

For Immediate Release

Coping with Grief During the Holiday Season

December 4, 2015 – Cleveland, Ohio – The holiday season can be an overwhelming time for families, especially after experiencing the loss of a loved one. It is important that families are able to cope appropriately to avoid feelings of hopelessness and solitude, and fully enjoy their time spent together.

Visiting Nurse Association of Ohio strives to serve as a resource for families during this difficult time and throughout the year. The 23rd Annual Light A Life holiday remembrance ceremony allows families to join together and honor those whose love and kindness touched their lives forever.

By offering bereavement services, VNA of Ohio helps individuals through a time when they need support most.

“Bereavement support is the key to a healthy grieving process during all the seasons of the year, but especially during the holiday season and anniversaries. Memories may intensify bereaved clients’ coping with grief as they anticipate holidays and it is especially difficult as bereaving families are forced to change their traditions and holiday rituals”, states Taissa Kutsar, VNA of Ohio Bereavement Coordinator.

23rd Annual Light A Life

Holiday Remembrance Tradition
December 6, 2015 | 2 – 4 p.m.
2500 East 22nd Street
Cleveland, Ohio 44115

For individuals who wish to speak with a bereavement specialist, please call VNA of Ohio at 216-931-1327. It is the organization’s mission to care for those who need our assistance most.

Additionally, VNA of Ohio further strives to meet the needs of individuals in the community this holiday season. From caring for complex medical needs to assistance with everyday tasks, VNA of Ohio is here to help families 24 hours a day, 7 days a week.

About Visiting Nurse Association of Ohio

VNA of Ohio a nonprofit, community-based healthcare organization that has been helping patients for more than 100 years. VNA of Ohio works with healthcare providers and community agencies to provide services for patients in their homes including skilled nursing care, hospice, mental health services, rehabilitation therapies, chronic disease management and personal care. VNA of Ohio provides high-quality, comprehensive care to promote optimal health, independence and dignity to those living in the communities we serve. Learn more at www.vnaohio.org.