

# Hospice's Lakeside Stroll event for hope and healing

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PORT ST. LUCIE — The third annual Lakeside Stroll, hosted by Treasure Coast Hospice held in January at Tradition in Port St. Lucie, offered a bevy of therapeutic methodologies to express love and fond remembrances.

Breathing deep the crisp, fresh air of the early January morning, supporters of Treasure Coast Hospice and those grieving the loss of a cherished loved one strolled the 1.2-mile pathway around the scenic lake. Each exhale providing a means of releasing some of that pain, taking the first steps of a journey to hope and healing.

Members of the Treasure Coast High School's Air Force JROTC came out in force to assist as needed. Toni Szparaga and members of the True Crew Dance Group kicked off the event with light-hearted warm-up exercises to the tunes of DJ T-Bone and concluded the event with a poignant memorial dance.

Raffle items were up for grabs to help raise additional funds to support Treasure Coast Hospice Grief Support Services. Among the many services available, Treasure Coast Hospice grief counselors offer individual and group counseling, youth and family programs, crisis response, educational workshops, and Camp Good Grief, a youth bereavement camp, to all those in need in our community.

With strict COVID-19 safety protocols in place, the event offered a bevy of therapeutic methodologies to express love and fond remembrances that included opportunities to place a memorial sign along the walkway, pen a handwritten message and, together with a photo, post it on the memory wall and pay a visit to the pet pampering station. Many participants chose to write messages on fabric strips, contributing to the ongoing weave of a special memorial tapestry.

"We are so appreciative of the community's support of the Lakeside Stroll. This event offers hope and healing to those who are grieving, especially those who are experiencing more complex



From left, Donna Blomstrom and Marilyn Suriano stroll along the walkway during the Lakeside Stroll event. MARYANN KETCHAM PHOTOS

grief due to the pandemic. Our team understands the challenges that the bereaved have faced this past year and we are dedicated to continuing to provide the services and support that our community needs to cope with the loss of a loved one." said Jacki Nardone, director of grief support and pediatric services.

Jane Gerlica, remembered her beloved mother and said, "Hospice is a gift that you don't think you need until you do. The caring and assistance hospice provided to my mom and my family was such a blessing. To be able to support this organization means so much to me!"

Dignity Memorial Aycocock Funeral Home, the presenting sponsor, with support offered by OxyPros Plus, The Estate, Trust and Elder Law Firm, FPL, Remnant Construction, MIS Consulting, Martin Funeral Home and Crematory, Haisley Funeral and Cremation Service, VIP America Home Health Resources and many others.

To donate, volunteer or for information about Treasure Coast Hospice, visit [TreasureHealth.org](http://TreasureHealth.org).



From left, Gene and Jane Gerlica display their memorial sign for Ingeborg Clark.



From left, Carolyn and Elaine Munson place a momento on the memory wall.



From left are Debra Ames, Eric Varner, Allana Sinvil, Steve Elias and George who offered support at the Lakeside Stroll event.



From left, Sandra McCants, Sabine and Allana Sinvil attended the Lakeside Stroll event.

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