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## Social Work Education

### 1. Elaina L. Foley (Wife to Bill Hemmens)

- B.A. in Social Work, School of Social Work, USM, 1986

### 2. William S. Hemmens

- SWO 101J Introduction to Social Welfare, 1987, USM  
(Fall, 1987 – Year he founds Center; Term ends and he files Articles of Incorporation for Center for Grieving Children on Dec. 28<sup>th</sup>, 1987)
- Masters in Social Work, 1991, University of New England  
(Started program in 1989, two years after founding the Center)



**RE: Interview/Center for Grieving Children**

2 messages

**Anne Heros** <anne@cgcmaine.org>

Fri, Dec 23, 2016 at 12:28 PM

To: Sandra Wachholz &lt;swachholz401@gmail.com&gt;, Barry Rodrigue &lt;rodrigue@archinets.org&gt;

\* Doesn't work  
Thank you for thinking of Bill Hemmen's and his vision. Amy Wu who is his daughter the two numbers I have are 642-8066 and 831-3616 not sure if one belongs to her husband.

Happy Holidays

Anne

**Anne Heros (formerly Lynch)**

Executive Director

Office: (207) 775.5216, ext. 106

Fax 773-7417

[Anne@cgcmaine.org](mailto:Anne@cgcmaine.org)**The Center for Grieving Children**

Home: 555 Forest Avenue, Portland, ME 04101

York County service: 893 Main St., Sanford, ME 04073

Web site: [www.cgcmaine.org](http://www.cgcmaine.org) | About Us

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**Read about help from the Center:**<http://bit.ly/15Ni6Wm>

Then off to  
Teenagers &  
college: Not  
around

NH  
Step-sister:

Amy

603-397-  
9454

Elana Foley:  
Dementia  
stroke

**From:** Sandra Wachholz [mailto:swachholz401@gmail.com]**Sent:** Tuesday, December 20, 2016 10:01 AM**To:** Anne Heros; Barry Rodrigue**Subject:** Re: Interview/Center for Grieving Children

Hi Anne: Ah, sorry. I just got a note from Dr. Rodrigue indicating that he has some car challenges. Could we make the appointment for 3 rather than 2 tomorrow? Thank you, Sandy Wachholz

On Tue, Dec 20, 2016 at 9:59 AM, Sandra Wachholz <swachholz401@gmail.com> wrote:



# NOW to press for freedom of choice

By GEORGE WEIR  
Staff Writer

SOUTH PORTLAND — The leadership of the Maine chapter of the National Organization for Women expressed pride in NOW's accomplishments and a determination to fight for freedom of choice in abortion as the group met here today.

Both themes were echoed in a keynote speech by a former NOW vice president who is currently spokeswoman for Catholics for a Free Choice in Washington, D.C. State coordinator Bethesda

"Beth" Edmonds of Freeport said the group's primary goal in the coming year will be "educating the people about the true nature of the parental consent (to juvenile abortion) issue."

A coalition group called the Committee for Improved Family Communication — supported principally by the Right to Life Committee and the Maine Christian Civic League — has proposed a state law that would require most girls 17 or younger to get

See NOW  
Back Page This Section

'No complications' reported

# First lady open

WASHINGTON (AP) — Doctors removed Nancy Reagan's cancerous left breast today in a 50-minute operation conducted "without complications," White House spokesman Marilyn Fitzwater said.

President Reagan visited his wife in the recovery room and told her, "Honey, I know you don't feel like dancing, so let's hold hands," according to the spokesman.

Fitzwater said the malignancy was found in the glands of the breast and was "non-invasive intraductal adenocarcinoma of approximately 7 millimeters." He said it was a common form of breast cancer, that it had not spread and was "concentrated in an identifiable" area of the breast.

Doctors said no other medical treatment,

such as radiation or chemotherapy, further surgery was contemplated.

Doctors told the first lady they had removed her breast, but she was still groggy from anesthetic, said Elaine Crispin, the first press secretary.

"They won't know until she is a little alert how much of it registered," Crispin said.

Fitzwater said preliminary laboratory evaluation of frozen sections showed no evidence that the malignancy had spread to the nodes or surrounding tissues. He said evaluation of the frozen sections was completed today.

Breast cancer experts, while not associated with the first lady's case, said patients with this type of malignancy usually

# Children getting place to vent grief

By ANN MCCREARY  
Staff Writer

There will be pillows to punch in anger, teddy bears to hug for comfort and, most important of all, other children to share the experience.



Hemmens

The Center for Grieving Children, due to open next month, will offer support for children who have lost someone they love — a parent, sibling, other relative or friend.

The support will come largely from other children who are going through the same thing, says Bill Hemmens, 42, founder and director of the non-profit center.

The Center for Grieving Children will be one of only three such centers in the nation. Hemmens is modeling the Portland center after one called the "Dougy Center" in Portland, Ore., founded five years ago and named after a

young brain tumor victim.

The Center for Grieving Children will provide a place for children to vent their feelings after a loss. Children will gather in groups in "soft" rooms, furnished with rugs, bean bags, pillows and stuffed animals.

The atmosphere will be "soft" as well, says Hemmens. Trained facilitators will hold discussion groups where children can express their sadness, loneliness, anger or other feelings that follow their loss.

Groups for parents also will be held separately from the children. Talking about their emotions away from their parents can help children bring emotions out into the open, Hemmens says.

Sometimes, when a family experiences grief, the children hold back their feelings from adults, he says.

"Kids see we're going through so much grief, they don't want to add to it."

Hemmens' involvement in the Center for Grieving Children grew out of his own experience.

Last year his 39-year-old sister Mary died after a three-year battle with a brain tumor. Mary, who was divorced, left a 9-year-old daughter, Erin.

After Mary's death, Bill asked Erin on several occasions how she was doing.

"She always said, 'I'm fine.' Later I realized I was doing what often happens — I was so caught up with my own grief about my sister dying, I didn't pay a lot of attention to Erin."

Mary's death also brought another realization to Hemmens, tied to the death of his grandmother when Hemmens was 8.

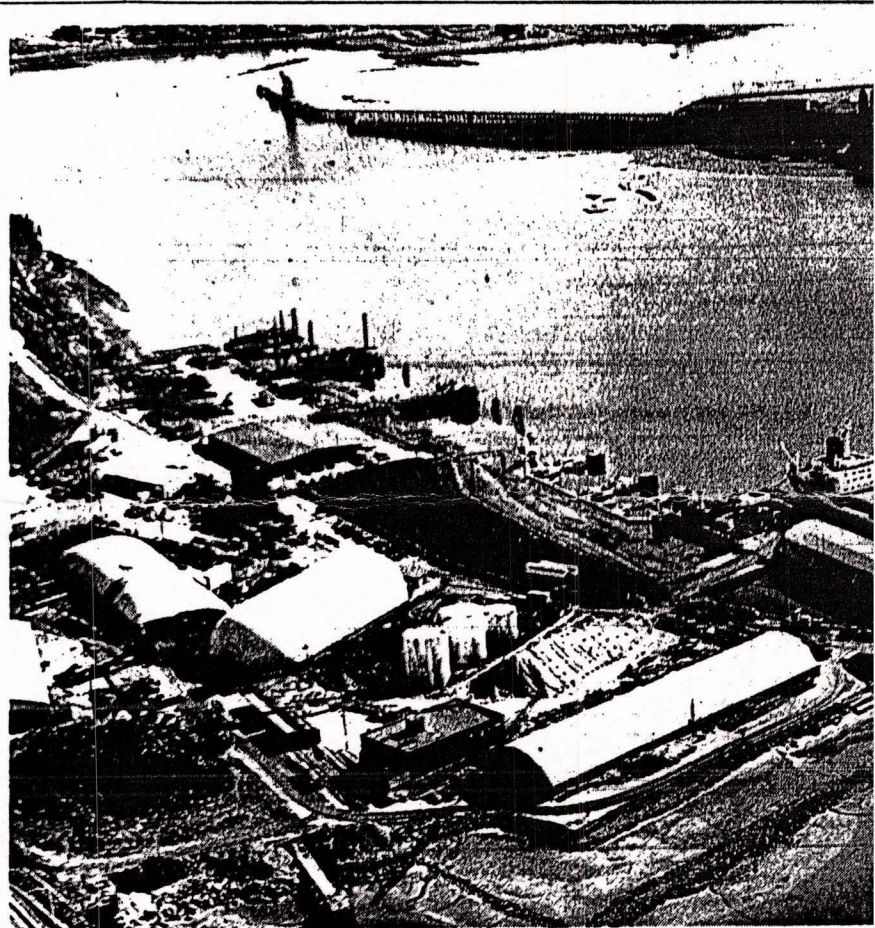
"My grandmother and I were really close. But the last two months, when she was dying, my parents refused to let me see her," he says. "I guess they were trying to shield me from the real pain of death."

"I was aching to go in and see her, tell her how I'd miss her and hug her once more."

In not being allowed to say goodbye, Hemmens says, "I was not allowed to go through the grieving process."

Mary's death brought him back in touch with the feelings he had harbored since his childhood.

See Grief  
Back Page This Section



Shipyard activity

The Grecian cargo ship Flisvos is berthed at Merrill's Marine Terminal here while taking on a load of scrap metal this week at the sprawling West End yard. The vessel is due to

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# Atomic veterans' study ready

By ANN MCCREARY  
Staff Writer

Two years ago Robert Campbell of Portland, a military veteran who was exposed to radiation during atomic tests, began exploring the possibility of a study into the health of other atomic veterans.

On Nov. 1, the first step toward launching the pioneering study will be taken. A full-page advertisement will appear in the Maine Sunday Telegram on that day, appealing to Maine residents to contribute money toward the ambitious project.

The study is called "Project HARP," an acronym for "health and risk profiling." To be conducted by Envirologic Data of Portland, the study will compile medical and health information about 30,000 atomic

veterans at a cost of up to \$10 million by the time it is completed.

The job of raising the initial funds to get the study going falls on Campbell.

The Sunday Telegram ad "will kick off the fund-raising campaign," said Campbell.

"We're asking people to help, in a sense, write history. There is nothing in the literature of medicine or science on the long-term effects of low-level ionizing radiation."

Campbell said there have been "scattered studies — little pieces here, little pieces there," which looked at some aspects of radiation exposure among veterans and others.

"Previous studies studied death certificates. They didn't study the living, they studied the dead."

Campbell is commander of AMVETS Trinity Post 7-45, a nationwide organization of atomic veterans



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institutions in Baltimore, said although there was only a 20 percent chance that cancer would appear again after removal of the lesion, the decision to remove her breast was medically sound.

Dr. Rudolph Almaraz, also a Johns Hopkins oncology professor, said Mrs. Reagan would

Crispen said.

The first lady had not heard from her children, who have been notified, Crispen said. The Reagans' son, Ron, is in Moscow, and Fitzwater said the president's daughter, Maureen, is in Los Angeles.

The first lady went to sleep about 11 p.m.

Fitzwater said yesterday the lesion, which "might represent an early stage of malignancy," showed up in a routine mammography that the first lady underwent on Oct. 8. The first lady, 66, has such an examination annually, he said.

"I guess it's my turn," she said when given the news, Fitzwater told reporters.

# Jessica

about 20 years ago, said Dave Lilly, a U.S. Mine Safety and Health Administration investigator.

Lilly said the hard rock probably forced the drill bit to shift slightly when the 90- to 120-foot well was dug. "If the hole had been straight, she'd have fallen to the bottom," Lilly said.

The digging continued at a slow pace until 3 p.m. when a high-pressure water drill was brought in from Houston. The 18,000 pounds of equipment produces a 30,000 pound-per-square-inch water stream that disintegrates rock.

Medical care at Midland Memorial Hospital will be only part of Jessica's treatment. "She is going to need a lot of affection and attention," Rhode said.

"She's lucky she's very young. She's not going to remember this very well," Reese said.

The McClures did not speak with reporters after last night's rescue.

Her mother helped feed Jessica an orange frozen pop that broke her fast. After her snack, doctors gave the tot 90 minutes of treatment inside a hyperbaric — or pressurized oxygen — chamber, used to ward off gangrene. The toes on Jessica's right foot that had been blue turned to a healthier red, a sign Rhode said was encouraging.

Then Jessica ate the other half of her pop. Her young mother also brought Jessica her Winnie the Pooh.

"She loves Winnie the Pooh," said Lawana Keller, whose daughter was playing with Jessica when she fell into the well. "She calls her Wee Wee Pooh."

Hospital spokeswoman Laurie Johnson said hundreds of teddy bears were en route to the hospital from well-wishers.

As Jessica went to the hospital, drillers congratulated one another and posted a sign that said, "Thank you America."

"We knew we would get her out," said exuberant driller Ribble Boler. "I saw her face and it felt real good."



Eighteen-month-old Jessica McClure is carried by a fireman after her rescue last night from a dry well she had fallen into 2½ days before.

Continued From Page One

## cation Grief

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Hemmens, a Portland stockbroker, quit his job in June because he wanted to find something else to do that would help people. He heard about the Dougy Center in Oregon and called for information. He decided he wanted to start a similar venture here in Maine.

To learn more about the issues, he took a week-long seminar with Elizabeth Kubler-Ross, the nationally known expert on death and dying who appeared in Maine last week. He has lived on personal savings while organizing the center.

Hemmens has been working to organize the center in space donated by Property Management Services in the company's offices on Congress Street. He has received donated legal advice from Portland attorney Thomas Leahy.

During the next month a board of directors will be established and fund-raising will begin for the non-profit organization, which is expected to start up Nov. 20.

Hemmens is seeking a house or apartment with three or four rooms

to be donated to the center.

Meetings to plan the center have drawn about a dozen supporters from the community, including therapists, physicians, educators, clergy members and business representatives, Hemmens says.

About 10 people have expressed interest in becoming facilitators. Hemmens hopes to start up with a dozen trained volunteers.

A principal supporter of the center is Jacob Watson, a Portland psychotherapist who specializes in grief and loss. Watson will direct training programs for the center's volunteers.

The volunteers will be asked to guarantee a one-year commitment to the center, so that children can count on continuity and not experience more loss.

The volunteers also must be "people who have worked through their own issues so they can be there for the kids." And if a volunteer has lost a loved one in the past, at least a year must have elapsed to

give the person time to recover.

Watson says he was eager to help when Hemmens contacted him about the Center for Grieving Children.

"I see the need for it in my practice. I may be working with an adult but we're both aware the kids need help, too," Watson says.

A child's reaction to death is somewhat different than an adult's, he says.

"Things are magnified for kids. They have less of the coping skills that adults have. In a way that's good. The feelings are more on the surface. If the experience of feeling the death is supported, it is relatively easy for them to heal," Watson says.

If a child isn't able to express grief, however, the emotions may come back later, as they did for Hemmens in the case of his grandmother's death.

"Feelings like that stay around. When I work with adults it's typical that some kind of present loss will bring up all the other losses that are unresolved."

A person "heals" or "resolves" a loved one's death by "being able to weave the person who died into the fabric of your life, so that they're there, but there's not that deep pain," Watson says.

"Some people have the erroneous idea that to heal means to forget. That's not true."

Hemmens says the Dougy Center has found many children feel angry or abandoned after a death. "They wonder, 'How could the person leave me if he really loved me?'"

Yet children may feel guilty about the anger. Sharing such feelings with other kids makes them realize they aren't alone.

Hemmens tells a story to illustrate how kids can help kids.

"A boy arrived home a little late from school. When his mother asked him where he had been, he told her he'd stopped to help a friend whose bicycle had broken.

"His mother said, 'I didn't know you knew how to fix bicycles.'

"I don't," the boy responded. "I stopped and helped him cry."

Continued From Page One

NOW



Southern Maine had a close call Saturday, narrowly escaping a giant storm that battered much of New England with heavy snow, wind and high water.

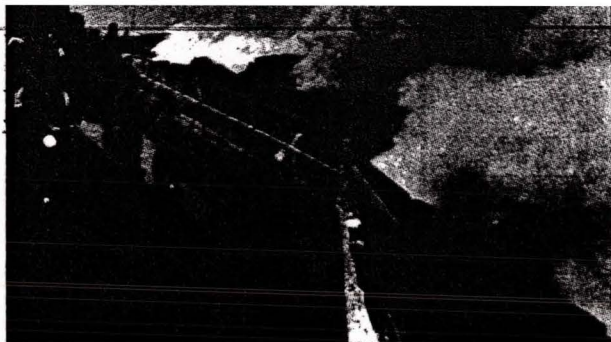
Some of the state's coastal areas suffered minor flooding. A half-foot of snow fell in the southernmost areas.

But that was nothing compared with the rest of New England.

Massachusetts and Connecticut were hit with blizzard conditions that dumped several feet of snow inland. High tides and 60 mph winds forced the evacuation of coastal residents. Ferries to Nantucket and Martha's Vineyard were canceled. Boston's Logan International Airport was shut for several hours.

The storm also belted New Hampshire. Towns near the Massachusetts line got up to 18 inches of snow.

The snow's reach extended only a few miles into Maine. The bigger problems were winds up to 50 mph and high tides.



Staff photo by Jennie Salomon

Onlookers brave high winds to get a close look at the crashing ocean at Portland Head Light in Cape Elizabeth.

Emergency crews fanned out along the coast and stood by to evacuate residents. There were no reports of injuries and no homes appeared to sustain any major damage, officials said.

However, several communities reported flooded roads. Police in

York, Wells, Ogunquit, Biddeford and Old Orchard Beach said ocean-front traffic was blocked for several hours in the afternoon until the seas subsided.

Camp Ellis, pounded often and hard by storms in recent years, appeared once again to be the

way for relicensing Bowater's hydroelectric dams.

Most of Camp Ellis's residents remained inside as the seas rose to between 15 and 25 feet. By noon, shortly before peak high tide, at least a half-dozen streets were under water. Dozens of back yards were buried in ocean-driven sand.

Public works crews in bulldozers and dump trucks scurried to rebuild damaged dune areas late Saturday to prevent further damage and flooding. The next high tide was due just after midnight.

Officials said they would begin assessing the damage Monday and will probably work throughout the week to clear debris from roads and yards.

An Emergency Management Agency official said the city might be eligible for state or federal emergency funds to repair the roads. Residents would be responsible for

Please see STORM, Page 16B

the way for relicensing Bowater's hydroelectric dams.

By DIETER BRADBURY  
Staff Writer

Conservation groups, state officials and Bowater Inc. are trying to strike a historic deal that would preserve 800,000 acres of timberland in the Penobscot River watershed for logging, wildlife and public recreation.

Development on the land would be prohibited for a specified period under an easement from Bowater that probably would be held by the state.

The agreement is designed to smooth the way for relicensing several of Bowater's Hydroelectric dams on the Penobscot's West Branch. The dams generate power for paper mills in Millinocket and East Millinocket owned by Great Northern Paper Inc., a Bowater

company, but the agreement detailed when the conservation groups, working in a coalition, objected to some of the provisions.

Daniel E. Sosland, a lawyer with the Conservation Law Foundation, said the groups are concerned about whether the agreement can be enforced.

"We see these as fairly routine issues, which we hope can be resolved," he said.

In addition to Sosland's organization, the coalition includes the Maine Audubon Society, American Rivers, the American Whitewater Affiliation, the Appalachian Mountain Club, and Trout Unlimited.

The groups announced plans in August to intervene in Bowater's dam relicensing by linking the dams with the fate of the 2.1 million acres of woodlands the company owns in Maine.

The coalition, concerned about

Please see BOWATER, Page 16B

## Center for Grieving Children searches for help to stay afloat

**S**OUTH PORTLAND - The walls of the Center for Grieving Children are plastered with kids' art, family photos, poems about death and those left behind.

One poem describes being "locked in a glass box of grief." Another tells the living, "Do not stand by my grave/ And weep/ I am not there/ I do not sleep."

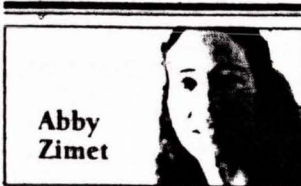
Another speaks of learning to endure and to take what life brings.

"After a while you learn the subtle difference/ Between holding a hand and chaining a soul/ ... And you learn to build all your roads/ On today because tomorrow's ground/ Is too uncertain for plans ..."

These days, the center's own tomorrow is uncertain.

The center, which provides support services for kids and parents who have lost family members, is about to be homeless.

For three years it has had rent-



Abby Zimet

free space in a building on Daring Avenue. Last summer the building was sold, and the center's lease expires in January.

Trustees are struggling to find a new free home or to raise enough money to pay rent. They fervently hope they will not have to close the center.

The center's brochure features two sad-eyed children standing arm in arm. "Death doesn't just happen to the person who dies," it reads. "It also happens to those left behind."

The center, founded in 1987, seeks to help those left behind. It tries to help families heal after the

loss of loved ones and go on with their lives, by providing a safe place for kids in particular to share their grief.

It offers support groups two nights a week. Four children's groups are divided by age, from 3 to teen agers. There are two adult groups for those who have lost children or spouses. The groups are guided by trained volunteers.

Torn Newton is on the board of directors and heads the site search committee. He has led groups for 3- to 6-year-olds and adults.

The adults, he says, are "a piece of cake" compared to the kids. Adults grieving a loss "won't allow themselves to be happy - they get stuck."

"You just have to give them support, to try to move them past that," he says. "They need to spill their guts to someone, even if they don't know it."

Young kids, he says, are tougher because they are less verbal. Ask a

grieving child how she feels, and she will often say, "Fine."

"A child's therapy is play," he says. "They bring whatever's important to them to it. You have to take that leap of faith that it will help."

Newton does a lot of art work with the kids, asking them to draw their feelings, nightmares, hopes. He reads fairy tales - "There's gruesome stuff in them - death comes up a lot" - and, when in doubt, he plays ambulance.

"It never fails," he says. "Killing people, smashing them up, running them into hospitals. It's literally giving them a vehicle to deal with death."

Overall, he and other volunteers try to help grieving families go on, to instill in them once more "the sense that life is good."

More than 275 families have passed through here. The center's walls testify to their hard journey.

The kids have drawn pictures of

their nightmares, and made lists of their feelings ("lousy ... horibal ... stupid ... peaceful ... jelos ... bord ... crazy") and have written poems.

"Dad I was so small/ but so safe flying/ through waves upon your shoulders/ Mom the lines of your face have faded/ but not the lullaby memories."

The office space has been provided free by Allied Construction Co. But the building was sold last summer to PSR Associates Ltd., a Boston-based real estate firm, and the center's lease expires Jan. 14.

Newton says he has written to the new company about staying on there. Their response? He laughs. "They said, why haven't you paid the rent?"

The group is in dire financial straits, he says, "stumbling from one crisis to the next."

In the past, it has gotten venture grants and other financial help

from the Junior League, Chamber of Commerce and United Way.

This year the group is newly on its own, scrambling to raise money.

It is planning a January concert with Tim Sample and Randy Judkins, applying for venture grants, contacting possible contributors. It remains hopeful about the future, but worried about its near-destitute present.

"We are working toward standing on our own two feet, which includes paying our rent," says Newton. "We would like someone to help us in the meantime."

It is possible the center will have to close if no space is forthcoming. For now, Newton has written a wish list:

A free or low-rent location within 5 miles of downtown Portland. About 3,500 square feet and six to eight rooms for families to meet. Extra space for a tornado room, where kids can vent their anger.

And, in this season of giving and grief, good will is all.

Maine Sunday telegraph Dec 13, 1992 P 16



# Home & Family



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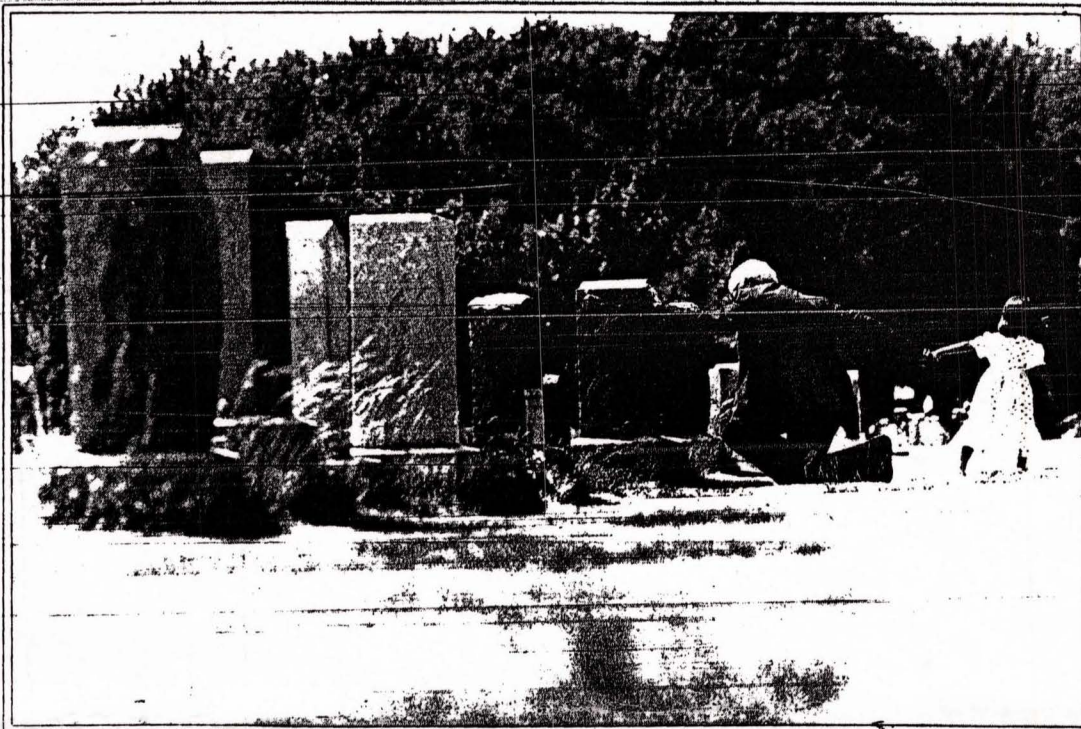


Photo illustration by Doug Jones

## Breaking the grip of grief

Center for children  
helps hurting families  
cope with death

By Lloyd Ferriss  
Staff Writer

**W**HEN 20-year-old David Mooers of Portland was murdered last year not far from his family's Spruce Street home, the trauma of untimely death fell heaviest on 13-year-old Kevin

Mooers. Kevin had been close to his big brother, and in the months after the tragedy he refused to talk about the death or visit his brother's grave. School went poorly, and he spent a lot of time alone in his room.

"He was an angry little boy," says Kevin's father, Eddie Mooers, a Bath Iron Works electrician. "I would try to talk to him, but every time I tried I started crying. I was no help."

Weeks later, members of a parent support group at Maine Medical Center in Portland recommended Portland's all-volunteer Center For Grieving Children, one of three such centers in the nation.

For Edwin and Maxine Mooers, their adult daughter Lisa — and especially Kevin — recovery from grief began with discovery of the center.

Its mission is to console children when there is death in the family, to let them know they're not alone. Therapy is based on the premise that



Black photo by John Kurling

Cheryl Riche and her son, Harel Sterling, regularly attend the Center For Grieving Children.

expressing feelings is the best way to work through grief.

"At first I wasn't sure if I wanted to go," Kevin says, "because I felt all mixed up and I didn't want to talk. Then I began talking about it and I began feeling better."

"We exchange stories," he adds, "especially when there is someone new in the group. I like going now. Everybody helps each other because everybody listens."

But why a center to deal with death and dying issues usually left to family and religion?

"Because families are so spread out and diversified that we don't have the support system that was built into the larger extended-family network," explains the Rev. Norman Dumbly, Protestant chaplain at Mercy Hospital in Portland. Dumbly, who trains the center's volunteers in spiritual dimensions of death and grief, also believes many families today lack preparation they need to help children through issues of death and dying.

"Death is now removed from the family scene through hospitals and funeral homes," he says, "and many families don't know how to deal with it."

Another strong supporter of the center is Dr. John S. Stephenson, a Portland therapist whose specialty is social problems associated with death.

"Today," he says, "it is easier for most families to talk about sex than it is to talk about death and dying. So children (in a grieving family) often end up with these very strong feelings, and no one to talk to."

Stephenson, who lost his own son to cancer a decade ago, has considerable sympathy for bereaved families, and bereaved children in particular. He says unexpected death — murder, suicide, automobile accidents — leave children especially alone.

"Society is so uncomfortable in these cases it pulls away," he says.

It was a similar kind of experience that led 43-year-old William Hemmens to found Maine's Center For Grieving Children.

After Hemmens lost his sister, Mary, to cancer a

Please Turn to Next Page

## Homes and other black holes

A guide to the great adventures and new challenges of househunting

First in a five-part series

By Dave Barry

About this series

whole lot of attention to real estate brokers. If you have school-age children, by far the most important factor in selecting a neighborhood is, of course, the proximity of the

JUL

17

1988



## FROM PAGE ONE

## Center for kids comforts hurting families

Continued from first page this section

year ago he realized her daughter had not always had the careful attention she deserved — because the adults in her life were in so much pain.

Hemmens decided he needed to do something for those children whose lives are so affected by a death in the family. So he quit his job as a Portland stockbroker to think about the future and find a way to help young people deal with grief.

Five days later he was flipping TV channels when he hit a "Good Morning America" news feature about the Doughty Center in Portland, Ore.

The first of its kind in the country, the Doughty Center is a facility designed specifically to help grieving children.

"I saw that program and five minutes after the show I knew that is what I wanted to do in Maine," he says. "I just called up the Doughty Center, and that night I told my friends I was going to open one in Maine. It seemed like a tremendously important thing to do."

In the next few months Hemmens exhausted his savings, then borrowed on a life insurance policy to pay his bills. And by January 1987, with the help of Portland psychologist Dr. Jacob Watson and others, he had set up a small center headquartered in meeting rooms of Mercy Hospital.

Today the center is located in three basement rooms of Trinity Episcopal Church. Perhaps the most important service it offers is once-a-week meetings on Thursdays, gatherings of adults and children who have experienced loss through death. It is informal at first with snacks and conversation perhaps hand holding in a circle. In time participants separate into groups of teens, two pre-teen groups and adults.

In those groups, which may include children as young as age 4, the work of recovery begins. "The most important thing we do is to let people know that their feelings are the result of what happened to them and what they are feeling is fine," says Hemmens.

"A lot of parents," he adds, "think we ought to protect our children by shielding them from painful feelings. A greater gift is to help them value their feelings and accept them whatever they are."

## Volunteers are backbone

The backbone of the center is its volunteer staff of approximately 26 men and women. Trained by mental health professionals and religious leaders in the community, they vary greatly in age.

But what they seem to have in common," says Hemmens, "is a sensitivity to the issues. Most either experienced someone die when they were young, or as an older person they lost a child. Our only requirement is that they have worked through their own feelings, before they help here."

Helen Thibodeau of Gray may be a typical volunteer.

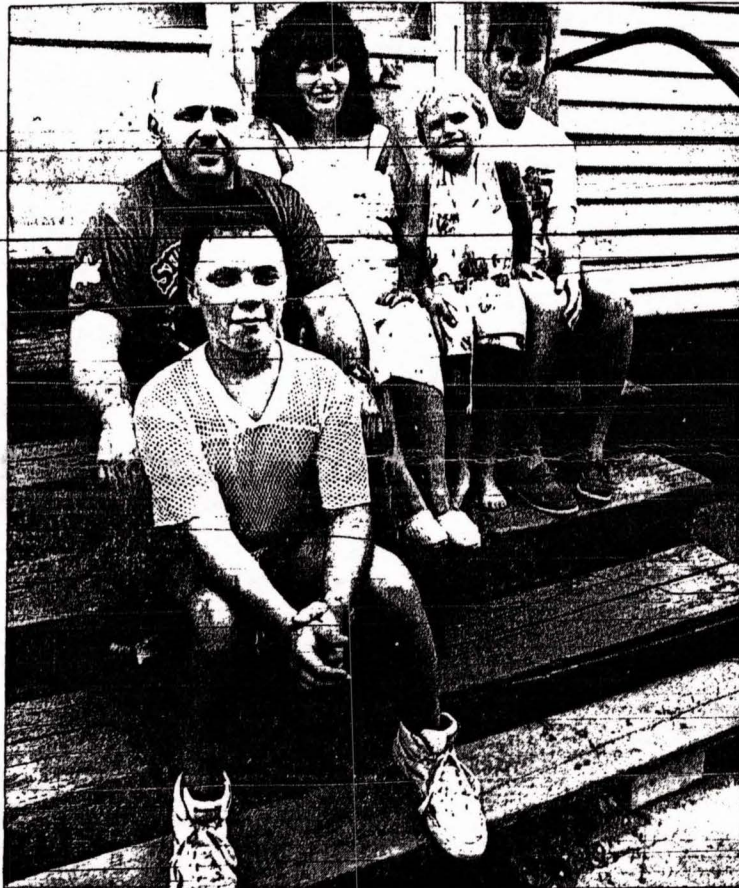
Four years ago Thibodeau lost her oldest son in a motorcycle accident. The experience left her determined to help others.

"People in society don't like dealing with death," she says. "I think because it reminds them of how fragile life is. They avoid you, like the way they avoid divorced people — as though it were catching."

"But at the center," she says, "the judgment is gone. It doesn't matter if you go in and cry. No one is going to say 'I'm sorry I brought that painful subject up.'"

At the center, Thibodeau is what she calls a "co-facilitator of the adult group." In that role she helps adults grieve their loss. She may tactfully encourage a reluctant member to express an inner pain. She may discuss ways to deal with tactless people, or techniques for helping kids come to terms with loss.

Death doesn't just happen to the person who died," she says. "It happens to all those left behind, and it is a real hard personal adjustment. People need a lot of help to get through their pain, and there aren't



Staff photo by Merry Farnum

When their oldest son was murdered, the Mooers family turned to the Center For Grieving Children. From left, family members are: Kevin, 13, father Edwin and mother Maxine. At far right, Lisa Cox, the family's oldest daughter, and her son, Nicholas Mooers.

too many places to do that."

In the future, if Hemmens has his way, the Center For Grieving Children will have its own building and more programs. The willingness and contributions are there, he says, and therapist Stephenson agrees.

"I have no doubt," he says, "that five to 10 years from now there will be grief centers like this in every major population area. There is definitely a need."

## Encouragement for families

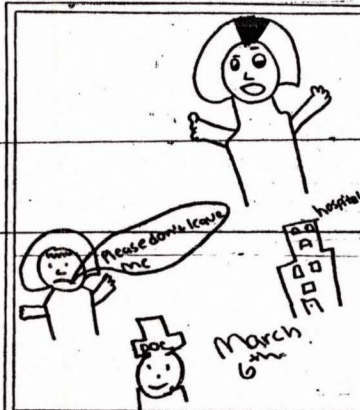
Meanwhile, about 150 Maine people have received help and encouragement from the center. Among them are Cheryl Riche and her 13-year-old son, Harri Sterling.

Both from Gray, they have been adjusting to the unexpected loss of Cheryl's husband and Harri's father three years ago, and they have good things to say about the Center For Grieving Children.

"What has been so nice," says Riche, "is that you can go in there and talk about subjects and feelings most adults find very uncomfortable. People are willing to listen, and the whole sharing of information was so needed. I've seen Harri's old self-emerge again — the fun-loving, humorous, witty person he is."

Like his mother, Harri feels he has benefitted from the center.

"What made it easier for me," he says, "was to learn from the group that I was not the only person in the



A young girl made this drawing at the Center For Grieving Children after her grandmother died.

## Helping bereaved kids

People need all the help they can get when coping with the death of a loved one, and the needs of a child can be greatest of all. Dr. John S. Stephenson, a Portland therapist whose specialty is bereavement, makes the following suggestions to parents:

- Allow your child to talk about the death, always keeping an honest and open dialogue. The important thing, as Stephenson puts it, is "keeping the door open."
- Maintain a stable environment. Stay in contact with important people in your child's life. Put off moving for a while, if moving is your intention. Stability is very desirable.
- Assure your child that the loss is not his or her fault. "Younger children especially," says Stephenson, "tend to take responsibility for everything that happens in their lives."
- When the loss of a loved one is due to suicide or homicide, a family may want to consider therapy for their child.

world to have experienced this. I had been like a balloon with too much air in it, like a balloon ready to burst, and then with some of the air let out it became more bearable.

"Sometimes I look forward to going on Thursdays," he continues, "because things can happen during the week that make me think of the good and bad times I had with my dad, and I like to get it off my chest. I'd recommend this group to kids if they need it. It helped me, and it could possibly help them."

To contact the Center for Grieving Children, call 874-2878. Staff members request an initial interview, before going to meetings.

## Your guide to househunting's challenges, adventures

Continued from first page this section

Note what kind of names the local streets have.

Good: "Jasmine View Court Terrace"

Bad: "Interstate 95"

Note what kind of businesses are operating in the neighborhood.

Good: "Arthur A. Wetherington, IV, Investment Banker"

Bad: "Earl's All-Night Nude Revue & Motorcycle Repair"

buy.

The best place to obtain a broker is at a junior high school, where you'll find that virtually all the teachers obtained real estate licenses once they realized what a tragic mistake they had made, selecting a profession that requires them to spend entire days confined in small rooms with adolescent children. Often it is sufficient to just drive by the school and beep your horn; within seconds, brokers will come swarming out of doors and windows, eager to abandon their lesson plans on the Three

gauge your reaction to this bathroom, and you'll feel obligated to compliment him on it.

"Very nice!" you'll say.

"This toilet seat was installed quite recently," he'll say.

"Huh!" you'll say.

"It's padded," he'll say.

"Bang," you'll say, shooting him in the forehead with your small-caliber revolver. This is why many real estate brokers these days use tranquilizer darts to subdue hyperactive sellers right in the foyer.

ting in a basement or closet. You should inspect these objects from a safe distance; you should also find out what the total annual heating and cooling costs will be, using the following formula:

1. Ask the person selling the house how much the total annual heating and cooling cost will be.

2. To determine the actual cost, multiply the amount this person gives you by the weight, in pounds, of the devices supplying the heating and cooling.

• The plumber:

Make no mistake about it: There will be insects in the house.

Fortunately, most insects pose no threat to homeowners. All they want is to eat your food and have babies in your sock drawer and maybe crawl up your nostril while you're sleeping. In exchange for this, many of them gladly perform useful household services, such as pooping on your toothbrush.

The exception, of course, is termites, which are small-socialist insects that eat houses. (We don't know what they eat



---

## Graduate??

3 messages

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**Sandra Wachholz** <wachholz@maine.edu>

Wed, Dec 7, 2016 at 9:25 AM

To: karin.pires@maine.edu

Hi Karin: I hope this finds you well. I am working on research for the School of Social Work, USM. We are trying to determine what agencies were inspired by the faculty and students of the department. To date, some had assumed that William S. Hemmens, born 1945, was a graduate of the School. I can see that in 1987 he took one course in social work and got an A-. I was wondering if this was his complete record. Did he graduate from USM? He is the founder of the Center for Grieving Children. Anything that you could add would be most appreciated. Thanks, Sandy Wachholz

---

**Diane Hoyt** <dohoyt@maine.edu>

Thu, Dec 8, 2016 at 9:12 AM

To: Sandra Wachholz <wachholz@maine.edu>, Karin Pires <karin.pires@maine.edu>

Hi Sandra, There was one other record with the same name, with no other identifiable information, but only had one class taken in Fall 1972, a Business Law class. That's all I could find at USM.

Diane Hoyt  
780-5106

----- Forwarded message -----

From: **Karin Pires** <karin.pires@maine.edu>

Date: Wed, Dec 7, 2016 at 5:53 PM

Subject: Fwd: Graduate??

To: Diane Hoyt <dohoyt@maine.edu>

Hi,  
I'm drowning in emails again suddenly. Could you look into this one for me?

thanks!!  
karin

[Quoted text hidden]

--

Karin D. Pires  
Registrar and Director of Registration & Scheduling Services  
University of Southern Maine  
Phone: (207) 780-5011

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NONPROFIT CORPORATION

STATE OF MAINE

ARTICLES OF INCORPORATION

Fee Paid	\$20.00
C. B.	
Date	DEC 28 1987
	3

Pursuant to 13-B MRSA §403, the undersigned, acting as incorporator(s) of a corporation, adopt(s) the following Articles of Incorporation:

For Use By The Secretary of State
FILED
October 14, 1987
<i>John W. H. [Signature]</i>
Deputy Secretary of State
A True Copy When Attested By Signature
Deputy Secretary of State

FIRST: The name of the corporation is The Center for Grieving Children

SECOND: The corporation is organized for all purposes permitted under Title 13-B, MRSA, or, if not for all such purposes, then for the following purpose or purposes: The Center is a support system for children who have experienced the death of a parent, sibling, other relative or best friend. Through weekly group meetings in a safe and accepting environment, the full range of feelings is recognized and accepted as a natural result of the childrens' loss. Parents may meet concurrently to share feelings and gain support from other parents in similar situations.  
(See attached sheet)

THIRD: The name of its Registered Agent and address of registered office: (The Registered Agent must be a Maine resident, whose business office is identical with the registered office or a corporation, domestic or foreign, profit or nonprofit, having an office identical with such registered office.)

Name William S. Hemmens

Street & Number 10 Wayne Ave.

City Gray, Maine 04039  
(zip code)

FOURTH: The number of directors (not less than 3) constituting the initial board of directors of the corporation, if they have been designated or elected, is not elected yet

The minimum number of directors (not less than 3) shall be 3 and the maximum number of directors shall be 19

FIFTH: Members: ☐ There shall be no members.  
("X" one box only) ☒ There shall be one or more classes of members, and the information required by 84A-1 to be followed:

There shall be one or more classes of members and the information required by Section 402 is as follows: one class of members, consisting of those contributing five dollars or more to organization. Each member has one vote at annual and special meetings of members, for election of directors (from whom officers are chosen), and for voting on amendments to By-Laws; members are equally entitled to all benefits and privileges voted by directors.

SIXTH: ☒ (Check if this article is to apply)

No substantial part of the activities of the Corporation shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the Corporation shall not participate in or intervene in (including the publication or distribution of statements) any political campaign on behalf of any candidate for public office.

FORM NO. MNP-C-A-6 REV. 80



SEVENTH: ~~XX~~ (Check if this article is to apply. Then fill in reference numbers of Section 501(c)(3) in first paragraph below.)

Upon the dissolution of the Corporation or the termination of its activities, the assets of the Corporation remaining after the payment of all its liabilities shall be distributed exclusively to one or more organizations organized and operated exclusively for such purposes as shall then qualify as an exempt organization or organizations under Section 501(c)(3) of the Internal Revenue Code of 1954, as amended, and as a charitable, religious, eleemosynary, benevolent or educational corporation within the meaning of Title 13B, of the Maine Revised Statutes as amended.


No part of the net earnings of the Corporation shall inure to the benefit of any member, director, or officer of the Corporation, or any private individual (except that reasonable compensation may be paid for services rendered to or for the Corporation in carrying out one or more of its purposes), and no member, director, or officer of the Corporation, or any private individual, shall be entitled to share in the distribution of any of the corporate assets on dissolution of the Corporation.

EIGHTH: Other provisions of these articles, if any, including provisions for the regulation of the internal affairs of the corporation, and distribution of assets on dissolution or final liquidation:

Dated: October 1, 1987

INCORPORATORS

ADDRESSES

  
(signature)  
WILLIAM S. HEMMEN  
(type or print name)  
  
(signature)  
(type or print name)  
  
(signature)  
(type or print name)  
  
(signature)  
(type or print name)  
  
(signature)  
(type or print name)  
  
(signature)  
(type or print name)

Street 10 Wayne Ave.  
Gray, Maine 04039  
(city, state and zip code)  
  
Street \_\_\_\_\_  
(city, state and zip code)  
  
Street \_\_\_\_\_  
(city, state and zip code)  
  
Street \_\_\_\_\_  
(city, state and zip code)  
  
Street \_\_\_\_\_  
(city, state and zip code)  
  
Street \_\_\_\_\_  
(city, state and zip code)



The Center for Grieving Children

Second: Continued from first page

The Center is a non-profit, tax exempt organization, staffed by volunteers who have completed a training program designed and taught by both professional and lay people who have extensive experience in bereavement issues.


The Center works together with children, parents, relatives, and the professional caregiving community.




# William Stobie Hemmens

in the U.S., Social Security Applications and Claims Index, 1936-2007



 Add alternate information

 Report issue

Name: William Stobie Hemmens  
[William S Hemmens]

SSN: 007441127

Gender: Male

Race: White

Birth Date: 5 Feb 1945

Birth Place: New York, New York

Death Date: 20 Jun 1998

Type of Claim: Original SSN.

Notes: Jun 1962: Name listed as  
WILLIAM STOBIE HEMMENS;  
13 Aug 1998: Name listed as  
WILLIAM S HEMMENS

SAVE ▼

Cancel

## Source Information

Ancestry.com. *U.S., Social Security Applications and Claims Index, 1936-2007* [database on-line]. Provo, UT, USA: Ancestry.com Operations, Inc., 2015.

Original data: Social Security Applications and Claims, 1936-2007.

## Description

This database picks up where the SSDI leaves off, with details such as birth date and parents' names extracted from information filed with the Social Security Administration through the application or claims process. [Learn more...](#)

## Suggested Records



- ☐ U.S., Social Security Death Index, 1935-2014  
William Hemmens
- ☐ U.S. Public Records Index, 1950-1993, Volume 1  
William Hemmens
- ☐ U.S. Public Records Index, 1950-1993, Volume 2  
William Hemmens



Write a comment.

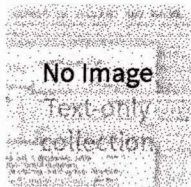
## Make a Connection


Find others who are researching  
William Stobie Hemmens in Public  
Member Trees




# William Stobie Hemmens

in the U.S. Public Records Index, 1950-1993, Volume 1



 Add alternate information

 Report issue

Name: William Stobie Hemmens

Birth Date: 5 Feb 1945

Phone Number: 797-8526

Address: 750 Commerce Dr # 90,  
Fairfield, CT, 06825-5519  
[10 Wayne Ave, Gray, ME,  
04039-9535]  
[31 Pineloch Dr, Portland, ME,  
04103-2909]  
[236 Pleasant Ave, Portland,  
ME, 04103-2541 (1996)]  
[491 Stevens Ave, Portland,  
ME, 04103-2636 (1996)]

SAVE 

Cancel

## Source Information

Ancestry.com. *U.S. Public Records Index, 1950-1993, Volume 1* [database on-line]. Provo, UT, USA: Ancestry.com Operations, Inc., 2010.

Original data: *Voter Registration Lists, Public Record Filings, Historical Residential Records, and Other Household Database Listings.*

## Description

The U.S. Public Records Index is a compilation of various public records spanning all 50 states in the United States from 1950 to 1993. Entries in this index may contain the following information: name, street or mailing address, telephone number, birth date or birth year. [Learn more...](#)

## Suggested Records

- ☐ U.S., Social Security Applications and Claims Index, 1936-2007  
William Stobie Hemmens
- ☐ U.S. Public Records Index, 1950-1993, Volume 2  
William Hemmens
- ☐ U.S., Social Security Death Index, 1935-2014  
William Hemmens



Write a comment.

## Make a Connection


Find others who are researching  
William Stobie Hemmens in Public  
Member Trees





# William S. Hemmens

in the U.S., Social Security Death Index, 1935-2014



 Request copy of original application

 Add alternate information

 Report issue

Name: William S. Hemmens

SSN: 007-44-1127

Last Residence: 04103 Portland, Cumberland, Maine, USA

BORN: 5 Feb 1945

Died: 20 Jun 1998

State (Year) SSN issued: Maine (1962)

SAVE 

Cancel

## Source Citation

Number: 007-44-1127; Issue State: Maine; Issue Date: 1962

## Source Information




Ancestry.com. *U.S., Social Security Death Index, 1935-2014* [database on-line]. Provo, UT, USA: Ancestry.com Operations Inc, 2011.

Original data: Social Security Administration. *Social Security Death Index, Master File*. Social Security Administration.

## Description

The Social Security Administration Death Master File contains information on millions of deceased individuals with United States social security numbers whose deaths were reported to the Social Security Administration. Birth years for the individuals listed range from 1875 to last year. Information in these records includes name, birth date, death date, and last known residence. [Learn more...](#)

## Suggested Records

-  U.S., Social Security Applications and Claims Index, 1936-2007  
William Stobie Hemmens
-  U.S. Public Records Index, 1950-1993, Volume 2  
William Hemmens
-  U.S. Public Records Index, 1950-1993, Volume 1  
William Hemmens



Write a comment.

## Make a Connection

Find others who are researching William S. Hemmens in Public Member Trees



# William S Hemmens

in the Maine, Marriage Index, 1892-1996

Name: William S Hemmens

Gender: Male

Residence: Gray, ME

Spouse's Name: Elaina L Foley


Spouse's Gender: Female


Spouse's Residence: Gray, ME

Marriage Date: 23 Jun 1989

Marriage Place: Maine, USA

Certificate: 8904818

 Add alternate information

 Report issue

SAVE 

Cancel



Write a comment.

## Make a Connection

Find others who are researching William S Hemmens in Public Member Trees

## Source Information

Ancestry.com. *Maine, Marriage Index, 1892-1996* [database on-line]. Provo, UT, USA: Ancestry.com Operations Inc, 2003.

Original data: Maine State Archives. *Maine Marriages 1892-1996 (except 1967 to 1976)*. Maine. Index obtained from Maine Department of the Secretary of State, Maine State Archives, <http://www.state.me.us/sos/arc/files/dbinfo.htm>.

## Description

This database is an index to marriages performed in the State of Maine, USA, between 1892 and 1996. However, it excludes the years 1967-1976. Information provided in the index includes: bride's name, bride's town and state of residence, groom's name, groom's town and state of residence, date of marriage, and marriage certificate number, if known. [Learn more...](#)



# Unconditional Love

**For more than two decades, Portland's Center for Grieving Children has been helping kids learn to laugh again.** BY JOSHUA F. MOORE

Whenever Maria Gilbert and her husband, Kevin, would cross the Casco Bay Bridge into Portland's Old Port, they passed a nondescript, brick warehouse with a small sign out front: *The Center for Grieving Children*. "I remember both of us saying to each other, 'Oh my goodness, isn't that sad,'" Maria recalls. "Little did I know that a few years later I'd be walking through those doors."

When Kevin died suddenly in November 2003, Maria found herself looking to this nonprofit organization for help with her three-year-old daughter, Meghan. She, like the four thousand other Portland-area parents and children who visit the center each year, soon discovered that the center's heartrending name doesn't tell the whole story of what really takes place here. From youth bereavement groups to outreach services and multicultural programs for refugees, the Portland nonprofit walks children and families along a healing journey that sees tears transformed into laughter and smiles. Over the past twenty-one years, the Portland center's programs, all of them absolutely free, have become a model for grieving centers nationwide.

"We are grief facilitators here, and that's very different than grief counselors," explains Anne Lynch, who has served as executive director since 2001. "You're getting the support of people walking the same journey as you are. For children to know that there's another child in another school that has lost a

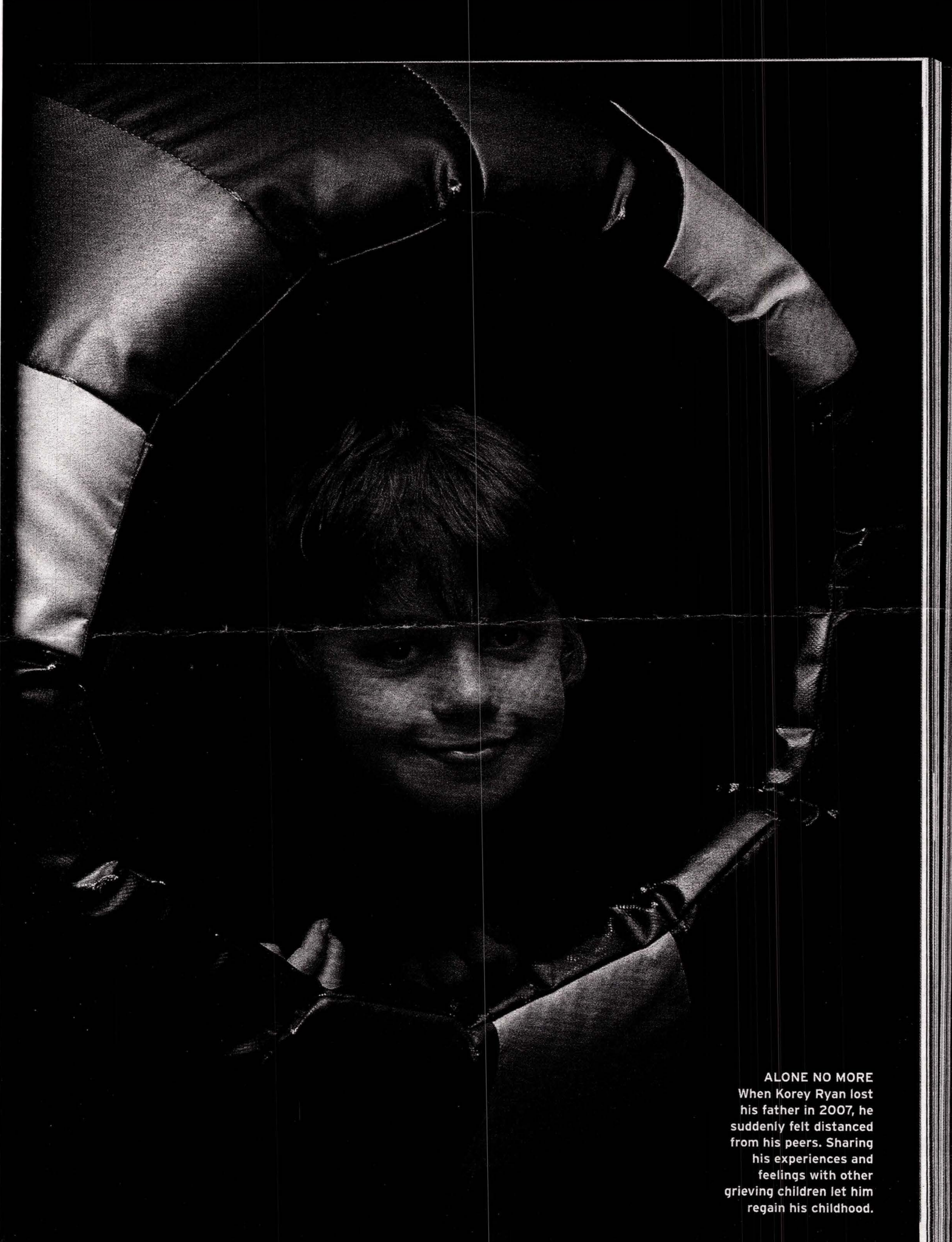
parent or a sibling, and who is now facing the same challenges, whether it's grades slipping or people not understanding or whatnot — that's tremendous."

Finding such peer support was not always possible in Portland or almost anywhere in 1986, when Bill Hemmens, a local stockbroker, lost his only sister to cancer and found himself trying to help his nine-year-old niece come to terms with the loss of her only parent. Hemmens heard of a facility that had recently opened in Portland, Oregon, to help grieving children and promptly set about putting together a similar program in Maine's largest city. Beginning with twelve volunteers and four families, Hemmens' nonprofit was only the third Center for Grieving Children in the country when it opened in 1988. Over the next decade it would move locations ten times: Mercy Hospital, Trinity Church, a building on Darling Avenue, and eventually the warehouse that Maria Gilbert saw in 2003. In 2007 the center completed a capital campaign and purchased a ten thousand square-foot, two-story office building at 555 Forest Avenue. With a paid staff of ten and an operating budget of \$780,000, the center ([www.cgcmaine.org](http://www.cgcmaine.org)) is funded primarily through donations, grants, United Way funding, and special events (including the past two years' Peak Performance Maine Marathons). Now the largest grieving center in Maine — others have opened in Lewiston-Auburn, Bangor, Brunswick, Gardiner, and Waterville — the twenty-one year-old Portland center has at last secured its own stability, even as it has

CONTINUED ON PAGE 65

COURTESY THE CENTER FOR GRIEVING CHILDREN/JANE BERGER





**ALONE NO MORE**  
When Korey Ryan lost his father in 2007, he suddenly felt distanced from his peers. Sharing his experiences and feelings with other grieving children let him regain his childhood.



## Unconditional Love

CONTINUED FROM PAGE 58 helped so many children and families regain theirs.

For me the model — people from all parts of the community going through a thirty-hour training and committing to volunteering at least four hours a week — just blew me away,” says Lynch, an auburn-haired Irishwoman who discovered the center when her ten-year-old daughter died suddenly in 1992. “To me it was unconditional love in its truest sense.” Rather than trying to “fix” a child or force them through the stages of grief, Lynch says the center’s bereavement facilitators serve more as listeners, “witnesses” who let each child regain control of their lives at their own pace.

Meeting once a week, up to sixty people gather in the center’s colorful “circle room” before dispersing into one of eight smaller rooms, each containing a variety of sofas, recliners, and, for the younger children, plenty of toys. The popular “volcano room,” which features padded walls and floor and a full-size punching bag, serves as

a place where kids can vent their energy and frustration safely (and under adult supervision). The living room-style furnishings in the meeting rooms are quite deliberate, Lynch explains. “At a time when their own home feels so different, we want this to feel like home.” The cozy surroundings also reassure children who might never have left their parent’s side, but now must enter a group session without that person.

Maria Gilbert says her daughter, Meghan, was one such child. “I’d never really been separated from Meghan up to then, but I went into an adult room and she went into the ‘littles’ room down the hall,” she says. “It was magical. She went in and sat down at that little table and started coloring, and I went down to my room. From then on, we couldn’t wait for Tuesday nights.”

Sadly, the “Gilbert Girls” are not alone in experiencing a family tragedy — research indicates that one child in twenty will lose a parent before the age of fifteen — but not everyone who is grieving is able to drive to Forest Avenue. Therefore the center created several outreach programs, including one that travels to schools

during traumatic times (Lynch notes that the center’s visit to her daughter’s school shortly after the girl’s death was the first such outreach). It also sponsors a multicultural peer support program that has shown wide-ranging, community benefits. Started in 1997 after a young Cambodian boy was shot in Portland, the multicultural program convened a panel of immigrant leaders, police officers, funeral directors, and grief facilitators to talk about cultural differences regarding death and loss. That panel led to community-wide discussions about such issues as how bodies should be handled and by whom. In addition, immigrants began opening up about other losses they’d experienced before arriving in Portland, revealing grief that they’d not yet resolved.

Today, immigrant families have accepted that the center is a safe place to talk about their experiences; some thirty-seven immigrant children from Riverton Elementary, the East End Community School, and Lincoln Middle School made use of the program last year. “I remember a Somali parent who said, ‘I don’t believe in social work,’” says Shawna Ohm, a community policing



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year and move to Dirigo Pines**

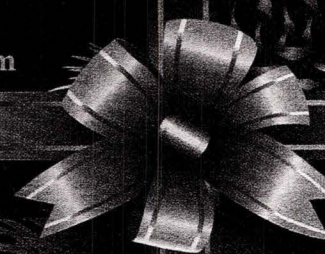
Dirigo Pines Retirement Community offers residents the peace and relaxation of retirement living that they deserve. The Dirigo Inn with 119 apartments offers a wide array of living arrangements, gourmet meals, activities, caring staff, health services, and beautiful surroundings. Twenty cottage lots are also available to build your customized home.

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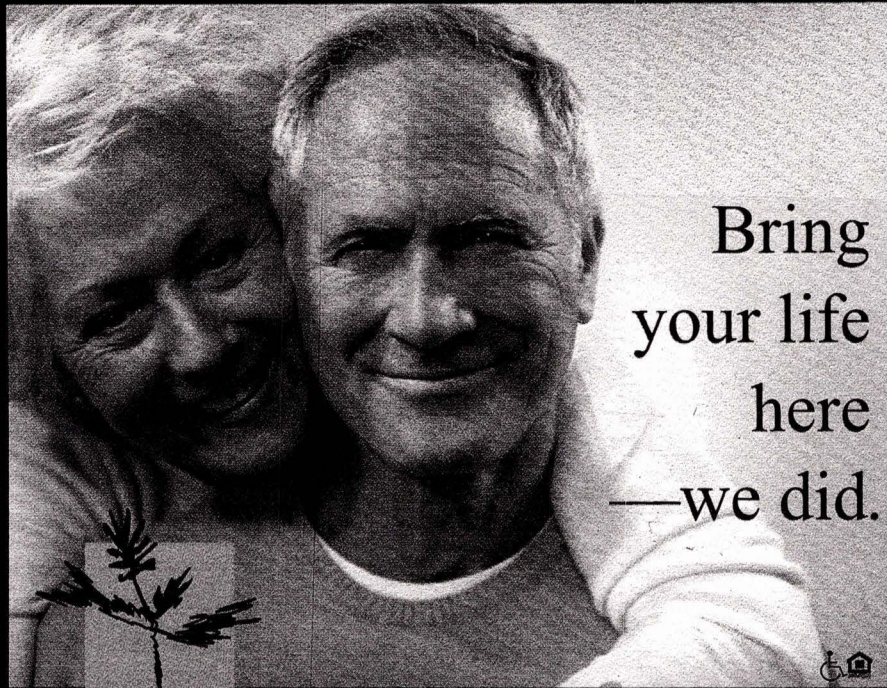


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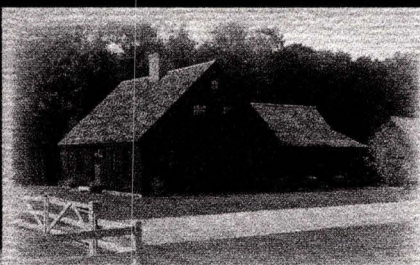


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coordinator with the Portland Police Department and herself a Cambodian refugee. "Within a year, that same parent said, 'Shawna, please help me, please help my kid.' With the Center for Grieving Children, the parents are changing. They're letting their kids go there and talk about what they're going through and even what they witnessed before they came here."

Recognizing that grief can begin even before a person has died, the center's Tender Living Care program serves families facing a life-threatening illness. With separate eight-week segments for caregivers, ill adults, and children affected by the diagnosis, the program was the first of its kind in the country when it began back in 1993. Including children in the diagnosis is a critical part of this program. "Kids need to know, because if they're not included in the story of what has happened, they will fill it in for themselves," Lynch explains.

Over the next few months, the center plans to add several new support groups, including some for bereaved parents and for young widows and widowers. If the past is any indication, these individuals will find the help they need in the center's more than two hundred volunteers. "I've never referred someone over there and had them come back and say, 'They couldn't help me,'" says Christopher Crawford, funeral director at Conroy-Tully Crawford in Portland. "Folks who have been in the Portland area for generations are finding help there now."

Just as important as entering the Center for Grieving Children, though, is knowing when you are ready to leave. For Meghan Gilbert, that decision came after a few years of Tuesday night group sessions. "I just decided I didn't need to go," says Meghan, now eight years old. "I wasn't really thinking about my Dad and everything." But her mother, Maria, notes that only last fall Meghan decided she wanted to revisit the center after more than a year's absence. Anne Lynch says it's common for children to periodically need additional services as they grow up. "We talk about 'time' and 'anniversaries,' but you're not ever done [grieving]," Lynch declares. "Especially for children, because you're revisiting the loss at all sorts of developmental stages."

Fortunately, the Center for Grieving Children is there for every one of them. ♦



# Portland Public Library Digital Commons

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## MAINE NEWS INDEX - DOWN EAST MAGAZINE

([HTTP://DIGITALCOMMONS.PORTLANDLIBRARY.COM/NEWS\\_DOWNEAST](http://digitalcommons.portlandlibrary.com/news_downeast))

### **Title**

**Portland's Center for Grieving Children, opened in 1988 by Bill Hemmens, was at**

### **Authors**

**Joshua F. Moore** ([http://digitalcommons.portlandlibrary.com/do/search/?q=author\\_iname%3A%22Moore%22%20author\\_fname%3A%22Joshua%22&start=0&context=3360222](http://digitalcommons.portlandlibrary.com/do/search/?q=author_iname%3A%22Moore%22%20author_fname%3A%22Joshua%22&start=0&context=3360222))

### **Source**

Down East

### **Date**

12-1-2009

### **Pages**

58-59, 65-66

### **Abstract**

Portland's Center for Grieving Children, opened in 1988 by Bill Hemmens, was at the time only the third such center in the country. Today the center is a national model that offers services to some 4,000 people annually. It supports outreach programs, a multicultural program, and a program serving families facing life-threatening illness, among other offerings.

### **Subjects**

Center for Grieving Children



## Recommended Citation

Moore, Joshua F., "Portland's Center for Grieving Children, opened in 1988 by Bill Hemmens, was at" (2009). *Maine News Index - Down East Magazine*. 3761.  
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COinS



# All U.S., School Yearbooks, 1880-2012 results for William Hemmens

Search Filters **Filters Broad**  **Exact**

William

Hemmens

BORN: 1945

ANY: Gray, Cumb... ☐

Edit Search | New Search |

**UPDATE**

Results 1-1 of 1

<input type="checkbox"/>	<a href="#">View</a>							
<input type="checkbox"/>	<a href="#">Record</a>	Name	School	School Location	Year	Yearbook Title	<a href="#">View Image</a>	
<input type="checkbox"/>	<a href="#">View Record</a>	William Hemmens	Saint Catherines High School	Racine, Wisconsin	1965	Lance 1965		

1-1 of 1

Per page **10**

All Categories

> Schools, Directories & Church

Histories

> School Lists & Yearbooks

U.S., School Yearbooks, 1880-2012

This database is a collection of middle school, junior high, high school, and college yearbooks from across the United States. While yearbooks may not provide information about the vital events...

Learn more about this database...

[Browse Individual Records](#) ▶

Shortcut Keys ▶



+

-



ROGER SCARBERRY

*St. Rose*

Lorelei 1,2.

DIANE SCHEER

*East High School  
Madison, Wisconsin*Class Officer Junior, Treasurer; Glee Club 1,  
2,3,4; Liturgy Club 3,4; Mass Study 2,3,4.

KATHLEEN SCHIOTT

*St. Joseph*

All Girl Chorus 3,4; G.A.A. 2,3.



JULIE SCHLIESMANN

*St. Joseph*

All Girl Chorus 3; Secretaries, Inc. 4.

PAMELA SCHMAHL

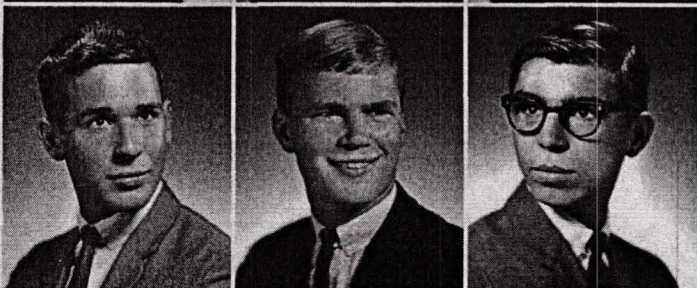
*Holy Name*

Junior Classical League 2,3,4; Sodality 4.

EUGENE SCHMITZ

*St. Joseph*

Choristers 3,4; Players 4; Tuners 3,4.



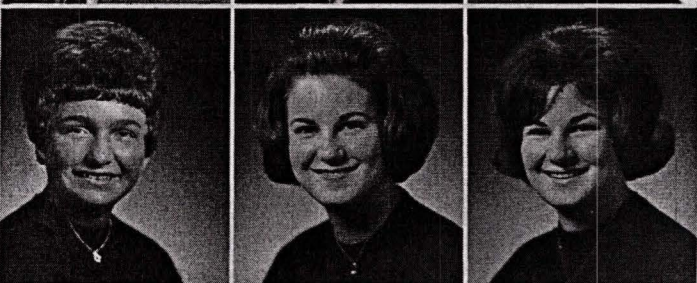
JOSEPH SCHMITZ

*St. Edward*

ROBERT SCHROEDER

*St. John Nepomuk*Junior Classical League 1,2,3,4; Monogram  
Club 3,4; Student Welfare Council 3,4; Ushers  
Club 4; Football 1,3; Golf 3,4; Track 2.

ROBERT SCHUMAKER

*St. Stanislaus*Youth for Better Gov't. Council 4; Football 1;  
Golf 2.

DONNA SECANKY

*St. Edward*Band 1,2,3,4, Secretary 2,3,4; F.T.A. 4; Host-  
ess Club 2,3,4; Players 2,3,4, Secretary 4; Sec-  
retaries, Inc. 4, Secretary 4.

RENEE SEIFERT

*St. Edward*

G.A.A. 1,2; Players 2,3,4; Secretaries, Inc. 4.

ROBERTA SEIFERT

*St. Edward*French Activities 1; G.A.A. 1; Players 2,3,4;  
Secretaries, Inc. 4.

*FRATERNIZING BADGERS* Twins from St. Catherine's  
at Badger Boys' State, Tom DeMark (left), Lt. Governor,  
and Dick DeMark (extreme right), State Treasurer, take  
advantage of an opportunity to meet the representative  
from Janesville, William Hemmens, at Madison.





# Your support helps children and families find hope.

**Financial support from individuals and the community keeps the Center's services free for families.** Free service is unusual in today's world, and it's especially important when the illness or death of a family member creates stressful financial challenges.

Thank you for supporting the Center in whatever way works best.

## FOR INDIVIDUALS

### Single or Monthly Gifts

- *Help create dependable revenue for the Center by making an annual gift.*
- *Join our Friends of Hope monthly giving circle to spread your giving throughout the year.*
- *Make stock gifts to the Center that can provide you important tax benefits.*

### Memorial and Tribute Gifts

- *Make a special gift in memory of a loved one.*
- *Honor a living person or mark a special occasion with a tribute gift.*
- *Call us to learn about the Center's Star Memorial Wall, a permanent memorial to loved ones.*

### A Bequest in Your Will

- *Making a bequest through your will leaves a legacy of support, and can offer estate tax benefits.*

## FOR BUSINESSES

### Corporate Partners Program

- *Invest in a relationship with great returns for your business, employees, and the Center.*

### Event Sponsorship

- *Center events offer a variety of recognition benefits at different levels of sponsorship.*

Donate online at [cgcmaine.org/donate](http://cgcmaine.org/donate) or mail to:  
P.O. Box 1438, Portland, ME 04104

For more information, please call 207.775.5216.

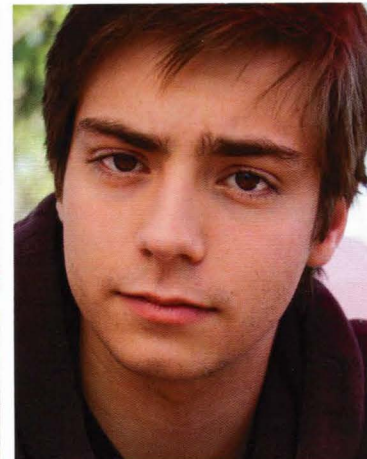
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# ways to give

BECAUSE YOU MAKE OUR WORK POSSIBLE

"I've seen how the Center restores lost, aching children and families to their former joyful, strong, and best selves. That's why I give."



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where families find hope and love

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## THANKS TO YOU, THE CENTER NOW OFFERS

- **Bereavement Peer Support** groups in Cumberland and York counties.
- **Tender Living Care (TLC)** for families living with serious illness.
- **Multicultural Peer Support** for children resettled in Maine from countries experiencing violent conflicts.
- **Training, education, and crisis support** in schools, workplaces, and other sites across the community.
- **Volunteer training and support** for adults making the commitment to serve as weekly peer support group facilitators.

*Always feel free to call the Center for information, or visit [cgcmaine.org](http://cgcmaine.org). And keep us in mind if you or someone you know may be helped by our services. We offer peer support programs in Portland and Sanford.*



Photo by Richard Sandifer





Grace, Ed, Lucy

## THE PHOTO YOU MADE POSSIBLE

*I frequently tell people "the Center saved my life."*

*The people of the Center guided Lucy, Grace, and me through our terrible grief journey. They helped us emerge as whole and healthy people, changed by our grief, but not destroyed by it.*

*This picture of me and my happy, strong, smart, beautiful daughters was taken ten years after their mother Amy's death. We were at the 2013 Maine Marathon, with family and friends, celebrating Amy's life and her marathon success.*

*This is the kind of picture YOU and the Center make possible, when you support the Center for Grieving Children.*

*In a way, our family has come full circle in our relationship with the Center. Each of us now volunteers there, and our family makes a significant financial gift every year.*

*It's our hope that we can repay some small part of the priceless gift that people like you made possible.*

*Please make the most generous gift you can this year. You can make sure families like mine have a place to grieve loss and recover hope.*

*Thank you.*

*Ed Tumanicus*

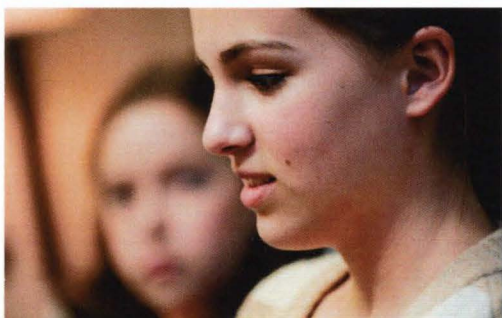


# bereavement

SUPPORT AND RESOURCES WHEN A LOVED ONE DIES

.....

"The Center was just what I needed when my dad died. I loved that I could talk about my loss, or not talk about it. Hearing other people's stories gave me strength, too, because I could see I was not alone."



.....



the  
**center** for  
grieving **children**  
where families find hope and love

.....

**support. resilience. healing.**

.....

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# Grief support for children, families, and the community

## Grief hurts. The Center can help.

When you—or someone you know—experience the death of someone close, the Center for Grieving Children is here. We help you and your family:

- *Talk with one another about death and grief;*
- *Get support on your grief journey;*
- *Connect with others who understand what you are going through;*
- *Express feelings, ask questions, talk about concerns; and*
- *Get information to help young people who are experiencing grief.*

## SERVICES/OPPORTUNITIES

*Support and Information over the Phone*—We answer questions, recommend grief support resources, and make referrals to other services.

*Peer Support Groups*—For children ages 3-18 and their parents and caregivers; young adults ages 19-30; and bereaved parents and young widows/widowers/partners.

*Community Outreach and Education*—Professional training, consultation, and support for a wide variety of organizations.

*Lending Library and e-Library*—Helpful books, websites, and articles compiled by Center staff.

## HOW TO GET STARTED:

Call us at 207.775.5216, visit [www.cgcmaine.org](http://www.cgcmaine.org), or email [cgc@cgcmaine.org](mailto:cgc@cgcmaine.org). Prior to joining a group, families attend an initial family meeting to tour the Center and determine whether peer support is the best type of support for your family. **All family services are free of charge.**

555 Forest Ave, Portland, ME 04101 • 893 Main St, Sanford, ME 04073

Photos by Brian Fitzgerald Photography and Jane Berger Photography

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# volunteer

MAKE A DIFFERENCE FOR GRIEVING CHILDREN

.....

"I wanted to help and support those who have experienced the trauma of grief. I wanted to be there for others in whatever way I could. It just came naturally from my heart."



.....



the  
**center** for  
grieving **children**  
where families find hope and love

.....

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# Help create hope for families and the community.

**Your time, skills, and caring can make an important difference in the life of a grieving child.**

Center volunteers are our most valuable resource. They are people like you, supporting families at a difficult and lonely time and working to keep our programs available at no cost to families in need.

## SERVICES/OPPORTUNITIES

*Group Facilitators* in Portland and Sanford make a weekly commitment to facilitating peer support groups for children and adults. Excellent training and ongoing support is provided. We have opportunities in our Bereavement Peer Support, Tender Living Care, and Intercultural Peer Support programs.

*Office volunteers* assist with a variety of projects and provide administrative support on a one-time or ongoing basis.

*Event volunteers* help make our fundraising events a success or plan their own independently run fundraisers.

*Corporate, school, and other volunteer groups* are always welcome to complete team-building and community service projects in collaboration with the Center.

*York County* volunteers help raise awareness about our Sanford service site and bolster support for our service to Southern Maine families, schools, and other organizations.

## HOW TO GET STARTED:

We invite you to attend a volunteer orientation in Portland or Sanford. To learn more, visit [cgcmaine.org](http://cgcmaine.org), call 207.775.5216, or email [cgc@cgcmaine.org](mailto:cgc@cgcmaine.org).

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Photos by Brian Fitzgerald Photography and Jane Berger Photography

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## SERVICES/OPPORTUNITIES

*Peer Support Groups* for children and teens, ages 3-18, their parents and caregivers, and young adults ages 19-30.

*Home, Hospital, and Hospice Visits* for families who cannot attend the Center or need one-time support and conversation.

*Phone Support and Information* for everyone. We answer your questions over the phone, provide resources, and make referrals.

*Community Outreach and Education* for your workplace, school or organization. We offer education, training, and critical-incident support.

## HOW TO GET STARTED

Call 207.775.5216, visit [www.cgcmaine.org](http://www.cgcmaine.org), or email [cgc@cgcmaine.org](mailto:cgc@cgcmaine.org). Prior to joining a group, families are asked to attend a meeting to tour the center and determine whether peer support is right for your family.

*All family services are free of charge.*

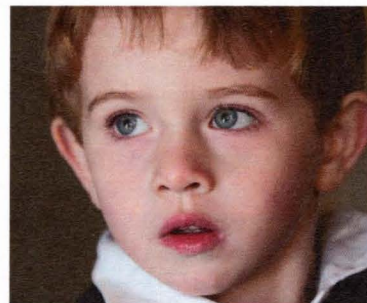


Photos by Brian Fitzgerald Photography and Jane Berger Photography

# tender living care

HELPING FAMILIES COPE WITH SERIOUS ILLNESS

"TLC has been a blessing for our family. Having cancer with two young children meant that I needed support as a parent and patient, along with support for the rest of my family. The Center met that need."



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**center** for  
grieving **children**  
where families find hope and love

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# Helping families cope with serious illness

## PROGRAM SUMMARY

*From the point of diagnosis, serious illness affects the entire family.*

Adults want to know what, when, and how to tell children about the illness, treatment and prognosis. Children may have questions but be afraid to ask them. They may make up their own answers or blame themselves for what is happening. Older children may assume caretaking duties and put their own feelings on hold. All family members may feel they are on a roller coaster of emotions with fear, uncertainty, anger, or helplessness adding to their burdens.

*Tender Living Care* helps children and teens ages 3-18, young adults, and parents and caregivers cope with the changes that come with a family member's diagnosis of serious illness. The program supports families from the point of diagnosis and at every step along their journey with the illness.

*Tender Living Care can help you:*

- *Talk with your children about serious illness;*
- *Navigate the changes and stressors that illness places on a family;*
- *Get support through your journey with illness;*
- *Connect with others who really understand what you are going through; and*
- *Give your children a safe space to express feelings, ask questions, and talk about concerns.*

## SUPPORTING YOUR FAMILY

*When your family is facing serious illness, remember:*

*Each person's reactions and needs are different.* There is no one right way to cope with serious illness. Knowing your children as you do, you are prepared to help them through this.

*Tell the truth.* Help your children understand the illness and what is happening. Answer their questions and let them be a part of what is going on. This will prevent them from imagining more upsetting possibilities or feeling like they can't talk with you about it.

*Listen to your children and help them express their feelings safely.* Children may experience many feelings—sadness, anger, worry, and jealousy to name a few. You don't have to fix it. Listening to your children and validating their feelings will help them feel better.

*Support their interests.* Help your children to stay engaged in their own life. Help them participate in their regular activities and maintain a regular schedule. Let the school know what is happening so they can support your children.

*Get support for yourself.* You, too, will have many feelings and experience many changes. Find other people who can support you and your children.

For more ideas and guidance, visit [cgcmaine.org](http://cgcmaine.org), call 207.775.5216, or email [cgc@cgcmaine.org](mailto:cgc@cgcmaine.org).

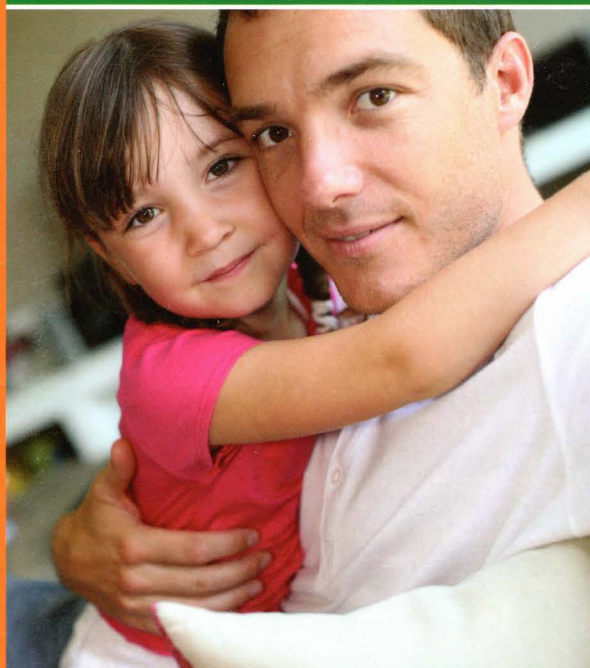




# from the heart

NEWS FROM THE CENTER FOR GRIEVING CHILDREN

*Our 2016 Report to the Community*



I didn't know what to expect, and I didn't think it was going to be for me or the kids. I was so wrong. The people I spoke with are all going through something similar and they all have struggles. The Center is the one place where I feel like I can share anything and everything.

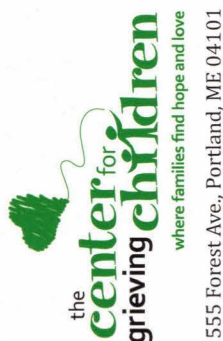
the  
center for  
grieving children

where families find hope and love



Fall/Winter 2016





## 30 Years of service, leadership, and innovation

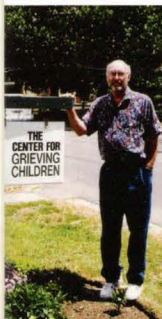
The third children's grief support program in the country, in 1987 The Center began serving four families in a borrowed space with the help of 12 volunteers. Today, we still rely on our proven volunteer-led, peer support model to provide high quality support to families, and our services are still free of charge.



Our vision is that all children and families in Southern Maine will know about the Center's services and recognize the Center as a partner in supporting grieving children, teens, adults, and families, so that no child has to grieve alone.



Mark your calendar for March 3, 2017! The "Love Really Counts" Annual Gala and Auction will celebrate our 30th Anniversary in a big way. You don't want to miss it! Sponsor, donate, volunteer, or buy a ticket! #lovegala



### Bill Hemmens Legacy Society - Leave your legacy of hope

Ensure that the Center is here to meet children's and families' need for grief support far into the future.

The Society is named in honor of Bill Hemmens, who founded the Center following the death of his sister. In trying to find help for his niece Erin, Bill recognized that children need peers and caring adults to support them through their grief.

There are many ways to make a gift that lasts. To learn more, please contact Lisa Morin, Director of Philanthropy, at 207.775.5216 ext. 104 or [lisa@cgcmaine.org](mailto:lisa@cgcmaine.org).

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# BY THE NUMBERS

July 1, 2015 – June 30, 2016

## A Year of Big Data



Hours given  
by volunteers



Volunteers available as  
weekly peer-group  
facilitators



Children, teens, and adults  
who helped one another  
through peer support



Institutions receiving  
grief support education and  
training or crisis support



Individuals connecting with  
the Center online, seeing  
grief-related resources



Number of facilitator  
trainings in Sanford  
and Portland



Callers who received  
immediate grief support,  
information and referrals



Individuals benefiting from  
grief support education and  
training or crisis support

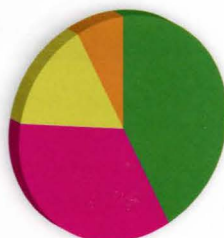


Number of donations  
made to support  
the Center's work



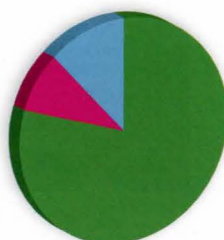
Amount the Center  
charged families to receive  
the support they needed

## Financial Statistics



### Revenue by Source

- Individuals: 43%
- Events: 35%
- Grants: 15%
- Other: 7%



### Expense Allocation

- Program Services: 80%
- General Fundraising: 8.6%
- Management and General: 11.4%

### Revenue

- Revenue from Services\*: \$0
- Contributions, Grants, Events,  
Community Support: \$903,847
- Investment Gain: \$1,214
- **Total Revenues: \$905,061**

### Expenses

- Program Services: \$681,850
- Management and General: \$97,007
- Fundraising: \$73,750
- **Total Expenses: \$852,608**
- **Unrestricted Margin: \$52,453**

\*The Center provides services to grieving children  
and families at no charge, through the tremendous  
generosity of our community.

From the 2014-2015 Fiscal Year

Audited financials from the 2015-2016 Fiscal Year will be available in December.



## Dear Friends,

The past year at the Center marked so many milestones that your support has made possible.

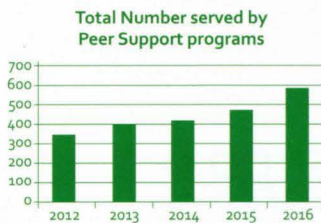
**-It marked 10 years** since we moved into our permanent home at 555 Forest Avenue in Portland – only possible by your support and the guidance of many people.

**-It marked 5 years** since we extended our reach across Southern Maine by providing services at a second location in Sanford.

**-It marked 3 years** since we embarked on a comprehensive evaluation project that now demonstrates the impact of our programs. Results confirm that peer support programs that you support increase resiliency, sense of belonging, and hopefulness for participants.

In the last year, we have served more families in Southern Maine than ever, with 586 children, teens, and adults helping one another through peer support.

As you can see, our numbers grow every year.



**These families get the support they need because of you.** Individuals, businesses, foundations, and the United Way have come together for 29 years to provide this one-of-a-kind, loving support.

**Next year,** we are very excited for another milestone, our 30th Anniversary. I look forward to celebrating with you!

Thank you for being a part of our family and for believing that no child should grieve alone.



Anne Heros (formerly Lynch)  
Executive Director

## Board of Directors

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Mike Lane  
vice president: IDEXX  
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Legacy Holding Co.  
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Mark Pettingill  
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Amanda Rand  
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TideSmart Global  
Adam Walker  
Conroy-Tully Walker  
Funeral Homes

**Bill Hemmens** (1945-98)  
founder

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693 Main St., Sanford, ME 04073





# REACH

## Community Outreach and Education

High quality training, information, and resources to help caring adults support grieving children and teens in the places where they live, learn, and play.

- We visited 130 places including schools, businesses, agencies, and daycares across Southern Maine this year.
- We trained staff and volunteers at Woodfords Family Services in the peer support model so that they could start their own peer support groups for foster families.
- The Concord New Hampshire School District contracted with us to provide training and consultation to replicate the Intercultural Peer Support Program in their community.
- New this year, the Center Connection e-newsletter went to schools across Southern Maine offering tips, resources, and information to help schools be more grief friendly.

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## Peer Support

Facilitated, age-appropriate peer support groups for those who experience the serious illness or death of a loved one:

**Bereavement**, for children, teens, and their families. Additional groups for young adults, bereaved parents, and young widows, widowers, and partners.

**Tender Living Care**, from the point of diagnosis, for families who have children and teens and are living with the serious illness of a family member.

**Intercultural Peer Support**, serving students resettled in Maine from countries that have experienced war, violent conflict, and natural disaster.

## Additional Services

### Phone Support

Calls are answered by trained staff who answer questions and provide support and referrals.

### Resources

Helpful articles can be found on our website and books are available through our online lending library.

### Training and Consultation

Custom designed for schools, groups, agencies, and businesses looking to better support grieving children.

### Crisis Outreach

Support within schools or workplaces during a grief-related crisis.



## Volunteers

### Facilitators

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Racha Altesini  
Rebecca Anderson  
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Laurie Armstrong  
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# events



## TD BEACH TO BEACON:

All 25 FundRacers broke their goals as they ran for the Center at the 2015 TD Beach to Beacon. One FundRacer ran because, "the Center was critical support for us after my wife's death – we would not be where we are today without the help of the Center."



## SWING "FORE" THE CENTER:

The 50/50 Vegas Hole spiced up our 2015 Swing "Fore" the Center: Paul Gray Memorial Golf Tournament at the Purpoodock Club. A sold-out field of 32 teams were challenged to put together their best poker hand. The day ended with a happy surprise: the pot was generously donated back to the Center.





“The first night we came we were so overwhelmed and all the other participants. I realized I wasn’t alone. The Center gives me one hour a week where I go to the parents’ group and I’m able to let go

– Shannon, who receives services in Portland

pro



## RESOURCES:

“It’s been an amazing experience to go through the hundreds of books and really see what is now available to our community.” – Helen Lonegan, office volunteer

## FAMILIES TOGETHER

From Family Nights, where families come together, to family days at York’s Wildlife Center, to the Portland Sea Dogs, group participants have many opportunities to spend time together.



elmed by the love of all the facilitators  
sn't alone and that was truly monumental...  
my son goes to the children's group,  
go and feel supported."

# ograms



## HER:

ies created art projects  
Wild Kingdom and the  
ants came together as a

## COMMUNITY CONVERSATION:

Hosted by the **Intercultural Advisory Council**,  
the second Community Conversation – Education in a  
Global Community – explored educational challenges  
and opportunities faced by new American families



# PHILANTHROPIC SUPPORT

## ANNUAL FUND

### Individuals

#### \$10,000+

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**The Dubyak Challenge,  
set by Center supporters  
Michael and Denise Dubyak,  
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and increased gifts to the  
Center's Annual Fund—  
a generous addition  
to a record breaking  
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**enter! A complete list of 2015-2016 donors can be found online at [cgcmaine.org](http://cgcmaine.org)**

**effort has been made to ensure the accuracy of this listing. Please contact us if you have any questions.**

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John and Wendy Zarella

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Jan Arsenault  
Harland Banks  
Sean Beaudet  
Lindsay Berghuis  
Hope Bolster  
Kelli Ann Borduas  
Melissa Jane and Mike  
Bourque  
Christopher Bramblett  
Todd Carlton  
Joan Caron  
Andre Casavant  
Sean Casey  
Yoni Chung  
Mike Churchill  
Marian Ciampa  
Evie Cianchette  
Gregory Collins, MD  
Denise Connors  
Susan Conroy  
Katherine Cousens  
James and Lola Crawford  
Sloan Critchfield  
Michael Crowley  
Joshua Lee Danforth  
McKenna Dempsy  
Yvette Deziel  
Anne Charlotte Doiron  
John, Sue, and Jimmy  
Drown  
Roni Duff  
Fred Durst  
Drew Eagleson  
Milton Emerson  
Isaiah Fajardo  
Edith Farnum  
Alfred and Agnes Figliola  
Margaret Lee Giles  
Michael Gilligan  
John F. Glynn, Jr.  
Paul Gray  
Bruce Grimaldi  
William J. Hannigan, III  
Paul Hansen  
Bill Harris  
Bill Hemmens  
Ann and Dan Henry  
Amy Hewitt  
Brendan Hickey  
Jamie Higgins  
Amy Hill  
Ruth Hiltz  
Dean Hoehle  
Mary Hogan  
Timothy Holland  
Shane Howe  
Matthew Hutchins  
Lee Hutchins  
Raymond P. Jones  
Gregory Jones  
Eric, Carol and Sven  
Jorgensen  
Allison Kimball  
Stephanie Knights-  
Freedom  
Connie Korda  
Brian Kumm  
Benjamin Lamontagne  
Susan C. Laughlin  
Bruce Lerch  
David Loeser  
Megan Maietta  
Mary McDermott  
Michael McKenna  
Sheila McNabb  
Eileen Minte  
Louis Morelli  
Brent Muehle  
Stephanie Mull  
Andrew Niehaus  
Lisa Novick  
Shalene Osgood  
Stephen Pallotta  
John Pepe  
Chad Perley  
Jeff Picher  
Aaron P. Pratt, M.D.  
David Provost  
Marguerite Racette  
Devin Remme  
Zach Smith  
Jean Kersiman Smith  
Lyn Sobolewski  
Kristin Spitzinger  
Katie Stanhope  
Peter Stickney  
Eddie Szalajeski  
Arick Tarr  
Jennifer Tarr  
Mark Thibeault  
Joan Thompson  
and Allyson Connor  
Amy Tumavicus  
Dana Vamvakias  
David Veilleux  
Robert and Vera Warner  
Scott Weymowith  
Elias Wezowicz  
Sarah Wright

### **In honor of:**

Molly Anderson  
Ella Anderson-Whelan  
Michael Balsam  
Allison Beck  
A Bennett  
Christine Bennett  
Rowan, Liam and Faye  
Collins  
Lesley Craig  
Mark Curdo  
Dr. Rajiv Desai  
Megan Dewalt  
Andrea Krasker Gavin  
Chelsy Gilroy  
Kevin Browne and Tina  
Grover  
Catherine Haas  
Maura and Ian Hardoin  
Flavin  
Stephen Hart  
Deborah Henry  
Katherine Hogan  
John Holland  
Peg Hughes  
Tracy Keegan  
Paul and Janet Letalien  
Jan and Steve Litchfield  
Joe Lombardo-Wilkins  
Dr. and Mrs. Joseph Long  
Lynnda Tibbetts Macisso  
Steve Maxcy  
Fletcher McCarthy  
Duncan and Mary-Lou  
Molloy  
Jeff and Kate Moore  
Karen Moran  
Allyson Olson  
Maria Peverada  
Portland High Math Team  
Lois Pratt  
Steve Putnam  
Mark and Amanda Rand  
David Robinson  
Kent Scarponi  
Kimberly Simard  
Barney Skolnik  
Judi Slotsky  
Melissa Smith  
Patricia Stone  
Matt Swift  
Thursday Night Tribe  
Julie Tselikis  
Tuesday Night Middles  
Ed Tumavicus  
Kristen Vaillancourt  
Patrick Veroneau  
Sara Viola  
Kristine Watson  
Monica Wood



# events



## TD BEACH TO BEACON:

All 25 FundRacers broke their goals as they ran for the Center at the 2015 TD Beach to Beacon. One FundRacer ran because, "the Center was critical support for us after my wife's death – we would not be where we are today without the help of the Center."



## SWING "FORE" THE CENTER:

The 50/50 Vegas Hole spiced up our 2015 Swing "Fore" the Center: Paul Gray Memorial Golf Tournament at the Purpoodock Club. A sold-out field of 32 teams were challenged to put together their best poker hand. The day ended with a happy surprise: the pot was generously donated back to the Center.





his year, 24,868 people accessed our website and 343 checked out our **Resources page**, where articles, activities, and our online library are available. The support of Gorham Savings Bank and amazing volunteers like Helen has made this possible!

*Family's Journey: A handbook for living with illness and finding hope*, an important book in our library that was created by the **Tender Living Care Program**, is now on its third printing. "Every page is dog eared. It is amazing and has been well read for the past two years. What a gift this has been to the whole family."



## SOUTHERN MAINE:

Services at our Sanford location grew by 30%, serving over 100 individuals. Sanford participants created a book that will help new families understand what the Center is all about. The **York County Steering Committee** worked hard to raise awareness of our services across Southern Maine.

community and had some fun:



## HEROES OF THE KINGDOM

Children's author, Anne Sibley O'Brien, and Riverton Elementary School students in the **Tender Living Care Program** to write a book called *Tales of the Kingdom*. The tales capture how storytelling gives us a sense of the world and showed that kindness and hope together can help to restore hope.

IDEXX is very proud to support the wonderful work of all its volunteers. Thanks to numerous volunteers and local companies, the services of the Center are available to the community. The healing power of love is always present.

Mike Lane, Corporate Vice President, IDEXX Laboratories, Inc.



Parents, students, teachers, Portland's mayor and school superintendent, and others gave voice to their experiences. Their ideas will be shared with Portland Public Schools.

"On the Intercultural Advisory Council, we hear the voices of the children and how they feel about what's going on at school, at home, or just in the world. We come up with ways to make them feel more comfortable outside of the Center."

*-Intercultural Advisory Council member*



## KINGDOM:

Brien, collaborated with  
ents in the **Intercultural**  
*Tales of the Heros of the*  
storytelling can help make  
at kindness and working

## OVERDOSE LOSS SUPPORT:

In response to the growing number of deaths due to overdoses, we piloted a short-term **Overdose Support Group**. A participant said that being around people who had gone through the same thing helped them "feel ok talking about how I was feeling."

work of the Center and the incredible work  
nteers and generous support from individuals  
r are available at no cost to families throughout  
ways strong at work at the Center."



for grieving children, which makes such a significant impact in the lives of families in need. Core to WEX's values is commitment to our employees and their families, and to our community. We believe strongly in the good that the Center does for so many and we are pleased to enable these critical services."

– Melissa Smith, CEO, WEX, Inc.

"When I first came to the Center it didn't take me long to start liking it because everybody's so friendly and nice. You listen to everybody and share personal things if you want to, and nobody judges you."

– Annah, who received Center services



where families find hope and love



Bernstein



United W  
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# vol



stein Shur volunteers helped organize the basement.



IDEXX volunteers set up the Holiday Shop.



ted Way Day of Caring volunteers in Portland from  
nem Blue Cross Blue Shield, TD Bank, and L.L. Bean.



United Way Day of Caring volunteers in Sanford.

"The loss is the foundation of the group;  
from this foundation blooms friendship and  
support. Helping others is part of the healing."

Mary, who received services in Sanford



# unteers



**Katie Fisher**  
Bereavement Facilitator, Sanford

"I volunteer at the Center because I wish I had the Center fourteen years ago when our family of six suddenly became a family of five. I am humbled by the strength and courage of our families."



**Paul Attardo**  
Bereavement Team Coordinator, Portland

"I believe as facilitators that we help children give voice to the grief they are experiencing."



**Marina Stam**  
Office and Events Volunteer

"From the moment I walked through the Center doors, I knew it was a special place. I left feeling energized and couldn't wait to return and volunteer more. I have learned so much about community, resilience, and perseverance here."



**Pat Stone**  
Tender Living Care Team Coordinator, Portland

"Volunteering at the Center is an integral piece of my life. A bond is created when deep listening occurs and hearts are connected. Volunteering supports me in my journey, and helps me attain goals of listening, feeling, and living a meaning-filled life."

**support. resilience. healing.**

PLEASE JOIN US | CGCMAINE.ORG | 207.775.5216



• New location in  
San Francisco, 5 years ago Contact C Per Granger  
Amy Wu -  
6 interns from social.

\* Impetus Sibling 39, 9 year old daughter

1) 20/20 Portland Oregon - Duggie Center  
(city room)  
- stock broker, tap into his savings,  
flew out Portland  
Name was written - Kuebler Ross

Reverend Jacob Westen

Christine Westen

Put together ideas of how to  
put on volunteers - more emphasis  
on volunteers

4 families, 12 volunteers,  
basement of Mercy Hospital, moved  
5 times in 10 years.

• Sawyer Street in South Portland:  
leased 5,000 square feet

• Bill then gets diagnosed w/ cancer  
Vision would not die with him.  
Very "gentle" man: how to be  
present w/ someone dying.  
He came as he was  
dying.



1.) Doors open: Up and functioning  
in 1992

Rev. Jacob Watson / Nondenominational

→ Tenant of Center at one point

- Wife was on 1st Board
- Volunteers are running the group "Night of Service" Mandate
- Christine is "Chime" - Cheplency School

Bereavement Program - not too long  
after 1st wife. Threatening illness  
"Tender-Living Care Program" -  
one night a week, San Francisco, Groups  
Also on Friday.

Niece: Erin

- \* Elzine help with training
- \* Bill knew that he didn't  
want to run - off



1989

Boyle — only staff person

Junior League of  
Part 12 in C

Community members  
Groups — once a year  
Groups — work with kids.

Multicultural Programs: 20  
years old, started with  
Riverston

- Catherine Hoss, Cambodia
- Bay was shot & killed.

• Cole — in conjunction with  
another nonprofit — Riverston had  
a work w/ Cambodian children

Can Volunteers do the work?

loss of  
0 years  
Bay

Parents not on site; group, bus.  
6-8 week period — something we  
should test. Dr. Bruce St. Thomas,  
clinician, Catherine Hoss & Anne

\* 200 volunteers, all walks  
of life.

Bill continued to be volunteer  
PPT — challenge of recruiting



When interns begin — Leslie  
Richie will know

• 6 interns a year • Time commitment  
• We work with people from  
all over

Elaine Skill Training  
1998 — Training  
Therapist

✓ 10 years

How long does the training last

Letsey vs. own — 10,000 square feet  
Capital campaign

Dr. Paul Johnson : Knew Dr. Bruce  
St. Thomas → Not aware  
• Output measurements : how long it  
took a child to be comfortable  
"Beginning to end"



monitored the program.

- Volunteer for 2.5 years
- 15 hour position "outreach"

(1997)

1995 → 2.2 year  
Child Development piece —  
periphery Full-time therapist,  
Facilitating groups, child care  
work, active listening, now doing  
work might in that you —  
yourself. the care of

3.5 hour (1 hour — class &  
present with another therapist)

Philosophy: Take lead from  
child Activities.

Post group: Downsizing from  
evening. Did they struggle —  
stay. Just teaching their  
strong fear support — staff  
observed — best fit of volunteers.



• Promoted the program

✓ Center for Grieving Children  
Book

• Promote BSW - talking up the  
idea of volunteering

• • Hard to get \$ from city  
Grant writing - Multicultural  
Partners Public Schools - respecting  
work that we do - sending/  
Committing a staff person

• Lincoln Quarter, High School Component  
Ride The bars

Pathway: Got sat  
1992 child died pulled in three  
classes. Linda Kelley - volunteer program  
Director, Peer Group - loss of spouse  
Most common.

1995 wanted to volunteer.  
Sower Street - facilitating  
a ten group - really impressed  
by people who are grieving



30 hour training over two weeks

Time to Absorb

Funeral Director — may not have gone well — what happens with body.

Deob. custom does piece on spiritual

Red ~~Stevens~~ <sup>Stevens</sup> — use LCPC  
Rural practice

Run guidelines of grief — how they change / nature

Being able to work with  
→ Facilitator. "This is how I felt"

Pre-post

No longer a membership organization — everything is free.

One family in 1989 — now even today

Centers that were trained: Groups — all over the state



✓✓ ~~Dennis Gilbert: Communications~~  
~~Video, Women Awards~~

✓ ~~Business: Accounting Dept.~~  
~~2 women~~



New Jersey → training the  
trainers.

(3rd one in U.S.) — now over 300 —  
expansion

• Ohio — Fernside, Ott.

• Fund-Living Care → all innovative.

• Intercultural — Crosscultural Training

→ one or two book Tender Living Care

✓ • Columbine Incident, all school  
should have local intervention teams,  
break out in groups X

Basic Training: 30 hours / 30 hours  
1) Intercultural: 0.5 hours  
800 Syria families

Annual Training →  
Renamed volunteer as/  
Deob Watson

" Founder Syndrome