



Tomorrow™

Published quarterly since 1996 for those left behind.

PROKO-WALL Funeral Home publishes TOMORROW™ as a service to the families who trust us in the hours of their greatest need. TOMORROW will be sent to all of our families for one year following their loss. It is designed to provide our families with an understanding of their yesterdays, support for their todays, and a promise of hope for their tomorrows.

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Camp Lloyd:

A University-Based Day Camp for Grieving Children

Illene N. Cupit, PhD

We hold our orientation session for camp on a Thursday night in mid-June. It is several days before Camp Lloyd starts. The first time campers, children aged 7 – 14, come to the Mauthe Center at UW-Green Bay with fear and dread on many of their faces. "What is this grief camp?", "Why am I the only kid whose parent has died?" That is when the magic happens. My college students, who have trained for this moment all spring semester, are there to greet the children and become their very own "Big Buddies" for a week. While they take the children outside in the warm June sun to play games, I and professional grief therapists meet with the parents and guardians to discuss what the children will do and learn during their week at camp.

What began as an experiment in August of 2006 has evolved into a special yearly experience for my students and campers. Camp Lloyd, named after a retired UW-Green Bay professor whose father tragically died right before Lloyd's birthday, provides a safe haven for children who have suffered a major loss—mostly parents or siblings.

Using a service learning format, our student "Buddies" are required to take the Death and Dying class that is offered on campus as a prerequisite, sign up for internship credit, and attend mandatory training sessions during the spring

semester prior to camp. Each session lasts approximately three hours and targets topics including the effects of grief on youth development, personal loss, first aid, mandatory reporting training, and Buddy responsibilities. Most importantly, significant time is devoted to team building so that the Buddies learn how to rely upon each other and work together during the intense and emotion-laden week of camp.

The Buddies design traditional camp activities, provide support for their campers, attend healing circles and debriefing sessions, and complete a post-camp research paper that describes their experience. Each Buddy is assigned one or two campers, for whom they are responsible during camp. The Buddies are role models who are there to listen, encourage and give their devoted attention to children who many times feel abandoned because of the death. Therapeutic activities during camp include the making of memory boxes, a candlelight ceremony, a balloon release, pet therapy, and daily healing circles directed by our team of professional therapists. Each activity is researched and has demonstrated their effectiveness in guiding children how to cope with grief.

The camper evaluations from the last day of camp demonstrate that Camp Lloyd overwhelmingly is a positive experience. The campers benefit from both grief-related activities and traditional camp activities. Many of the campers' statements indicate that Camp Lloyd is a fun, helpful, and safe place for them where they relearn the joys of childhood along with various coping strategies. Most importantly, the campers find that there are others like

Proko - Wall News



BIRTHDAY CAKE WINNERS

Birthday Cake winners registered at the Proko-Wall booth at the Senior Expo for a FREE birthday cake.

Happy Birthday Bea, Marjorie and Jean!

November: Bea Charles

December: Marjorie Bialcik

January: Jean Gilson



Mark your calendars!
Proko-Wall will be sponsoring a Safety Fair open to the community on Saturday, September 9th, 2017 from 9 am to 1 pm.

TO EVERYTHING THERE IS A SEASON: Estate Planning Public Seminar

Elder care, Veteran benefits, Estate law, Funeral planning

Saturday, April 29th, 2017 at 12:30 – 4:30 pm

(920) 497-7052

Resurrection Lutheran Church
1024 Shawano Ave
Green Bay, WI 54303

Time will be given after each presentation for questions. Refreshments served. Please feel free to come and leave as needed. Handicapped accessible.

SENIOR BINGO (*Sponsored by Proko-Wall*)

1:00 - 3:00 pm

(920) 468-5225

Bellevue Community Center
1811 Allouez Ave
Green Bay, WI 54311
Fee: \$0.50 per card

Thursday, March 16 — St. Patrick's Day Bingo, wear something green, get 1 FREE bingo card.

Thursday, March 30 — Regular bingo

Thursday, April 20 — Brewer's Bingo, wear your Milwaukee Brewer's gear, get 1 FREE bingo card.

Thursday, May 18 — Regular bingo

Holiday Program Pictures



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them. Parents/guardians claim their campers are more relaxed, happier, and acknowledge their feelings more openly after attending Camp Lloyd.

As a result of our experiences with Camp Lloyd, we are confirmed believers that such experiences can be transformational for children and college students. We have not only fine-tuned the operation of camp, but have developed an effective training program that is labor-intensive but necessary, ethical and effective. All of the funds and donations

received from the generosity of individual donors (such as Proko-Wall), foundations, and UW-Green Bay Founders association are funneled back into camp to provide the snacks, arts and crafts supplies, field trips, and of course, the very important Tee-shirts. I, Illene Cupit, am so very fortunate that I get to see the magic happen every year as we see sad and lonely children reclaim the exuberance of their childhood. For further information, please check out our awesome website: www.uwgb.edu/campllloyd

Support Groups

ABUNDANT LIFE COUNSELING AND RENEWAL CENTER

(920) 482-2932

1221 Bellevue St. Suite #113 Green Bay
abundantlifecounselingcenter.com

ALZHEIMER/DEMENTIA SUPPORT GROUP

(920) 434-2024

3370 Deerfield Ln W Suamico. 1st Thursday of the month at 5:30. Contact Laura, sbsp@wi.twcbc.com

AFFINITY VISITING NURSES HOSPICE

Appleton (920) 727-2000 or 1 (866) 236-8500

A Time To Mourn: Six-week grief support for adults who have lost an adult loved one. Co-led by professionals trained in grief support. No fee. Advance registration required. Offered 3 times yearly. Call Angie Schultdt, angela.schultdt@ahah.net

Men Journeying Through Grief: Meeting 1st Wednesday of every month 6:00–8:00 in Neenah. For men only.

AURORA AT HOME

(920) 288-5100

Green Bay: Kaitlyn Schobert. Aurora BayCare Medical Center, 931 Discovery Rd., Green Bay. Call or email kaitlyn.schobert@aurora.org.
Manitowoc/Two Rivers, Sheboygan and Oshkosh

AURORA HEALTHCARE BEREAVEMENT GROUP

(920) 288-3094,

Green Bay: Renee Lubinski
For adults; 4-week session; January, April, July & October. Monday 1:00–2:30 pm, Aurora BayCare Medical Center Chapel, 2845 Greenbrier Rd. Call or email renee.lubinski@aurorabaycare.com

THE BRIDGE BETWEEN

(920) 864-7230

Denmark: Sarah Everson
Mindfulness Monday, Dec 5 6:30–8:00 pm
info@bridge-between.com
www.bridge-between.com

CAMP LLOYD

A week long day camp from 8:30 am–4:00 pm for grieving children, ages 7–14, held at the Mauthe Ecumenical Center on UWGB Campus. Registration will be available January 2017. Contact Illene Cupit, cupiti@uwgb.edu

THE CARE COMMUNITY

In-Sight Books, Inc. web site for Grief's Safe Place. Visit Insightbooks.com for those who have experienced a loss.

CELEBRATION CHURCH

(920) 965-6343

3475 Humboldt Rd., Green Bay

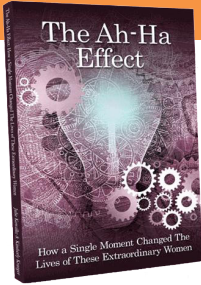
Divorce Care: Tuesdays 6:30–8:00. Contact Shawn Hau, shawn.hau@unitedheartland.com

Griefshare: Tuesdays 6:30–8:00. Contact Dan Junio, dannancygb@yahoo.com

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Book Review: The Ah-Ha Effect: How a Single Moment Changed the Lives of These Extraordinary Women

— By Julie Kowalke, Kimberly Krueger & Amie Malchow



The Ah-Ha Effect: How a Single Moment Changed the Lives of These Extraordinary Women, is an inspirational book of eighteen beautiful stories and courageous women. Amie Malchow, one of the co-authors, and Green Bay resident, found a great deal of support from Proko-Wall, after losing her mother to Pancreatic Cancer. Her story, “Led By Faith, Raised By My Mother”, is inspiring for those who have lost a loved one and struggle to move forward in a positive direction. Amie’s walk by faith was not always the easiest at times, but it was certainly

the most fulfilling, and she hopes to bring peace of mind and hope to others through experience and breakthrough. Although her story holds pain from heartache and loss, she shares a familiar feeling that many are able to relate to, and she would like to share a few words of wisdom with her readers:

“I want every woman to believe in herself and never give up hope, to hang on to her faith – regardless of the severity of the storm, and to remember that she is worth every goal and dream that her heart holds. As women, we are unique and beautiful individuals of all races, yet we all share something in common; a divine purpose. Whether you have discovered yours, or you feel you are facing a road block, remember that your faith will guide you where you are meant to be. So be true to yourself, be proud of your journey, and cherish the woman you have become today.”

Regardless the struggle you are facing, *The Ah-Ha Effect* is a perfect “go to” book for discovering your purpose, enabling your strength, and finding comfort and acceptance throughout your experiences. — By Amie Malchow Available in Proko-Wall Library

Recipe: Peppy Pasta Salad

— By Julie A. Knudsen

Spring-fresh and nutrient-packed artichokes, asparagus, peas, and salad greens are in season now. Asparagus is a favorite spring vegetable for many. King Louis XIV of France was so fond of asparagus he ordered greenhouses to grow the delicacy year-round. Today, you don’t need to be royalty to enjoy it anytime, but it is the freshest and tastiest in spring.

Peppy Pasta Salad

- 1 ½ tsp olive oil
- 2 clove garlic, minced
- 12 asparagus spears, cut diagonally into 1-inch pieces.
- 1 ½ cups yellow squash, cut into half rounds
- ¾ cup red pepper, diced
- 1 cup packed arugula leaves, coarsely chopped
- 3 scallions, sliced
- 2 slices bacon, cooked, diced
- 12 oz pasta cooked, drained, rinsed and cooled
- 1 ¼ cups (5 ounces) fontina cheese, cut into ¼ inch cubes
- ¼ cup Wisconsin Parmesan cheese, grated
- ½ cup Italian dressing
- ½ tsp salt, or to taste
- 1 tsp red pepper flakes, or to taste



1. In a nonstick skillet, heat oil over medium-high heat. Add garlic, asparagus, squash and red pepper; cook for 3 minutes, or until vegetables are crisp-tender, stirring occasionally. Stir in arugula, scallions, and bacon; remove from heat.
2. In a large serving bowl, combine pasta, fontina, Parmesan, Italian dressing, salt and red pepper flakes. Toss well and serve. Serves 6-8.

Support Groups

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

For those who have experienced the unexpected death of a child, visit: www.chawisconsin.org for a complete listing of grief support and bereavement resources.

CIRCLES OF FAITH GRIEF SUPPORT

(920) 660-8066

Grief support meeting at St. James Parish, Cooperstown, March 12 & May 21 6:00-8:00 pm. Contact Tom Bekkers

THE COMPASSIONATE FRIENDS

Green Bay (920) 370-3858

www.TCFGreenBay.org

For siblings, parents and grandparents grieving the loss of a child. Meetings 3rd Tuesday of the month, 7 pm at First United Methodist Church, 501 Howe St.

DE PERE COMMUNITY CENTER

(920) 339-4097

Grief support groups held the 2nd Monday of every month, 5:30–6:30 pm on the lower level. 600 Grant St., De Pere.

dbarron@mail.de-pere.org

FROM MOURNING TO HOPE

(920) 737-2790

Central Church 831 Schoen St., Green Bay. Contact Curtis. griefinfo@gmail.com

GRIEF SHARE PROGRAM

Pilgrim Lutheran Church:

(920) 965-2233

1731 St. Agnes Dr., Green Bay

Mondays 6:30–8:30 pm.

Call or email Linda, psiefmann@new.rr.com

Celebration Church

(920) 965-6343

3475 Humboldt Rd., Green Bay.

Tuesdays 6:30–8:30 pm. Call Lynn.

HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, annrfroelich@gmail.com or Sheila DeLuca at (920) 336-7786, sdeluca@gbres.org to register. For those who have lost someone through death. Tuesdays 6:30–8 pm Feb 21 & 28; March 14, 21 & 28 at Resurrection Parish, 333 Hilltop Dr., Green Bay

HEARTLAND HOSPICE SUPPORT GROUP

(920) 336-6455

1145 W Main Ave, De Pere WI 54115

5 week sessions throughout the year

Green Bay, Shawano, and Peshtigo.

Activity Groups:

Creative Expressions Project Group—

3rd Thursday each month, 6:00–7:30 pm.

Craft supplies provided

Journaling the Journey—3rd Wednesday each

month. Supplies will be provided 6:00–7:30 pm

Call or email Jennifer (920) 309-0821

jennifer.stallsmith@hcr-manorcare.com for more information on dates, locations and to register

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Support Groups

HELPGUIDE.ORG

Website offering tools and advice for stress relief: helpguide.org. Click on the Grief & Loss link.

HOSPICE COMPASSUS

(920)-321-2004

Healing together support group

Call Pam Sengstock for more information on dates and times of sessions

LAKESHORE GRIEF SUPPORT PROGRAMS

SAFE HARBOR

(920) 682-7742

A grief group for teens: Meeting on the 1st & 3rd Mondays of the month, 6:30–7:45 pm. First Lutheran Church 521 N. 8th St. Manitowoc. Contact Stephanie Bowman or email at sb_flcmanitowoc@sbcglobal.net

WINGS OF HOPE

(920) 242-1153

Helping families as they grieve the loss of a baby through miscarriage, stillbirth, ectopic pregnancy or SIDS. Jenny Weier, Grief Facilitator

S.O.S. (SURVIVORS OF SUICIDE)

(920) 901-0779 Manitowoc. For more information, contact Rhonda.

LIFE LOSSES GRIEF SUPPORT

(920) 865-7844

Ss. Edward & Isidore Parish. Contact: Carol Mueller, cmueller@stedwardisidore.org or Lori Flanagan, lflanagan@stedwardisidore.org

LIVING WITH LOSS

(920) 497-4672

Asera Care Hospice Support Group:

Drop in—No charge 2nd Wednesday of each month, ADRC 300 S Adams St. Green Bay. Call Mandy, amanda.sarazen@aseracare.com

MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768

Open to all faiths. Resurrection Parish, 333 Hilltop Dr, Green Bay. Contact: Sheila DeLuca, sdeluca@gbres.org

NEW HOPE GRIEF GROUP

(920) 496-2160

Grief Support meetings at Annunciation Church, 401 Gray St. May 2, 9, 16 and 30 at 1:30 pm. Call Sr. Pat Clement to register

PULASKI GRIEF SUPPORT

(920) 822-3223

Open to all faiths and all ages. No registration required. Call for meeting schedule.

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811

Tuesdays. April 4 - May 2, 6:30–8:00 pm. Call Sr. Caroline

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SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 214

St. John the Baptist Church, 2597 Glendale Ave, Green Bay. Contact: Sr. Kathy Lange, klange@sjbh.org

S.O.S. (SURVIVORS OF SUICIDE)

Green Bay (920) 339-8952. For family and friends to cope with suicide loss. Meeting 3rd Monday of each month, 7:00–8:30 pm at Bellin Administrative Bldg., 2020 S. Webster Ave. Call Mary Doemel, mdoemel2@new.rr.com

SHARE

(920) 433-8634

For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death. **Monthly Meetings:** 2nd Thurs. of each month, St. Vincent Hospital at 7:00 pm

Christmas Memorial: Thurs Dec 8–7:00 pm, St. Vincent Chapel. Call Lana Reinke lana.reinke@hshs.org or Theresa Shuck theresa.shuck@hshs.org

UNITY HOSPICE BEREAVEMENT

(920) 338-1111

Green Bay Area: 2366 Oak Ridge Cr., De Pere

Navigating the Waters of Grief:

Registration required.

Tuesdays 6:00–7:30: March 7 - April 4, April 11 - May 9, May 30 - June 27

Tuesdays 1:30–3:00: April 18, May 23 - June 20

Grief Connection: 3rd Thursday of every month 1:30–3:00 & 6:00–7:30 pm De Pere

Generations: Hope for Grieving Families

Designed to help the whole family, adults, children and teens. Dinner is served each evening at no charge. Meetings 2nd Thursday of every month 5:30–7:30 pm in Green Bay

Men's Dinner: 1st Thurs. of every month from 6:00–8:00 pm at a local restaurant for conversation & support. Lunch purchased off the menu.

Understanding Grief: Meeting monthly on Wednesdays.

Wausaukee Area:

1st Wednesday of every month 10:00–11:30

Marinette Area:

1st Wednesday of every month 12:30–2:00

Sturgeon Bay Area:

2nd Wednesday of every month 12:00–1:30

Kewaunee Area:

2nd Wednesday of every month 3:00–4:30

Gillett Area:

4th Wednesday of every month 12:00–1:30

Shawano Area:

4th Wednesday of every month 3:00–4:30

Women's Luncheon: 3rd Wed. of every month from 12:00–1:30 pm, at a local restaurant for conversation & support. Lunch purchased off the menu.