julia@cornerstoneofhope.org](mailto:julia@cornerstoneofhope.org).

**Orientation:** Thursday, January 22, 2009, 6:00 pm      **Register by:** Friday January 16, 2009  
**Group Dates:** Thursdays, January 29—March 19, 2009      **Materials Fee:** \$25 per family  
**Time:** 6:00-8:00 pm (pizza & beverages provided)

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## TURNING THE CORNER

An 8-week support group offered to those grieving the death of a loved one. To register or for additional information please call 216-524-HOPE or email [julia@cornerstoneofhope.org](mailto:julia@cornerstoneofhope.org).

### Daytime Groups

**Date:** Fridays, January 20—March 20, 2009  
**Time:** 1:00-3:00pm (light refreshments)

**Register by:** Friday, January 23, 2009

### Evening Group

**Date:** Wednesdays, January 28—March 28, 2009  
**Time:** 6:00—8:00pm (light supper)

**Register by:** Friday, January 23, 2009

### New! ~ Bereavement Bible Study Group

**Date:** Fridays, January 20—March 20, 2009  
**Time:** 10:00am-11:30am

**Register by:** Friday, January 23, 2009

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## HOPE FOR HEALING

Cornerstone is pleased to be partnering with Legacy of Love to offer a new, eight week group for persons who have experienced miscarriage, still birth, neo-natal or other infant losses. Babysitting is provided.

**Date:** Saturdays, beginning March 7, 2009  
**Time:** 9-11am

**Register by:** Wednesday, March 4, 2009

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## SUICIDE SURVIVOR SUPPORT GROUPS

An 8-week support group for families (ages 6-adult) facing the tragic loss of suicide. Grief education is provided in each group with particular attention to the unique needs and issues that arise due to a loss by suicide. Families are able to find emotional support amongst others who understand the depth of their pain. To register or for additional information please call 216-524-HOPE or email [julia@cornerstoneofhope.org](mailto:julia@cornerstoneofhope.org).

**Groups are held at Cornerstone of Hope 5905 Brecksville Road, Independence.**

**Dates:** Mondays, January 26—March 16, 2009  
**Time:** 6:00 - 8:00 pm (pizza provided)

**Register by:** Friday, January 19, 2009

## MONTHLY FAMILY WORKSHOPS

Family workshops are intended for grieving children ages 5-18 and their parent(s) or caregiver(s). These workshops give families a chance to socialize, memorialize and find connections and support in a friendly, fun atmosphere. (Children may not attend workshops on their own). To RSVP or get more information on any of the programs, please call 216-524-HOPE. Groups begin at 6pm with dinner.

**Tuesday, January 13, 2009: Family Movie Night** ~ Join us for family movie night to see "Horton Hears a Who" at Cornerstone of Hope on our big screen. Pizza and popcorn will be provided.

**Tuesday, February 3, 2009: Valentine Heart Photo Frame** ~ Bring a photo to be copied and transferred onto the fabric pocket of a felt Valentine heart to be hung on the wall in memory of your loved one this Valentine's Day.

**Tuesday, March 2, 2009: Print Making for "Cards of Hope"** ~ Learn an easy and safe print making technique to make cards or artwork for you wall. You can take home your art, but your card design may be chosen to be reproduced for Cornerstone's "Cards of Hope" project. The cards chosen will be reproduced and sold in our gift shop.

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## LIVING THE JOURNEY - MONTHLY ADULT SUPPORT

**Living the Journey** is not about letting go of the past, but about embracing the future with hope, with friends who are companions along the same journey. We care and want to see you embracing life. Please join us for any or all of our programs. To RSVP or get more information on any of the programs, please call 216-524-HOPE. Groups begin at 6pm with dinner.

**Tuesday January 20, 2009 ~ Potluck!!!** - Ringing in a New Year...What does that mean to us?? Take a look forward and give yourself permission to look back!

**Tuesday February 17, 2009 ~ Valentine's Day Project.** Bring your favorite valentine memory while creating something to give back to the community! Don't miss an opportunity to enjoy the conversation!

**Tuesday March 17, 2009 ~ Innovative Therapy.** Come check it out animal lovers! Get the scoop on pet therapy.

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## JUST BETWEEN US ~ YOUNG WIDOWS GROUP

This group of young widows meets the second Tuesday of the month, at Cornerstone. Dinner and babysitting is provided at no charge. Groups begin at 6pm with dinner. To RSVP or get more information on any of the programs, please call 216-524-HOPE. **January 13th, February 10th, March 10th**

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## INDIVIDUAL COUNSELING

Individuals (Adults, Children and Teens) seeking grief support and counseling services after the death of a loved one are eligible for bereavement services at Cornerstone of Hope. Please call to schedule an appointment with our grief counselor to determine readiness for group support and individual counseling needs. Our professional staff is dedicated to guiding the bereaved on the path toward hope and healing. In the spirit of Christ, we welcome and serve all seeking support. There is a one-time, minimal fee for service.

# NEW MONTHLY PROGRAMS

**EDUCATIONAL OPPORTUNITIES:** All classes are for adults and will be held at Cornerstone of Hope 5905 Brecksville Rd., Independence from 6:00pm-8:00pm unless otherwise indicated. To RSVP or get more information on any of the programs, please call 216-524-HOPE.

**NUTRITION CLASSES:** What a great way to start the new year! A Nurse and Nutritionist from the Ohio State Extension will be presenting three classes on nutrition. Topics include: Cooking for One, Healthy Cooking Tips, Nutrition Assessments. Free cookbooks will be given out, as well as measuring cups and other goodies

**Class Dates: Tuesdays January 6, 13 and 20**

**MEMORY PROJECTS:** The fourth Tuesday of each month we will open up the art studio at Cornerstone. The project may involve pottery, card making, journaling of other mediums ~ please call to find out the specific project. You do not need to have any crafting skill, just a desire to make something in memory of your loved one.

**Class Dates: Tuesdays January 27, February 24, March 24, April 28, May 26 and June 23**

**QUILTING CLASSES:** This is a great opportunity to make a memorial wall hanging out of a piece of your loved one's clothing. No quilting experience required! Please call ahead of time for the supply list, and come ready to create.

**Class Dates: Tuesdays February 3, 10 and 17**

**MEDICAL MASSAGE:** The benefits of medical massage are more than just comfort ~ it can provide relief from symptoms. Nicole is an inspirational speaker as well as a licensed medical massage therapist. You will leave this program feeling hopeful and uplifted.

**Class Dates: Tuesday February 10**

**MOVING ON:** Some people find themselves in the position to sell their home or move from their place of dwelling, due to a loss in the family. Home Sellers Solutions will be presenting information on Estate Sales, and preparing your home for sale.

**Class Dates: Tuesday March 3**

**PARTNERS WITH PAWS:** Come and meet Emma, a Bouvier des Flandres therapy dog, and learn about the benefits a pet can provide.

**Class Dates: Tuesday March 17**

## COMING THE SECOND HALF OF 2009:

- Parenting Classes
- Financial Security
- Easy Home Maintenance
- Journal Making

*You don't get over it, you just get through it.  
You don't get by it, because you can't get around it.  
It doesn't get better; it just changes.  
Everyday... grief puts on a new face.*

~ Wendy Feireisen

## Facing the Fears! (Part One)

One of my most favorite movies in the world stars Steve Martin and John Candy entitled “Planes, Trains and Automobiles.” It’s about Neal Page (Steve Martin) who is trying to get from Chicago to New York for Thanksgiving. But because of a series of disastrous and unfortunate events, ends up in Kansas and has to travel with Del Griffin (John Candy) using any means possible to make it home on time. From the plane, to a train, to a bus; their trip home gets more complicated with each turn of the wheel. Sound familiar? One of the facts that life hands us is that there are many turns and bends that often create a host of complicated issues. Our unsuspecting trip home turns tragically down a blind road and before you know it, we’ve been over taken by a sequence of emotions ranging from bewilderment to sheer fear. In fact, that grip of fear can leave us feeling overwhelmed, powerless and defeated.

Fear is a common emotion when we are grieving. We fear the unknown, the new, the unusual, the hidden, the visible, the past, the present, the future...and that list goes on and on. If left unattended, we eventually become afraid of fear and will do anything we can to run from it. Yet if you look back, fear is usually chasing you like that yappin’ dog, nipping at your heels, showing its teeth and ready to bite ya if you stop running. So what do you do?

Early one morning my wife and I were walking in our neighborhood when this huge dog came from the backyard charging right at us. I’ll have to admit that I was a bit panic stricken, but my wife, without missing a step, got down at the dog’s level and with a shout, told that dog to go home. Now I’m not endorsing this method of confrontation and do not recommend that you try this at home, but to my amazement, that dog stopped and promptly went home. It was silent, with its tail between its legs and with his head down low, it simply went home. Get it? When confronted with fear, you have to FACE it. Get down and look at it eye to eye and shed some light on the fear. Ephesians 5:13-14 says “But everything exposed by the light becomes visible, for it is light that makes everything visible...” That light is Christ.

One of the reasons fear is so successful in keeping us powerless and defeated is because it’s often wrapped up in the dark recesses of our lives, hidden from light. In that darkness it has the power being unknown, unspoken of and in that darkness can grow to unimaginable size, completely out of control. What it needs to die is light.

My children have, from time to time, been scared of the dark. In their fear they call for my wife and me to help them through. So what do we do? We turn the light on. We talk about what it is they saw in the dark. We turn the light off and they show us what it is that has created such distress...then we turn the light on and show them the truth. We’ll do this several times until the unknown becomes known in the light. Soon they get that what was there in the dark is really there in the light and what was there in the dark wasn’t what they thought because the light exposed the reality and disposed of the mystery. In short they FACED it! The first step in conquering your fear is to FACE it. Bring it out on the table, shed some Light on it. Talk about it. Don’t let it set there in the dark and grow larger than life. Expose it to light therapy! As you do and as you process that fear, God puts His light on the subject. His perfect light may just help you find some solutions.

How...we consider some scripture. In 1 John 4:18 it says that “perfect love drives away *all* fear” Earlier in verse 16 it says “*God is love.*” And even earlier in First John it says “*God is light* and in Him there is no darkness at all.” (1:5) (emphasis mine). That means God, who is perfect love and light, drives all darkness and fear away. Fear cannot survive in God’s perfect love and all dark dispelling light. Conquering fear first requires facing it. Stop acting as if it’s not there, stop ignoring it and start talking about it. It requires Light therapy...exposing it and facing it before God and others. As you tell God about your fears, tell some trusted friends and family members about it too. As you face it, it shrinks. It doesn’t necessarily go away, it just becomes smaller, easier to handle because more than just your hands are on it. Bring that fear out of the cellar of your heart and mind and onto the table of the main floor. Make it the topic of discussion, often. The more light you shed on it, the more manageable you might find it becomes.

There are several steps to FACING our fears. Over the next few months we’ll be looking at overcoming fear, using the word FEARS as an acronym. The first step is to Face it....stick around and you’ll find out what the other letters stand for.

# CEU OPPORTUNITIES

**THE GRIEF GROUP** is a network of caring individuals who work with the bereaved. Come share the programs that are happening at your agency, and receive FREE CEU's for Nurses, Social Workers, Counselors, and Funeral Directors.

Held the third Thursday of every month from 8am to 10am at Cornerstone where a Continental breakfast is provided. RSVP to 216-524-HOPE ext. 231 or email [paula@cornerstoneofhope.org](mailto:paula@cornerstoneofhope.org).

January 15, 2009    Grief Gets Educated  
February 19, 2009    Grief Times Three

March 21, 2009    Grief in Reverse  
April 16, 2009    Creative Memorialization

## They're Back: IRA Rollovers Offer a Great Way to Give

On October 3, federal charitable IRA legislation was renewed that allows individuals aged 70-1/2 or older to make outright gifts from individual retirement accounts without tax complications. As with previous legislation, donors may give up to \$100,000 each year in 2008 and 2009 to a charitable institution like Cornerstone of Hope. This giving option is particularly beneficial to our friends who are required to take minimum withdrawals from their IRA accounts but do not need the income. The legislation also enables donors to increase their charitable giving by up to \$100,000 more while avoiding up to \$35,000 in federal income tax on IRA distributions in each of the next two years.

*To learn more about making a charitable donation to Cornerstone of Hope through an IRA rollover, please contact Emily S. McGee at 216-524-3787.*

## Estate Planning

Have you thought about including Cornerstone of Hope in your will? We appreciate your thinking of us in your estate planning and want to help you with the process by providing you with will language that you can take with you to your attorney. Please call Emily S. McGee at 216-524-3787 for more information. We do appreciate the opportunity to review the terms of wills, especially for specific bequests, before they are finalized, to confirm our ability to accept and fulfill the intent of the gift.

2008-2009



Click Here for rules & more information about our Cash Back Program!

## Registration Form

You must register every year to participate.

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- Soaps
- Cases of bottled water
- Cases of pop in cans
- Juice Boxes
- Large clear plastic storage bins
- White Cloth Bib Aprons
- Trash bags: Sizes: 13 gallon Drum liners
- White Laser labels Sizes:
  - 1" X 2-5/8"
  - 2" X 4"
- Coffee: Regular & Decaf
- Copier paper
  - 8-1/2 x 11" (20 or 24lb)
  - White, Ivory, Green, Blue, Pink, Yellow
- Legal pads 8-1/2" X 11" perforated



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Cornerstone has a  
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**216-524-HOPE**  
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 Visit Our Website!  
[www.cornerstoneofhope.org](http://www.cornerstoneofhope.org)

If you are receiving this newsletter or any other COH correspondence at more than one address, or if you wish to be taken off our mailing list, please contact us at Cornerstone of Hope.

**SAVE THE DATE**



CORNERSTONE OF HOPE'S  
6TH ANNUAL  
**BENEFIT GALA**  
SATURDAY, FEBRUARY 14, 2009

**EMBASSY SUITES**  
5800 ROCKSIDE WOODS DRIVE • INDEPENDENCE, OHIO 44131

**MISTRESSES OF CEREMONIES:**  
STEFANI SCHAEFER - HOST OF FOX 8 IN THE MORNING  
LOREE VICK - MEDIA RELATIONS DIRECTOR AT UNIVERSITY HOSPITALS

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CLEVELAND BROWNS PHIL & DOROTHY SAVAGE, LEW MERLETTI, COACHES & PLAYERS, SAM RUTIGLIANO, TOM TUPA,  
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**For more information, call Cornerstone of Hope at 216-524-HOPE**