



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.

Licensed Funeral Directors:

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PROKO-WALL Funeral Home & Crematory

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Green Bay, WI 54302

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(800) 750-4222

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www.prokowall.com

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Are You Lonesome Tonight?

— Laurie Ropson, Quality Assurance Outreach Coordinator, ADRC

Elvis Presley's heart wrenching song, "Are You Lonesome Tonight", tells the tale of loneliness after lost love. Although loneliness and heartbreak often go together, it's not just for the broken-hearted. We've all felt lonely from time to time, after a loss or a big change in our lives. Losing a loved one, moving away from family and friends, or taking a new job can come with bouts of loneliness. Sporadic loneliness passes, but it's a problem when loneliness comes with persistent feelings of emptiness, worthlessness, and fear.

Persistent loneliness can lead to poor health. The stress and isolation puts persons at risk for health problems such as high blood pressure, heart disease, depression, and dementia. It makes it harder for people to do things that will improve their health. Getting out of the house less often reduces exercise and mental stimulation as well as social connections. Isolation leads to loss of a support system when sick, help with decision making, or opportunities to share interests and talk about things important to you.

It affects persons of all ages, social and economic backgrounds. Although it is a problem for older and disabled persons who depend on others to get out, even working persons who are surrounded by co-workers can suffer from loneliness. For many work days are getting longer and more persons are working two jobs. After a long day at work, making supper, and cleaning up who has the energy to go out again? Socializing is not made a priority in a calendar that is already full. Working from home is a trend that also has increased isolation and loneliness.

So back to the question, Are You Lonesome Tonight? Be honest with yourself, no one is here but you reading this article. There

is no stigma to admitting it and so much to gain from recognizing it and doing something. Doing something is what's important, but what?

Here are some ideas to confront and overcome loneliness:

Nurture Existing Relationships

Make a list of the people you know including acquaintances. You will be surprised how many persons you know. Now think about who you feel a connection to. The persons that share your values and make you feel good about yourself or that you feel have this potential. Nurturing relationships takes time and effort but the payoff is big. Do simple things meet for coffee, go to a movie, shopping, help with a project, take a walk.

Volunteer

There are countless ways for persons to donate their time and talent. Do you like working with children or adults? Is back-room, hands-on, fix-it or clerical more your thing? Whatever your interests or talents, there is a place that needs your help and once you find it, it will be a place for you to belong and build new friendships and connections. The Aging & Disability Resource Center (920) 448-4300 has a number of volunteer options from delivering noon meals to homebound persons to helping people learn how to navigate their Medicare options. Also, the Volunteer Center of Green Bay (920) 429-9445 is a great place to explore the needs of a wide range of non-profit agencies.

Seek Out Community Resources

Brown County has a wide variety of things to do at any price range including free. Think about what you like to do and dive in. If you are spiritual and haven't been part of a church community for a while, attend a few different

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BIRTHDAY CAKE WINNERS

Mark your calendars for the Senior Expo on Wednesday, October 4th and be sure to register to win a birthday cake!

Happy Birthday Anita and Jan!

June 4: Anita Virlee

July 1: Jan Charles



Anita Virlee



Jan Charles

Proko-Wall Staff Out & About in the Community!



Bob Walczyk, Jr. & Bob Walczyk, Sr. with Harry Sydney at a *My Brother's Keeper* event



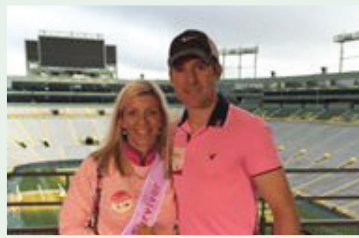
Beanie Dahlke & Sr. Helen Keyzer at *Hat's Off to Women*



Jeane Smits and Kathy Castelaz at *St. Matthew Picnic*



Bonnie & her sister, Nancy, at the *Prince of Peace Picnic*



Eric and Cheryl Donaldson at *Making Strides - Cancer Walk at Lambeau Field*

NATIONAL MAKE A DIFFERENCE DAY Saturday, October 28

National Make A Difference Day is an annual community service event which is held on the fourth Saturday in October. Millions of people have united in the common mission to improve the lives of others. USA Weekend, along with Points of Light, have been sponsoring National Make a Difference Day, the largest national day of community service, for more than twenty years.

How to Observe

Visit www.volunteergb.org for places to volunteer in the community and use #MakeADifferenceDay to post on social media.



We'd Like to Hear From You!

Help a Friend: If you think an issue of TOMORROW™ might help a friend suffering the loss of a loved one, please let us know.

Share a Recipe: Are you cooking for one? We'd love to publish your quick and easy recipes. Receive \$25 if your recipe is published!

Submit an Idea: We are always looking for your thoughts to help us improve our caregiving services.

Provide Feedback: What do you like about the newsletter? What could be improved? Call or Email Peggy with your comments and suggestions.

Peggy George
Phone: (920) 468-4111
Fax: (920) 468-3540
Email: peggy@prokowall.com

Free Community Event!



Proko-Wall
FUNERAL HOME AND CREMATORY

&



Center for
Childhood Safety

SAFETY FUN FEST

Saturday, September 9

9 a.m. - 1 p.m.

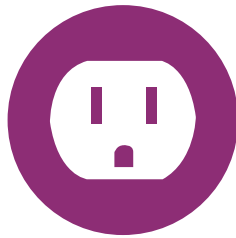
1630 E Mason St., Green Bay, WI 54302

Join us for a fun-filled day of interactive safety exhibits, raffle prizes,
and even the NEW Zoo critters!

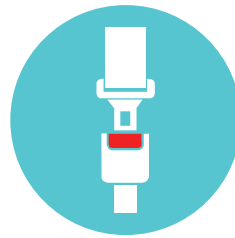


**Railroad
Safety**

Operation Lifesaver



**Electrical
Safety**



**Seat Belt
Safety**

*Brown County
Sheriff's Dept.*



**Car Seat
Safety**



**Poison
Safety**



**Gun
Safety**

*Green Bay
Police Dept.*



**Animal
Safety**



**Water
Safety**

*Wisconsin
Coast Guards*

Contact Willow Stewart (wstewart@ccsgb.org) or Peggy George (Peggy@prokowall.com) with questions!

Support Groups

ATO SZE

(920) 562-6742 • 4593 Choctaw Ct, Green Bay.
Senior Lifestyle Consulting & Case Management.
Contact Tammy Sze, atosze@yahoo.com

ABUNDANT LIFE COUNSELING AND RENEWAL CENTER

(920) 482-2932 • 1221 Bellevue St.
Ste #113, Green Bay. Contact Carrie
abundantlifecounselingcenter@gmail.com

ADRC

(920) 497-4672 • 300 S Adams St, Green Bay
2nd Weds of the month at 2:00 pm. Free and
open to the public. Contact Mandy Sarazen at
amanda.sarazen@aseracare.com

AFFINITY VISITING NURSES HOSPICE

Appleton (920) 727-2000 or 1 (866) 236-8500
Fox Point Plaza, 816 Winneconne Ave, Neenah

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 Schuldt,
angela.schuldt@ahah.net

Men Journeying Through Grief

Meeting 1st Wednesday of every month
6:00-8:00 in Neenah. For men only.

ALZHEIMER/DEMENTIA SUPPORT GROUP

(920) 434-2024 • 3370 Deerfield Ln, W Suamico.
1st Thursday of the month at 5:30.
Contact Laura, sbsp@wi.twcabc.com

ASERA CARE HOSPICE SUPPORT GROUP

(920) 497-4672
ADRC 300 S Adams St, Green Bay
Drop in - No charge 2nd Weds of each month
at 2:00 pm. Call Mandy,
amanda.sarazen@aseracare.com

AURORA AT HOME

(920) 288-5100 • Aurora BayCare Medical Center,
931 Discovery Rd, Green Bay. Kaitlyn Schobert.
Call or email kaitlyn.schobert@aurora.org.
Manitowoc/Two Rivers, Sheboygan and Oshkosh

AURORA HEALTHCARE BEREAVEMENT GROUP

(920) 288-3094 • 2845 Greenbrier Rd, Green Bay
For adults; 4-week session; January, April, July &
October. Monday 1:00-2:30 pm, Aurora BayCare
Medical Center Chapel, call or email
Renee Lubinski, renee.lubinski@aurora.com

THE BRIDGE BETWEEN

(920) 864-7230 • 4471 Flaherty Ln, Denmark
Sarah Everson, info@bridge-between.com
www.bridge-between.com

CAMP LLOYD

2420 Nicolet Dr, Green Bay
A week long day camp from 8:30 am-4:30 pm for
grieving children, ages 7-14, held at the 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
Lynn Duncan, lynnd@celebrationchurch.tv

CENTRAL CHURCH

(920) 737-2790 • 831 Schoen St, Green Bay
Walking Through Grief: September 16 and 23,
October 7, 14, 21, 28, November 4, 11, 81 and
December 2. Contact Curtis. griefinfo@gmail.com

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 292-4046 • The Infant Death center
connects with families who experience a sudden
and unexpected death of an infant to better
understand their unique grieving needs and
provides appropriate resources. Staff works
closely with professionals serving grieving
families to provide additional resources and
self-care information for the professional. Visit
chawisconsin.org for a complete listing of grief
support and bereavement resources. Contact
Joanne at Jodonnell@chw.org

CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 6131 Scenic Ct, Denmark
Grief support meeting at St. James Parish-
Cooperstown, September 10 & November 12
6:00-8:00 pm. Contact Tom Bekkers at
tbekkers@centurytel.net

THE COMPASSIONATE FRIENDS

(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. tcfgreenbay@aol.com

DE PERE COMMUNITY CENTER

(920) 339-4097 • 600 Grant St., De Pere.
Grief support groups held the 2nd Tuesday of
every month, 5:30-6:30 pm on the lower level.
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

Central Church • (920) 737-2790. 831 Schoen
St., Green Bay, WI 54302. Contact Curtis
griefinfo@gmail.com
Green Bay Community Church • (920) 434-
9225. 600 Cardinal Lane, Green Bay, WI 54313.
Meets Mondays 6:30-8:30 PM Contact Tracy
tracyl@gbcc.me

Pilgrim Lutheran Church • (920)-965-2233.
1731 St. Agnes Dr. Meets Mondays, September
11th through December 18th 6:30-8:30 pm.
Surviving the Holidays will be held on Monday,
November 20th at 6:30 pm. Call Linda
psiegmann@new.rr.com

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, October 10, 17, 24, 31 & November
7th 6:30-8 pm.
Resurrection Parish, 333 Hilltop Dr., Green Bay
(Please park in lot off of Delahaut)

HEARTLAND HOSPICE SUPPORT GROUP

(920) 336-6455 • 1145 W Main Ave, De Pere

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 at (920) 309-0821
jennifer.stallsmith@hcr-manorcare.com for more
information on dates, locations and to register

HELPGUIDE.ORG

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

HOSPICE COMPASSUS

(920)-321-2004 • 3237 Riverside Dr, Green Bay
Healing Together Support Group
Call Pam Sengstock for more information on
dates and times of sessions.
pamela.sengstock@compassus.com

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

Stepping Stones Suicide Support Group

(920) 901-0779 • Manitowoc. Grief support for
those who lost someone to suicide. For more
information, contact Curtis Green at
curt.green01@gmail.com

LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • 3667 Flintville Dr, Suamico
Ss. Edward & Isidore Parish. Contact: Carol
Mueller, cmueller@stedwardisidore.org or
Lori Flanagan, lflanagan@stedwardisidore.org

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087
Kellogg St., Room 105. Grief Support meetings
August 22nd through September 19 at 1:30-3:00 pm.
Call Sr. Pat Clement to register.
pclement@quad-parish.org

PULASKI GRIEF SUPPORT

(920) 822-3223 • 124 E Pulaski St, Pulaski
Open to all faiths and all ages. No registration
required. Call for meeting schedule.

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln, Green Bay
Call Sr. Caroline. caroline@stbernardcong.org

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

Support Groups

S.O.S. (SURVIVORS OF SUICIDE)

Green Bay (920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave. For family and friends to cope with suicide loss. Meeting 3rd Monday of each month, 7:00-8:30 pm. Be The Light Walk for suicide awareness & prevention. Saturday September 16th at KI Convention Center. Go online to register: bethelightwalk.com at 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 Thursday of each month, St. Vincent Chapel, 835 S Van Buren St, Green Bay at 7:00 pm.

Call/email Lana Reinke, lane.reinke@hshs.org or Theresa Shuck theresa.shuck@hshs.org

UNITY HOSPICE BEREAVEMENT

(920) 338-1111 • 2366 Oak Ridge Cr., De Pere

Navigating the Waters of Grief:

Registration required. A 5-week support group meeting on Tuesdays in De Pere that is open to any adult member of the community who has experienced the death of a loved one. Multiple offerings throughout the year in the afternoon and evenings. Fall 2017 offerings:

Afternoons: 1:30 – 3:00 pm
September 19 – October 17

Evenings: 6:00 – 7:30 pm
September 26 – October 24

Hope and the Holidays: A 5-week support group focusing on grief around the holidays which meets on Tuesdays in De Pere and is open to any adult member of the community who has experienced the death of a loved one.
November 14 – December 12, 2017

1:30-3:00 or 6:00-7:30 pm

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

Understanding Grief: Meeting monthly on Wednesdays.

Wausau 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

Oconto Area:

3rd Wednesday of every month 12:30-2:00

Gillett Area:

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

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

Healing Thru the Arts: A hands-on creative grief workshop for adults offered multiple times throughout the year. Craft supplies provided.



How to Deal with Losing a Spouse as a Senior

— Jackie Waters, hyper-tidy.com

Losing a spouse is a monumental change in your life. You've spent decades with this person, and when they leave, you'll enter a state of mourning as you feel grief and sorrow. Knowing what to do and who to turn to can help ease some of the distress you feel.

How You'll Feel

You may feel numb, shocked, and scared when the loss first occurs. Don't be alarmed if you feel guilty for being the one who is still alive or if feelings of anger arise because your spouse left you. Different people mourn in different ways, and all of these feelings are normal.

Grief can bring on emotional and physical pain. Tears may easily come to your eyes, and you may have trouble sleeping, loss of appetite, and difficulty concentrating and making decisions. Fatigue is one of the most common symptoms in the early stages of grief. It can be so bad that it feels like the flu and can make daily tasks difficult. You may have feelings of loneliness or isolation where you feel like you're not connected to the world or to anyone around you.

What to Do

At first, you'll be busy taking care of details and keeping busy, and you'll be surrounded by family and friends. However, after a few weeks, things will settle down and people will return to their normal schedules, while you'll likely have to fully face the change in your life. How can you handle this abrupt change and immense grief you feel?

Remember to take good care of yourself. Ensure you're getting adequate sleep and exercise. Eating a well-balanced diet is important. You may lose interest in cooking and eating. Try having lunch or

dinner with friends or turning the radio or TV on during meals.

Having something to occupy your time in a positive way is helpful. Take a walk with a neighbor, volunteer somewhere, or spend time with your grandchildren. Take a cooking class or exercise class. Join a singing group or bowling league. There are many ways to productively spend your time.

Where to Turn

Sometimes talking with people who are going through the same thing as you is helpful, so consider joining a grief support group. Check with hospitals, religious communities, and local agencies to see if any support groups meet near you. Other members who are further along in the grieving process may be able to offer helpful ideas based on their own experiences.

Many people dealing with the loss of a spouse find support in grief counseling or grief therapy. In grief therapy, you'll learn effective ways to cope with the stressors associated with the loss of your spouse. You'll also learn ways to manage the symptoms using techniques such as relaxation or meditation.

Other Considerations

Although it's not imperative in the beginning, eventually you'll need to ensure your legal and financial affairs reflect the change in your life. Once your spouse passes, writing a new will and an advance directive become necessities. Put joint property, such as your house or car, solely in your name. Also, check with your health, life, car, and homeowner's insurance to ask about changes you might need to make.

Whenever you feel up to do it, go through your spouse's clothes and other

Local Activities

September

September

Wildlife Sanctuary • *Animal Stories, Bird Walks, & Trail Fitness Walks*

1660 East Shore Dr, Green Bay

Call (920) 391-3671 for dates and times

September 1 - 10

PAC Appleton • *Wicked*

Call for times • (920) 730-3760

Saturday, September 2

VJ Day

Monday, September 4

Labor Day

Friday, September 8

Our Saviour Lutheran Church • *Fish Fry*

120 S Henry St, Green Bay.

Serving from 5:00 pm-6:30 pm. Carry outs

available; call ahead orders will be taken at

(920) 468-4065 or email to info@oslc-gb.org until 4 pm.

Saturday, September 9

Wildlife Sanctuary • *Public Campfire*

1660 East Shore Dr, Green Bay

(920) 391-3671

Saturday, September 9

Brunch Formation – Car Care

Call Curtis Benjamin for times & location.

(920) 737-2790

Tuesdays & Saturdays,

September 12 – October 28

Walking Ghost Tours at 6:30 pm

Come stroll with Tim Freiss published author of *Haunted Green Bay* as he tells legendary stories of scandals, ghostly encounters and local history that has made the city of Green Bay what it is today.

Saturday, September 16

KI Convention Center

Be The Light Walk for suicide awareness &

prevention. Call or email Mary Doemel

(920) 339-8952 • mndoemel2@new.rr.com

Go online to register: bethelightwalk.com

Saturday, September 16

Orientation to Grief

Call Curtis Benjamin for times & location.

(920) 737-2790

Thursdays & Saturdays,

September 22 – October 14

Meyer Theater • 117 S. Washington St.

Frank's Washington Island

Call for times. (920) 494-3401

Saturday, September 30

Hope for the Holidays Grief Workshop

9:00 am – 2:45 pm • \$25 • Fee includes lunch

and materials. Call Curtis Benjamin for times

and location. (920) 737-2790

October

Saturday, October 7

Civic Symphony of Green Bay • 7:30 pm

Wednesday, October 11

NEW Zoo • *Public Pumpkin Carving Event*

4:00-8:00 pm • info@newzoo.org

or call (920) 434-7841

Tuesdays & Saturdays,

September 12 – October 28

Walking Ghost Tours at 6:30 pm

Come stroll with Tim Freiss published author of *Haunted Green Bay* as he tells legendary stories of scandals, ghostly encounters and local history that has made the city of Green Bay what it is today. (920) 492

Friday, October 13

Our Saviour Lutheran Church • *Fish Fry*

120 S Henry St, Green Bay.

Serving from 5:00 pm-6:30 pm. Carry outs

available; call ahead orders will be taken at (920) 468-4065 or email to info@oslc-gb.org until 4 pm.

Fridays & Saturdays,

October 13, 14, 20, 21, 27 & 28

NEW Zoo • *Zoo Boo*

4:00-8:00 pm • info@newzoo.org

or call (920) 434-7841

Thursdays & Saturdays,

September 22 – October 14

Meyer Theater • 117 S. Washington St.

Frank's Washington Island

Call for times. (920) 494-3401

Tuesday, October 17

ADRC • *Life Letters: How to Comfortably Share Your Thoughts and Feelings with Family and Friends*

300 S. Adams St., Green Bay. Call for details.

1:00-3:00 pm • (920) 448-4300

Friday, October 27

De Pere Community Center • *Harvest Ball*

Spruce Room • Fee \$8

For details, call (920) 336-6054

Saturday, October 28

National Make a Difference Day

Tuesday, October 31 - November 5

PAC Appleton • *Little Mermaid*

Call for times • (920) 730-3760

November

Wednesday, November 1

ADRC • *Types of Grief*

300 S. Adams St., Green Bay.

Learn how to identify and cope with the various types of grief and how to communicate with a friend or loved one who might be traveling any one of these paths. Call for details. 1:00-3:00 pm (920) 448-4300

Wednesday, November 8

De Pere Community Center (Oak Room)

AARP Smart Driver Course • 8:30 am–12:30 pm

This 4-hour classroom course will help you improve your driving skills, drive crash free, sustain mobility and maintain independence! After completion, you will receive a certificate good for three years that most insurance companies will reward with a 10% discount. *Check with your insurance company. Registration deadline Tuesday, November 7. *Bring AARP card or valid driver's license to class. Register at Community Center prior or at 8 am day of course.

Fee: \$15 AARP Member • \$20 Non-member

600 Grant St., De Pere • (920) 336-6054

Friday, November 10

Our Saviour Lutheran Church • *Fish Fry*

120 S Henry St, Green Bay.

Serving from 5:00 pm-6:30 pm. Carry outs

available; call ahead orders will be taken at (920) 468-4065 or email to info@oslc-gb.org until 4 pm.

Friday, November 10

Civic Symphony of Green Bay • Meyer Theater

Hansel and Gretel • 7:30 pm

(920) 494-3401 • 117 S. Washington St.

Saturday, November 11

PAC Appleton • *Kansas* • (920) 730-3760

Saturday, November 11

Brunch Formation – Hope for the Holidays

Call Curtis Benjamin for times (920) 737-2790

Saturday, November 11

Veteran's Day

Wednesday, November 15

De Pere Community Center (Spruce Room)

Chili Luncheon & Bingo • 12:00 pm Ticket

includes two bingo cards! Up to 4 additional

cards can be purchased for 50¢ a piece! • \$7 per

person. *Limited number of tickets go on sale October*

2. Sorry, no tickets sold after November 13.

600 Grant St., De Pere • (920) 336-6054

Saturday, November 18

Green Bay Holiday Downtown Parade • 10:00 am

Thursday, November 23

Thanksgiving Day

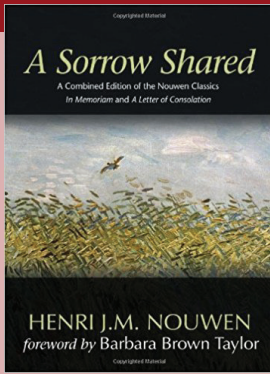
Friday, November 26

PAC Appleton • *Mannheim Steamroller Christmas*

(920) 730-3760

Book Review: A Sorrow Shared

– By Henri J.M. Nouwen (Reviewed by Ann Froelich)



This book by Henri Nouwen combines two of his classics *In Memoriam* and *A Letter of Consolation*, in which Nouwen explores the depths of his grief upon the death of his mother and writes tenderly and wisely to his beloved father, who is searching for hope and the light of Christ in the midst of the darkness of his great loss and sorrow.

Nouwen clearly names the feelings of grief and sadness that both he and his father are experiencing – real feelings that so many feel as we mourn the loss of loved ones. Nouwen offers consolation to his father with these words: “I am writing you this letter in the firm conviction that reality can be faced and entered with an open mind and an open heart, and the sincere belief that consolation and comfort are to be found where our wounds hurt most.” (p. 58)

Nouwen also writes of holding on to hope in the midst of facing new life for his mother and for themselves. He writes: “Thus our separation from mother brings us to a new inner unity and invites us to make that new unity a source of joy and hope for each other and for others as well.” (p. 65)

What a gift Nouwen gives us in this little book – both comfort and hope in the midst of grief, both consolation and peace as one faces a new way of living following the death of a dear loved one

Continued from page 1 — Are You Lonesome Tonight?

church services to see what clicks for you. Join a club. Different clubs include cards, walking, singing, book, painting, etc. Get out of the house and go to a coffee shop – The Grounded Café at the ADRC, 300 S. Adams is a great choice. Everyone is welcome and sales go to support job training for persons with disabilities. It's a welcoming, comfortable place to stop in. Check out the ADRC Magazine for activities that are fun, inspiring, and educational. Free copies can be found in many locations including all Brown County Libraries branches and of course the ADRC.

Take Care of Yourself

Finally, take care of yourself. Loneliness can be hard on your physical and emotional well-being leading to isolation and illness. Eat well, get enough sleep, exercise, and keep active. If you feel good you will have more energy and confidence to spend quality time with friends, try new things so you can meet new people, and have a healthier, longer, happier life.

“

DEAR SHAWN & STAFF,

“Our family would like to thank you for all you did for Dennis’ Funeral, It was exactly what we wanted from the Wake to the Cemetery. Shawn we will never forget you. Working with you was so personal. It was like working with a family member.”

”

Continued from page 5 — How to Deal with Losing a Spouse as a Senior

personal items. To help you sort and to make the process less stressful, ask your children or a friend to help. Consider gifting other family members with a special piece of clothing, watch, favorite book, or picture. If you're ready to pass on heirlooms, be sure to handle them properly and protect them from becoming damaged.

Losing a spouse is one of the hardest things you can go through in life. Experiencing sorrow, shock, anger, fear, and many other feelings is a normal part of the grieving process. Take care of your health, and don't be afraid to reach out to support groups or mental health professionals. As each day passes, the intense pain will lessen. You'll still miss your spouse, and there will be good and bad days. Eventually, you'll experience more good days than bad, and you'll find yourself enjoying life again.

Apple & Pumpkin Picking

APPLE VALLEY
1670 Mar-El Rd, De Pere
(920) 336-0667

STAR ORCHARD
253 County Rd CE, Kaukauna
(920) 759-9294

THE PUMPKIN PLACE
14832 Velp Ave, Suamico
(920) 662-0636

CHOICE ORCHARDS
4594 Co Rd HH, Sturgeon Bay
(920) 743-8980

THE LITTLE FARMER
N9438 US-151, Malone
(920) 921-4784

MULBERRY LANE FARM
W3190 Co Rd B, Hilbert
(920) 989-3130



Recipe: Peanut Butter Energy Bites — Chef Savvy & Mary Skoldberg

These energy bites are no bake, super easy to make and take less than 10 minutes to put together. Loaded with protein, fiber and healthy fats to keep you full and loaded with energy throughout the day. Everything gets combined in one bowl. Best of all you never have to turn on the oven.

It's hard to believe these Peanut Butter Bites are healthy. They taste more like dessert than a healthy protein bite. They are the perfect on the go snack.

The best things about this recipe is that it is super versatile. If you do not have flax seed on hand substitute wheat germ. Try adding dark chocolate chips or semi-sweet. Add in cranberries or cocoa powder.

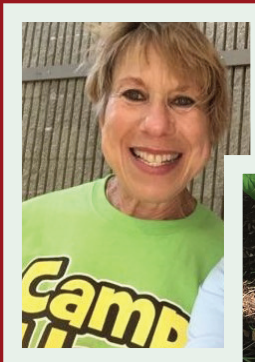
These Peanut Butter Energy Bites could easily pass as dessert. My batch lasted less than 24 hours. They are the perfect mix between a granola bar and cookie dough. Great to curb the afternoon munchies and the dreaded mid afternoon energy slump.

- 1 cup quick cooking oats
- 1 cup peanut butter
- ½ cup flaxseed — ground
- ½ cup coconut
- ½ cup pecan pieces
- ⅓ cup raw honey
- 1 tsp cinnamon
- 1 tsp vanilla — optional

1. Combine all of the ingredients.
2. Chill in the refrigerator for 15 min.
3. Roll in to bite size balls (12-15).



Proko Wall Supports Camp Lloyd



Ilene Cupit,
Camp Lloyd Director



When Summer Fades by Geraldine Reeves

When summer fades into leaves of gold,
My heart listens for the still untold
Story of my love within my arms . . .
Now gone forever, like summer's storms.

Soon blessed by snow and soft firelight
Warming hearts and dark, cold nights.
Sweeter dreams beside a fire
Stir my heart with one desire . . .

Remembered love,
When summer fades.