

# Finding hope: Hosparus Health to host fall grief programs

Support groups, retreats and family events help those coping with loss this season

Hosparus Health Grief Counseling Services in Central Kentucky invites community members to take part in upcoming programs designed to support people of all ages who are coping with grief during the fall and holiday season.

**WANDERING THROUGH GRIEF**  
Third Fridays, 9-11 a.m. ET  
Monthly nature walks for reflection, open to all community members. Register online or call 888-345-8197 by the Monday prior to each walk.

- Sept. 12: Taylor Fork Trail, Leitchfield
- Dec. 5: Freeman Lake, Elizabethtown, Ky.

**SPECIAL FALL RETREAT: CAMP EVERGREEN**  
Oct. 10-12  
A weekend grief retreat for families with children ages 6-18 at Loucon Retreat Center in Leitchfield. Registration fees

start at \$100 for a family of two; each additional family member is \$25. Transportation and scholarships are available. Register online or call 502-456-5451 by Sept. 26.

**HOPE FOR THE HOLIDAYS FAMILY SERIES**  
Mondays, 4-5:15 p.m. ET  
Adults are invited to gather at Hosparus Health Central Kentucky, 105 Diecks Dr., for support, sharing, and conversation that help navigate the season. Each session addresses an aspect of the holidays and offers practical suggestions for coping. Register online or call 888-345-8197 to sign up for individual sessions or the full series.

- Nov. 17: Grief and Gratitude in the Season of Thanksgiving
- Dec. 1: Reconsidering Rituals and Traditions
- Dec. 15: Tapping Resilience:

Managing Expectations and Holiday Stress  
• Dec. 29: Grief Resolutions for the New Year

**ONGOING SUPPORT GROUPS**  
Hosparus Health Central Kentucky also offers ongoing grief groups, including Grief Connections and Spouse and Partner Loss, led by licensed grief counselors. These peer-based groups provide continued connection, understanding, and encouragement. A full listing of groups is available at [hosparushealth.org/events](http://hosparushealth.org/events).

“Grief touches every part of life, and no two journeys look the same,” said Grief Counselor Savannah Sooter, LCSW. “Our programs create a safe space where people can share their stories, honor their loved ones, and begin to find hope again.”

**REGISTER AND LEARN MORE**  
Most grief programs are free of charge and open to the community thanks to generous donor support. Registration is required by calling 888-345-8197 or visiting [hosparushealth.org/grief-counseling](http://hosparushealth.org/grief-counseling).

**GRIEF COUNSELING SERVICES**  
Hosparus Health’s grief services are provided at no cost to families of hospice patients for up to 13 months after the loss of their loved one. For community members who did not receive hospice care, licensed counselors accept most major insurance plans. Sliding-scale fees and financial assistance are available for those who qualify. For more information about local support groups and other grief programs, visit [hosparushealth.org/events](http://hosparushealth.org/events). To learn more about its Grief Counseling Center, visit [hosparushealth.org/grief-counseling](http://hosparushealth.org/grief-counseling) or call 888-345-8197.

**LOOKING AHEAD**  
As part of its continued investment in compassionate care, Hosparus Health will break ground Sept. 16 on a state-of-the-art Inpatient Care Center in Louisville, Ky. — the first of its kind in the region. This new facility will expand the ability to support families facing serious illness with dignity and comfort. Learn more and support the project at [PlacesofCompassion.com](http://PlacesofCompassion.com).

## VOLLEYBALL

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team’s weaknesses and using that to our advantage,” Burch said. “Our strengths this year are our experience, with a heavy senior class, scrappy defensive specialists, and a variety of hitting options. Our biggest focus for this season thus far is finding consistency.”

So far, the Tigers have beaten Cloverport and Hancock, 3-0 each in district play and defeated Meade County, 3-1.

Five players for the Tigers have 43 kills or more, with senior Claire Tate leading the way with 70, and senior

Grace Ball has 68. Seniors Maggie Carwile and Chandler Moreland have 53 each, and senior Brooklyn Critchelow 43.

Moreland also leads the team in blocks with 30, including six solo blocks.

Senior Lanee Roach, one of Breckinridge County’s most experienced players off last year’s 20-9 12th District Tournament championship team, leads the team with 145 assists, and Tate has 128.

“We are heavy in upperclassmen this year with seven seniors, so practices are very competitive as each player is fighting for a spot,” Burch said. “Fans could see a change in starters throughout the season as

we determine who fits best in each role.”

The team also suffered a significant blow when senior libero Avery Hinton was lost for the season due to injury after playing in just one match.

Burch said junior Jayden Keesee and sophomore Emma Leaverton have stepped in to help fill Hinton’s absence.

“We have seniors Lanee Roach and Claire Tate, who is returning from a knee injury, finding their groove in setting and outside hitters,” Burch said. “Two senior middles, Chandler Moreland and Brooklyn Critchelow, are giving us blocking and options for hitting, and we are fortunate

to have two senior right side hitters, Grace Ball and Maggie Carwile, bringing us big blocks against the opposing teams’ power hitters as well as versatile hitting options.”

Keesee leads the team with 101 digs, but she’s not alone — seven players have 31 digs or more through 12 games.

Burch said Roach brings experience and leadership to the team.

“As one of our senior

setters, she’s the floor general, responsible for running the offense and keeping everyone in sync,” she said. “What sets Lanee apart is her high volleyball IQ. Even in the front row, where size can be a challenge, she finds creative ways to score with a variety of smart, well-placed shots. She’s a true competitor and a vital part of our team.”

Roach leads the team in

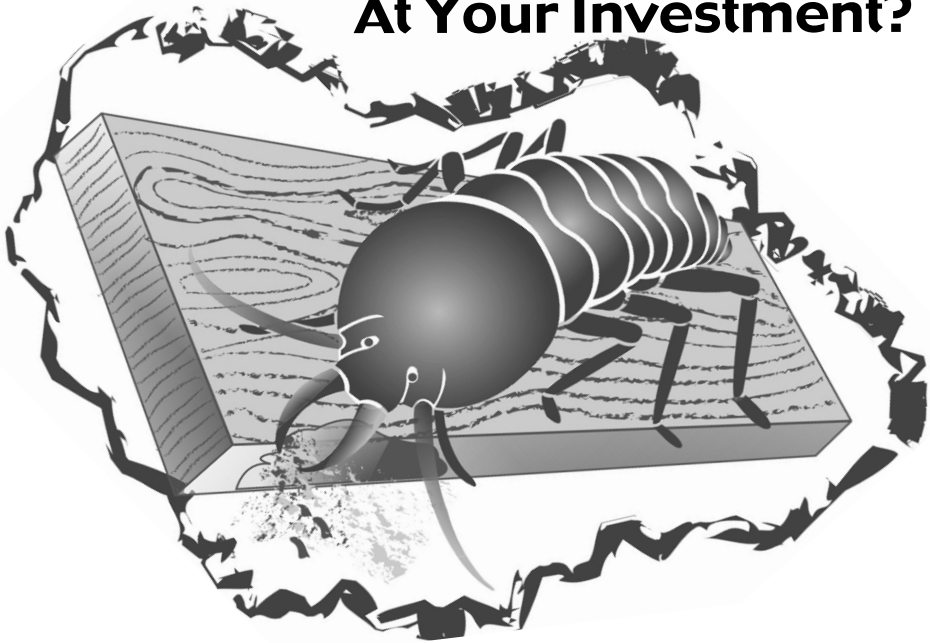
service aces with 32, while Carwile has 27 and Tate 26.

Breckinridge County is at home Thursday for a district matchup with Hancock County.

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