



COMMUNITY OUTREACH EVENTS

May & June 2020

Wellness of Grief during the Pandemic: A Virtual Gathering

Wednesday, May 6
4:30 to 5:30 p.m.

Zoom

Join us in a conversation about many types of losses and grief we may be experiencing during a pandemic and ways to enhance our wellness within it. We'll hear from panelists: Dr. Katie Kostohryz, assistant professor of counselor education and rehabilitation and human services at Penn State University and a licensed professional counselor; Beth McLaughlin, a writer and writing coach; Evelyn Wald, the TIDES program director, licensed professional counselor and pastor; and, Jackie Naginey Hook, spiritual director, celebrant and end-of-life doula. We'll also have opportunities for virtual breakout groups. Please RSVP by emailing Jackie@JackieHook.com, calling 814-404-0546 or by visiting the Koch Funeral Home Facebook page by Monday, May 4. For more information, visit the Bereavement Gatherings and Events page on the Koch Funeral Home website, www.kochfuneralhome.com.

Monday's Moments Luncheon

Monday, May 11
Noon – 1:30 p.m.

Zoom Virtual Gathering

"Becoming the Butterfly" – Poet and author Margaret Fuller said, "There is nothing in a caterpillar that tells you it's going to be a butterfly." Grief can be like a caterpillar and some mourners are grateful when they eventually become a butterfly. Even though these people would rather have their loved ones back, they appreciate who they've become through the grief journey. At this gathering, we'll discuss this caterpillar to butterfly transformation. Please RSVP by emailing Jackie@JackieHook.com, calling 814-404-0546 or by visiting the Koch Funeral Home Facebook page by Thursday, May 7. Space is limited.

Death Café

Mondays, May 18 and June 15
4:30 to 5:30 p.m.

TBD - Zoom or Webster's Bookstore Café

Location depends on government recommendations

Please check our website for details.

Please join us at our monthly Death Café where we'll discuss death to help us all make the most of our lives. Together we'll have a group-directed discussion with no agenda, objectives or themes. This is a discussion group not a grief support or counseling session. We hope to see you there!

Monday's Moments Luncheon

Monday, June 1
Noon to 1:30 p.m.

Zoom or Courtyard by Marriott

Location depends on government recommendations

Please check our website for details.

"How Do You Calm Yourself?" – One of the many emotions of grief is anxiety. When we notice we're feeling anxious, what do we do next? At this gathering, we'll discuss practices and ways to help calm ourselves. Please RSVP by emailing Jackie@JackieHook.com, calling 814-404-0546 or by visiting the Koch Funeral Home Facebook page by Thursday, May 28. Space is limited.

A Walk With Grief

Wednesdays, TBD

8:00-9:00 a.m.

Ages 18 and Over

\$12 Resident; \$18 Non-Resident

Location: Local Parks

A Walk With Grief is not an exercise program but instead a time of coming together with others who are grieving a loss and...walking. Walking to move grief from the inside to the outside. Walking to benefit from physical activity. Walking to connect with the healing aspects of nature. And walking to know we're not alone. We can speak and share with others, or we can move about in silence. The important thing is to show-up. Sessions will be one hour and held at different parks in our community. There will be six sessions and participants will receive park information once registration is complete. NOTE: Please register at www.crpr.org/programs-special-events/pages/health-fitness. Instructor: Jackie Hook.



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