LIFE BALL RECAP
A successful event made possible by generous donors

GRIEVING THROUGH THE HOLIDAYS
Tips on self-care and remembering your loved one with family and friends

HOPE’S MESSENGER
WINTER 2020
CLEVELAND EDITION
This summer at Cornerstone of Hope brought many highlights, including a successful camp program for grieving children. The medieval theme at Camp Cornerstone was a big hit with kids, counselors, and volunteers alike. The children’s faces at the camp, and their ability to express their own grief feelings and stories through the camp activities, remind us how important our mission is to our youngest clients.

Our Bereavement Symposium held in October provided critical education on youth suicide to school teachers, administrators, counselors, and social workers. The sessions included prevention strategies and as well as information on children grieving this specific kind of loss. Cornerstone of Hope’s Bereavement Institute continues to be a leader in grief education, with frequent opportunities for professionals to receive continuing education.

We are incredibly thankful for our record-breaking turnout at the Taste of Hope. Beyond the amazing food and beautiful evening with our supporters and friends, it was a time to reflect on our mission. We were proud to present the Perseverance Award to Nancy Prucha, a longtime volunteer, supporter, and friend. We are blessed to have known Nancy and we continue to be with her family after her recent passing. Her legacy will be honored as we plant a tree in her honor on our campus grounds at Cornerstone.

Also, recently we celebrated a successful 5th Annual Life Ball held at Cleveland Browns Stadium. This exciting event was an evening of dancing and fun, with special appearances by Browns players. We are thankful for the contributions of Cynthia and Allen Haire and their continued sponsorship of this fabulous fundraising event.

As we head into the holiday season, we remember that the holidays can be an especially difficult time for grievers. Cornerstone of Hope has added programming specifically to help grievers during the holidays, including Stepping Stones and Holiday Grief Support programming. Also, we will continue to offer our Ornament Workshop and our Holiday Candle Lighting and Remembrance Service.

We wish you and your family a blessed holiday season.

- Mark Tripodi, CEO & Founder
Unable to Attend? You can also sponsor a griever who you think would be interested in participating. Our desire to make the weekend affordable and meaningful for those participating will be helped by your sponsorship. Your recognition will vary depending upon your level of commitment.

Please contact Lynne Robie at 216.524.4673 to learn more.
TEEN GRIEF SUPPORT GROUP

Although Cornerstone of Hope provides amazing services to the grieving community, we noticed that we had a need to serve our teens in a different way. In the past, we provided individual counseling and summer camps to our grieving teens, but felt that a group environment would be beneficial to their healing.

This quarter we launched our very first teen grief support group for teens ages 13-18 that are still enrolled in high school. The 10-week long group meets weekly for 90 minutes, and includes education, peer support and art therapy. This group allows teens to find different ways to express themselves. We cover topics such as emotions, triggers, coping skills, and self-esteem.

Our group members have learned they are not alone in their grief. They have found peers who understand some of the feelings that they are experiencing, which may not always be the case at their respective school. The teen support group is a place for teens to feel connected and find different ways to process their grief and express themselves through this transitional part of life.

BIBLE STUDY GROUP

Professionally-led group that offers topical Bible study covering elements of the grieving process. Studying the Bible can help in understanding God’s role and power in our healing. Participants must complete a 10-week support group before attending.

SUPPORT GROUP REQUIREMENTS

• One-time fee that includes an intake
• Call 216.524.4673 to schedule an intake or for further questions.

Visit cornerstoneofhope.org to learn more about our support groups and our 2020 schedule.
EDUCATION SERIES FOR GRIEVERS

STEPPING STONES INTRODUCTION GROUP

An informative group session for adults looking to explore the early grief journey. Open to those who are in the first year of loss and are new to Cornerstone of Hope’s support group program.

TRANSCENDING GRIEF CONTINUING HOPE GROUP

Professionally led series to support the continuation of your grief journey, after completing a weekly support group. We will explore a wide array of topics relevant to the grief journey with time for sharing and support.

SUICIDE & OVERDOSE LOSS SERIES

Suicide and Overdose Loss have a devastating impact on families, friends and communities. We hope adults affected by suicide/overdose loss or looking to learn more will join us for these informational series held at Cornerstone of Hope.

WINTER FRIDAY NIGHT SERIES

Each part of this six-week series will focus on a new topic around a suicide loss with the goal of promoting healing and imparting hope to survivors. Presented together with Cuyahoga County Suicide Postvention Response Team.

MONTHLY EDUCATION SERIES

For adults looking to learn more about or are grieving the loss of a loved one to suicide or overdose loss. Featured speaker is Pete Bliss, founder of the Cuyahoga County Suicide Postvention Response Team. Each type of loss will have a designated evening to attend.

Please call 216.524.4673 to register or for further questions. Online registration is also available.

Visit cornerstoneofhope.org to learn more about our groups and education series.

GRIEVING DURING THE HOLIDAYS

TY MORGAN MSW, LISW-S
Spiritual Care Coordinator/Clinician

ECCLESIASTES 3:1-8

“There is a time for everything, and a season for every activity under the heavens. There is a time to be born and a time to die, a time to plant and a time to uproot, a time to tear down and a time to build, time to weep and a time to laugh, a time to mourn and a time to dance...”

It is the time of year that naturally brings out our full range of emotions. Both joy and pain can fill hearts at the same moment. The holidays always bring a special challenge to those who are mourning. Each special day reminds us of times we shared with our loved one. It is normal to worry about or even dread the upcoming events. Many times the anticipation is worse than the realization.

What we can know is that we will need the help of our Divine Creator to help us through the challenges we will face this holiday season. Remember that Jesus said we should “Take Heart” because God is always with us and for us. One way God helps us is by providing us with resources such as coping mechanisms. Practical coping methods allow us to come through our painful experiences with Hope remaining in our heart.

I pray for each of you to be covered with the peace of God that surpasses all understanding. May you fully accept the invitation to rely on God’s grace and mercy to help you cope with the Holidays.

HOLIDAY SUGGESTIONS

Be Kind To Yourself.
This is perhaps the most important thing you can do. Do not take on more than you can handle. Give yourself permission to feel whatever you are feeling.

Ask For & Accept Help.
It is important for you to let others know what you need. You may feel as though you are a burden to others, but people want to help you although they often do not know how.

Include Your Loved One In The Holiday.
Holidays are a good time to share memories of your loved one. Telling funny stories is a wonderful way of including them in the holiday. Honor the memory of the beloved in special ways that have meaning to you.

Allow Yourself To Find Some Enjoyment.
We may feel that we are somehow dishonoring the memory of our loved one by enjoying ourselves. The truth is that we all need laughter in our life. It can be very healing. Try to allow yourself some enjoyment in the season.
MEN GRIEVE TOO HIGHLIGHT

Cornerstone of Hope offered an event for men only, called “Men Grieve Too”, on Saturday, October 26th. The event was attended by 45 men, and featured a meal and a wonderful spirit of fellowship among men who have experienced the loss of a loved one. COH will be offering quarterly MGT events throughout 2020. Events will feature a guest speaker, time for discussion, and education on developing coping skills, all with the intent of creating ongoing fellowship and support for men who grieve. Our next MGT event will be a Men’s Holiday Breakfast on Saturday, December 21st, 8am at Cornerstone of Hope. Men who are interested in attending can sign up on our website.

HEART OF MY HEART PROGRAM

A program for parents who have experienced miscarriage, stillbirth, or loss of an infant. Following the loss of a baby, we are forever changed. You are not alone in your grief, and we understand the significant pain of loss that you are experiencing.

SERVICES: Support Group, Individual & Couples Counseling

UPCOMING EVENTS & MEMORIAL SERVICES

Mother’s Day Tea  Pregnancy & Infant Loss Memorial
May 2, 2020  October 15, 2020

For more information on these programs or services, please call 216.524.4673 or visit cornerstoneofhope.org.

ATTENTION ALL YOUNG PROFESSIONALS

Cornerstone of Hope is in the process of forming A Young Professional Advisory Board, for both professional and personal development. This is an exciting time in our organization’s history as we seek to connect the rising stars in our community through a combination of leadership, social activities, and philanthropy. You will have the opportunity to establish the organizational structure from the ground up, including, but not limited to:

- Mission statement
- Vision and Values
- Leadership Roles
- Board Policy
- Events

THURSDAY, JANUARY 30, 2020 | 7PM at Cornerstone of Hope
Please RSVP to yp@cornerstoneofhope.org
I recently heard a sermon about gratitude that I want to share with you. It was a simple message, but so profound in its depth and meaning: “God’s gift to you is your life, what you do with your life is your gift to God.”

This year’s Champion of Hope recipients, Anne and Ben Ali, live this sermon each and every day in all the roles they serve as business owners, a married couple, parents, and children of God. Their initial decision to support our ministry, after receiving our 2009 Gala invitation, in itself was an act of service. I would like to tell you that the sponsorship came from an inspirational presentation, a good first impression, or a connection through a mutual friend or business partner. On the contrary, Anne and Ben’s desire to make an impact was 100% initiated in their hearts and is their witness of living their lives as a gift for others.

Over the years, Cornerstone of Hope has expressed our deep appreciation to the Ali family. Anne and Ben are quick to redirect any accolades and consistently respond, “We are blessed and happy to support you!” This is a drastic understatement. Their willingness and generosity has only grown stronger. The Ali Family business, Royal Landscape Gardening, Inc., has taken great pride in maintaining the beautiful grounds of Cornerstone of Hope’s Bereavement Center in Independence for several years. In addition to maintaining 4.5 acres, the Ali’s crew have provided the equipment, materials, and human resources to all major beautification projects including a lighted treehouse path, ground preparation for the children’s playground, and most recently, completing the outdoor counseling gazebo and Stations of the Cross garden areas.

We are humbled to have received such amazing support. The Ali’s expertise truly provides a sacred landscape for our clients during their grief journey. We are proud and excited to recognize Anne and Ben Ali as Cornerstone of Hope’s 2020 Champions of Hope honorees.
DISTINCTIVE AUCTION ITEMS

Cornerstone of Hope Invites You to Be Creative

Over the past seventeen years, Cornerstone’s amazing donors have provided one-of-a-kind auction packages for gala attendees. Whether it is the excitement of the live auction, or guests bidding electronically on their smart phones for the silent auction, you can guarantee there will be something for everyone at this year’s event! Here is our list of some of our favorite auction packages from past years:

- Hamilton Tickets
- VIP Kentucky Derby Trip
- Isabella Mihalik’s Pizzelles
- Life-size Star Wars Stormtrooper toy
- Birthday Party in Cornerstone’s Lisa’s Butterfly Treehouse
- First Pitch at an Indians game
- Superbowl tickets
- Yacht rental
- Behind the Scenes tour of the Natural History Museum

As you shop this holiday season, we hope that you will think of those facing one of the most difficult times in their life. When you are at the store, and if you see an item that you think will be a great auction item for our gala, pick it up and bring it to our Gala Donation Drop-off event. No matter the size, every donation will impact those seeking healing after the death of a loved one.

Share Hope over the Holidays

As you shop this holiday season, we hope that you will think of those facing one of the most difficult times in their life. When you are at the store, and if you see an item that you think will be a great auction item for our gala, pick it up and bring it to our Gala Donation Drop-off event. No matter the size, every donation will impact those seeking healing after the death of a loved one.

Gala Donation Drop-off
Thursday, January 9, 2020 from 11:00am - 2:00pm

Enjoy light refreshments as you drop off your new or unique auction item for our 17th Annual Benefit Gala.
PREMIER SPONSORSHIP LEVELS

Cornerstone of Hope’s Premier levels are for individuals or companies who are looking to make a lasting impact. As a Premier Sponsor, you will help by underwriting our most popular and crucial programs. Your support at these levels ensures that our programming remains accessible to individuals and families who need grief support. To hear more about these sponsorship opportunities, please contact Debbie Galland at Cornerstone of Hope by calling 216.524.4673.

$25,000 Diamond

Support Groups
Professionally led groups for all ages with options specific to type of loss: Suicide Loss • Overdose Loss • Child Loss • Spouse Loss & more

Sponsors Receive
VIP Cocktail Hour to Preview Auction Items
Two tables of ten at Gala
Platinum table benefits
Priority seating
Special recognition at event and on Gala webpage
Recognition at support groups

$20,000 Emerald

Grief Camps for Youth
Children and teens choose from one of three free camps for a life changing experience:
Camp Cornerstone • Camp Erin • Camp Memory

Sponsors Receive
VIP Cocktail Hour to Preview Auction Items
Platinum table benefits
Priority seating
Special recognition at event and on Gala webpage
Recognition at summer grief camps

$15,000 Ruby

School Outreach Programs
Students, teachers and administrators receive expert care:
In-School Support Groups • Community Education • Trainings

Sponsors Receive
VIP Cocktail Hour to Preview Auction Items
Platinum table benefits
Priority seating
Special recognition at event and on Gala webpage
Recognition as school program supporter

BECOME A GALA SPONSOR

Platinum Table
$10,000
Includes
Table of Ten
Individual Ticket benefits
Wine service at table
Personalized centerpiece
Full page ad
Name on front cover of program
Celebrity guest
Priority Seating

Gold Table
$5,000
Includes
Table of Ten
Individual Ticket benefits
Wine service at table
Personalized centerpiece
Full page ad
Name on inside program cover

Silver Table
$3,500
Includes
Table of Ten
Individual Ticket benefits
Wine service at table
Personalized centerpiece
Half page ad
Name on inside program cover

Tickets
$225
Includes
Complimentary valet parking
Dinner
Live and silent auction
Raffles and sideboards
Thursday, January 9, 2020
Gala Donation Drop-off
from 11:00am to 2:00pm

Friday, January 24, 2020
Last day to donate an auction item
with event program recognition

Friday, January 31, 2020
RSVP deadline to sponsor or purchase a ticket

Saturday, February 22, 2020
17th Annual Benefit Gala

THE STORY
BEHIND THE GALA

Proceeds Will Benefit Cornerstone’s Compassionate Care Fund

When faced with the sudden loss of your spouse while raising young children, how do you find the strength to go on? Sadly, this is a story we hear too often at Cornerstone of Hope. Families come to us struggling with how they will face a new normal without their loved one, and we help them find hope and healing. Those who never dealt with financial difficulties previously, are wondering how they will now manage to pay bills as a single-income household. Cornerstone of Hope’s Compassionate Care Fund offers financial assistance to grieving individuals or families who are unable to afford services. Through this special program, they can now receive much needed care and support.
I wonder what that first evening after Christmas must have been like. After the angels, after the songs, after the shepherds… when Mary and Joseph were left alone with their newborn baby boy. Was Jesus wide-eyed with questions about the world? Was Jesus crying from the cold of the night? Was Jesus sleeping in the arms of the gentlest woman in the world? My mind was always fixated on the God-child in the manger. I never stopped to think what Mary and Joseph were thinking - until I saw a scene from the movie, *The Nativity Story*.

There is a point in the film where we behold the Holy Family moments after Jesus is born. Joseph is on his hands and knees, perched over the child Jesus who was just brought into this world. Mary is leaning back on a rock, holding Jesus against her body in one arm, her free hand clasping the tiny fingers of the God-child. When I paused the movie in this moment, I noticed something I had never noticed before. The peaceful faces of Mary and Joseph - tired and bewildered - perfectly mirrored the peaceful face of Jesus. And in that moment they were looking at each other, as if they were confirming - in the middle of all their questions, fully aware of how their life would be forever changed, and certainly knowledgeable of the uncertainty that would lie ahead - that they were beholding the peace for which they had always longed. They finally had the hope for which they had been waiting, and that hope wasn’t going anywhere. And their hope had a face.

When we remember our loved ones we have lost, Christmas may be a time of pain, sadness, and uncertainty. Yet, we are not forgotten. And neither are our loved ones. Christmas is the promise that Jesus came to forever account for us. He is hope made manifest in a manger Who offers us His peace and security...

“Christmas is the promise that Jesus came to forever account for us. He is hope made manifest in a manger Who offers us His peace and security…”

This Christmas, Cornerstone of Hope invites you to enter more deeply into the love of the Christ Child. His eyes will never lose any of us. His eyes are always upon us. This is why He came for you. May the Beloved Face of Jesus on Christmas bring you many blessings this year, and may He never lose our gaze.

**UPDATE FROM THE CHAPLAIN**

By the grace of God, our spiritual care coordinator Ty Morgan and I are beginning to form a Board of Spiritual Directors for Cornerstone of Hope. This board will serve as a means to achieve additional spiritual care for all of our families. We are excited to welcome a network of ministers and other resources throughout the Cleveland area that seek to accompany those who are looking for further prayer, guidance, and communion with God as we mourn together. Please pray for this effort, and stay tuned for more information about this invaluable opportunity to deepen our relationship with God as He comforts, heals, and walks with us throughout our lives. God bless you all!
WAYS TO MAKE A DIFFERENCE

We have many meaningful opportunities to support Cornerstone of Hope’s mission. For more information, please contact Lynne Robie at 216.524.4673 or lynne@cornerstoneofhope.org.

SHARE YOUR STORY
If you would like to memorialize your loved one by sharing your story, please visit: cornerstoneofhope.org/donate

HOST A FUNDRAISER
You can memorialize your loved one by hosting a fundraiser, such as company fundraisers, product fundraising, community events, or golf outings. For more info about hosting a fundraiser visit: cornerstoneofhope.org/donate

CREATE YOUR OWN FUNDRAISING PAGE
An opportunity to honor a loved one by creating a personalized fundraising page on social media. Create your fundraising page by going to: cornerstoneofhope.everydayhero.do

LEAVE A LEGACY THROUGH PLANNED GIVING
There are many ways you can leave a legacy to sustain the grief support services at Cornerstone of Hope, while at the same time providing yourself and other beneficiaries with significant tax benefits. In addition to outright, tax-deductible cash gifts, there are other creative ways to give, including:

• Gifts of stock or other assets
• A bequest in your will
• A beneficiary designation on a life insurance policy, 401(k) plan or IRA

Eddie Miller Foundation
Thank You to the Eddie Miller Memorial Foundation, for hosting their 5th Annual Eddie Miller Memorial Golf Outing and donating $5,000 to Cornerstone of Hope.

Sue Martau & Avon Oaks
Thank you to Sue Martau and Avon Oaks Country Club for hosting the Beauty and the Beast Golf Tournament. $4,645 was raised from the event proceeds and personal donations.

Grant Award
Thank you to The Crossroads Hospice Charitable Foundation for giving a grant award of $10,000 to support Cornerstone of Hope’s Youth Summer Camps.

Isa Mihalik
Thank you to Isa Mihalik for hosting a rosary event that included personal donations totaling $410 in support of Cornerstone of Hope.

Tavern of Little Italy
Thank you to the Turcoliveri Family and Tavern of Little Italy for hosting a Clam Bake fundraiser in Memory of Nicolo G. Turcoliveri, Jr., where $4,000 was raised and donated in support of Cornerstone of Hope.

Corleone’s Ristorante & Bar
Thank you to Liza & Pete Bosinger for hosting Dine for Hope at their restaurant, Corleone’s Ristorante & Bar. Over $3,000 was raised in support of Cornerstone of Hope’s programs.
Cornerstone of Hope hosted the 5th Annual Life Ball on October 19th at First Energy Stadium, Home of the Cleveland Browns. The exciting new venue was enjoyed by all and many guests were able to meet some of the Browns’ finest football stars at the event. Guests celebrated life and hope with a masquerade theme, live entertainment, dancing, gaming tables, and fabulous food. Proceeds of $70,000 were raised and will benefit the Endowment Fund and future capital needs. Since 2015, over $400,000 has been invested in Cornerstone of Hope’s Endowment Fund, which was established by Cynthia and Allen Haire. This fund will further our vision of Creating A World Where No Grieving Person Journeys Alone.

A SPECIAL THANK YOU TO OUR SPONSORS

PRESENTING SPONSOR & HOST
• Cynthia & Allen Haire, Enerco Group, Inc.

TITLE SPONSORS
• DiGeronimo Companies
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SIGNATURE SPONSORS
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• Meritech

TABLE SPONSORS
• Studio Think
• The Good Stuff
• Zativa

UPCOMING THIRD PARTY EVENT

THANKSGIVING MORNING
• PANCAKES FOR A PURPOSE •

Breakfast

Gather together on Thanksgiving morning with your family and friends at Yours Truly in Valley View. Enjoy a delicious, complimentary pancake breakfast from 7:30am to 11:30am. In lieu of your bill, share your thanks by donating to Cornerstone of Hope.
For more information about the upcoming CEUs or to register, please visit our website at cornerstoneofhope.org. All programs are held at Cornerstone’s Independence office unless otherwise noted. Registration is required.

**“IT’S OK TO NOT BE OK”**

**January 29, 2020**

**Time:** 6:00pm - 8:00pm  
**Presenter:** Julia Ellifritt, LISW-S  
**Cost:** $40, Dinner Included  
**CEU:** 2 CEUs for Social Workers, Counselors & Nurses  

**Description:** Sometimes feeling “not ok,” is ok. Bereaved often want to rush through painful experiences and memories, but sometimes it is ok to sit with them before moving towards healing.

**UNDERSTANDING INTENTIONALITY IN OPIOID DEATHS**

**February 4, 2020**

**Time:** 6:00pm  
**Presenter:** Dr. Gilson, Cuyahoga County’s Medical Examiner  
**Cost:** FREE, Light Refreshments Provided  

**Description:** Ohio is currently experiencing more opioid deaths than any other state in the country. Recently, Dr. Gilson, as well as other medical examiners, have been ruling some opioid deaths as suicide, instead of accidental. Dr. Gilson will spend the evening discussing this topic and answering questions.

**CURRENT TRENDS IN THE FIELD OF SUICIDOLOGY**

**March 25, 2020**

**Time:** 6:00pm - 8:00pm  
**Cost:** $40, Dinner Included  
**CEU:** 2 CEUs for Social Workers, Counselors & Nurses  

**Description:** Suicide is a growing epidemic in our community. This program will deal with assessing for and diagnosing suicidal ideation, clinical interventions to assist a suicidal client, and bereavement interventions for persons who have lost a friend or family member to suicide.
I was 19 years old when I lost my brother, Andrew. At the beginning, my entire family walked into that hospital thinking that Andrew would go through one surgery and he would be home in no time. That final day when the doctors told us that Andrew was not going to recover, hope had officially been lost. I remember my body just going numb and tears flowing with no end. It was over and he was gone. But what was next?

As I went back to college for my sophomore year, I did not know who I was anymore. I wondered if I would ever feel like myself again. But how can one move on just a month after their best friend and sibling dies? I ended up quitting softball and found myself just walking out of classrooms, which was extremely out of my character. Therapy was never talked about growing up. I had the idea that it was something for the weak and if I needed that service, then I was too weak to handle myself.

Luckily, I got over this idea and I went to my first session at Cornerstone of Hope. I will never forget my first session. I was terrified walking through the doors, not knowing what to expect. But these sessions helped me get back to myself. For the first time in weeks, I felt like there was hope for the future. Cornerstone gave me hope to a new reality I was living. With hope, I was able to focus back on the things that brought me happiness.

I push myself every day to be the person Andrew would have wanted me to be. I volunteer now at Cornerstone in hopes that other griever who do not see a future can walk through those doors and get the same help that I received.

Read the full story at: cornerstoneofhope.org/AF.
Hope's MESSENGER  Winter 2020

SAVE THE DATE - CLEVELAND

- 1/6  Stepping Stones Group Introduction
- 1/7  Winter Groups Begin
- 1/9  Gala Auction Donation Drop-off
- 1/10  Friday Night Suicide Ed. Series Starts
- 1/13  Transcending Grief
- 1/13  Monthly Suicide Education Series
- 1/27  Monthly Overdose Education Series
- 1/29  “It’s Ok To Not Be Ok”
- 2/4  Opioid Awareness Presentation
- 2/10  Transcending Grief
- 2/10  Monthly Suicide Education Series
- 2/22  17th Annual Benefit Gala
- 2/24  Monthly Overdose Education Series
- 2/14  Friday Night Suicide Ed. Series Ends
- 3/2  Stepping Stones Group Introduction
- 3/9  Transcending Grief
- 3/9  Monthly Suicide Education Series
- 3/23  Monthly Overdose Education Series
- 3/25  Suicide Awareness Presentation
- 3/31  Spring Groups Begin
- 4/3  Pain to Purpose Retreat Weekend
- 4/17  Overdose Friday Night Ed. Series Starts
- 4/20  Monthly Suicide Education Series
- 4/27  Monthly Overdose Education Series

STAFF - CLEVELAND

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CEO/Founder

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*Until we meet again

CLEVELAND

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Independence, Ohio 44131

216.524.4673

CORNERSTONEOFHOPE.ORG

To learn more about upcoming programs or to register, please visit cornerstoneofhope.org or contact our Cleveland office at 216.524.4673.