

Kim Ogle, Ph.D.

As a Funeral Director for many years, Kim has assisted numerous community members with facing death and grief.

Now she is offering in-depth guidance with these journeys.

To further enhance her experience and knowledge, Kim has earned a Ph.D. in Gerontology, is a double certified Thanatologist (the study of death, dying, grief and bereavement) and a certified End-of-life Doula.

"The art of living well and art of dying well are one." - Epicurus A Pathway Home is a consulting and educational service for individuals, families and groups.

It operates on a sliding scale, by appointment only.



### The office is located at:

5176 Morning Sun Rd., #2 Oxford, OH 45056

## The mailing address is:

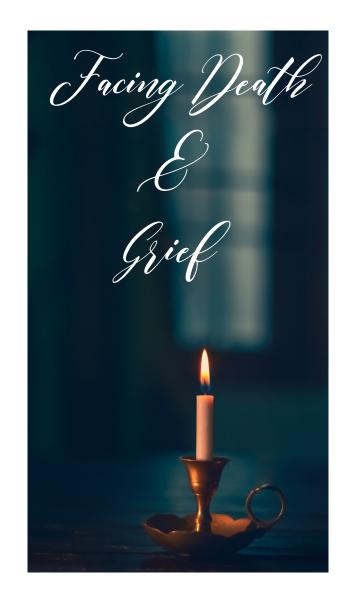
311 S. College Ave., P.O. 128 Oxford, OH 45056

### Office Phone:

513-796-0218

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513-255-1168





# Life

As we make our way through life, at some point we must ask, "What do I need to do to prepare for the end of my life?"

But talking about the end of life is tough. It is hard to talk about death with our loved ones. We much prefer to avoid this topic.

I will gladly help you with:

- Health care decision making
- Anticipatory grief
- Disposition after death
- Memorial and Funeral Service planning
- Life Review

"Happiness can be found even in the darkest of times if one only remembers to turn on the light."

- Albres Dumbedors

## Death

"The last stages of life should not be seen as defeat, but rather as life's fulfillment."
- Cicely Saunders

Caring for someone who is dying can be stressful and difficult for family members. We live in a culture where caring for the dying makes us feel unsure about what to do.

By understanding the dying process, the "mystery" is removed.

I will teach you:

- What is hospice care
- What is palliative care
- How to sit vigil with your loved one
- Signs and symptoms of dying
- Self-care while you are taking care of your loved one



For the days, weeks, months and even years after a death, grief can still be overwhelming.

Grief is like an ocean, it ebbs and flows, but never goes away. So, how do you live with this never ending grief? Through compassion and support you learn to live with loss.

"You're not broken, your heart is."
- Anne Marie Lockmyer

I will be offering support groups and individual assistance to people who have experienced:

- Loss of a loved one
- Loss of a pet
- Unrecognized loss
- Secondary loss
- Collective grief
- COVID-19 loss

Our stories, Our journeys