



# 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.

## Licensed Funeral Directors:

Robert Walczyk, Jr.  
Robert Walczyk, Sr.  
Jeane Smits  
Josh Vandenbush  
Shawn Kamke  
Joshua Ferguson  
Apprentice Briana Utrie-Mayer

## Office Manager:

Kelly Wiegand

## Office Assistants:

Amy Naniot • Bonnie Sabo

## Pre-Need Specialist:

Barb Holford

## After Care Coordinator:

Peggy George

## PROKO-WALL Funeral Home & Crematory

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Green Bay, WI 54302

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www.prokowall.com

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## How to Cope with Anticipatory Grief and Ambiguous Loss

*What to do when the person you are grieving is here but not here*

— By Cynthia Orange

The longer we live and the more we experience, the more we find ourselves in the cracks between joy and contentment on one side of life's continuum and grief and loss on the other. Children leave our nests, we move from vocations to avocations — from retirement to, as a dear friend puts it, "re-aspiement". Addresses, relationships, bodies, even spouses, can change. Our loved ones get more serious diagnoses. Sometimes we get dreaded medical test results ourselves.

When someone dies, the loss seems clear. But what about those times when grief is anticipatory — when the diagnosis is terminal and we grieve the inevitable? Or times when the loss is ambiguous? Perhaps a parent shows signs of dementia, a son or daughter in the military is missing in action or returns from combat with PTSD (post-traumatic stress disorder) or a dear friend has a serious stroke. Maybe a loved one is in the throes of addiction. What was has changed, replaced by uncertainty.

### When You Are Caught in 'Frozen Grief'

University of Minnesota emeritus professor and family therapist Pauline Boss, author of *Ambiguous Loss*, calls this state of complicated loss "frozen grief." A loved one might be physically present but psychologically absent, as in the case of Alzheimer's or other mental disorders. Or he or she might be psychologically present (to us) but physically absent, as in the case of a child gone missing or a tragedy like 9/11 where many bodies were never recovered. More common situations like divorce, adoption

or estrangement can also cause confusing feelings of ambiguous loss.

We are a society that doesn't do well with ambiguity. We want clarity. We want steps to acceptance. We want closure — a concept that makes me want to tear my graying hair out! Grief is a messy process, and ambiguous loss even messier.

"My point is very different, that ambiguous loss is a complicated loss, which causes, therefore, complicated grief, but it is not pathological. . . it's a pathological situation," said Boss in a 2016 interview with Krista Tippett, host of Public Radio Exchange's *On Being*.

Boss, and those in the therapeutic community who have embraced her ideas, give us permission to ride the waves of this type of loss without feeling pressured to "just move on," as so many expect us to do. Instead of feeling alone in a state of "bewilderness," we learn that the pangs of grief we have when someone is here — but not here — are normal.

### Her Mom's Wish

As I wrote in my recent book, *Take Good Care: Finding Your Joy in Compassionate Caregiving*, a woman in my caregivers' group beautifully described how it feels to ride this sea of rolling emotions:

*Mom was in a memory care facility but still willing and able to have us take her out for special occasions. After one Easter family dinner at my house, Mom thanked me for the nice meal, commented on our nice family, then said, "Do you*

*Continued on page 7*



## BIRTHDAY CAKE WINNERS

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

Happy Birthday Gerald, Rose, & Don!

**August 24:** Gerald Piontek

**September 19:** Rose Carmody

**October 24:** Don Massart



Gerald Piontek



Rose Carmody

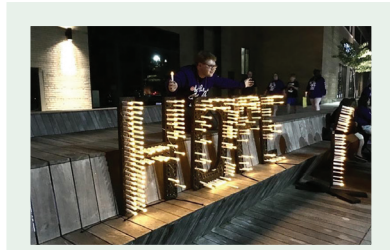


Don Massart

## Proko-Wall Staff Out & About in the Community!



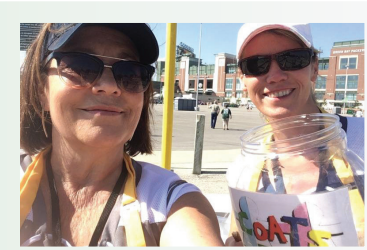
*Autism Awareness, Green Isle Park –  
Terry and Peggy George – September 16*



*Suicide Awareness, Downtown Green Bay –  
September 16*



*National Railroad Museum Middle School  
Writing Retreat, Green Bay –  
Bill Morgan – October 25*



*Coats for Kids, Lambeau Field – Peggy  
George and Barb Holford – September 24*



*Senior Expo Booth, Green Bay –  
Jeane Smits and Peggy George – October 4*

## Donations This Holiday Season

We have a box in the front foyer of the funeral home for this fine organization. Please consider donating to help make a difference for children this holiday season and receive a coupon for an ice cream cone at Happy Joe's. The last day to drop off toys is December 15th.



Bob Walczyk loading Coats for Kids.  
Thank you to all who donated.

## 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.

**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](mailto:peggy@prokowall.com)



# The Story of Proko-Wall – “Putting Ourselves In Their Shoes”

In 1970, when Bob Walczyk, Sr and Gerald Proko opened the doors to Proko-Wall Funeral Home, both were realizing their lifelong goals of business ownership. As partners and as friends, these two had spent most of their working lives in the funeral profession. Together they developed the philosophy that a funeral was more than a service. Since then, thousands of grateful families have been aided on their grief journey by the gentle, caring service of Proko-Wall Funeral Home.

**“People know when you’re really sensitive, and when you’re faking it.”**

When asked to explain Proko-Wall’s success, Bob Sr. quickly responds, “People know when you’re really sensitive and when you’re faking it. We emphasize that to our staff over and over again.” But, he adds, that’s not enough. “You need good people to consistently deliver the care and sensitivity our families need. We have those kind of people.”

Though Bob Sr. gives most of the credit to his staff, the original two partners’ dedication to details sculpted today’s operation. Since Gerald Proko’s death in 1982, Bob’s son, Bob Jr., became the first of two sons to join the business. Bob Jr., like his father, grew up working in the business and is now the general manager and sole owner. A second son, John, joined the staff after becoming licensed in 1994 and followed another career path in 1999.

**“We truly treat others as we would like to be treated.”**

“We built the business on word-of-mouth,” Bob Sr. recalls, “And I believe people told others about us because we truly treated others as we would like to be treated.” They still do.

Why does the business continue to grow? “We provide services beyond the traditional funeral itself, and we’re very family oriented,” Bob Sr. proudly states. And while word-of-mouth is still vital in

determining who a family should trust their funerals to, he recognizes the need to do even more.

He credits Bob Jr. with initiating efforts that have increased community awareness of Proko-Wall, that have added more extensive after-care to Proko-Wall’s list of services, and that have portrayed the funeral profession as providing more than just funeral services.

Bob Sr. is no longer the 14 year-old whose career began cutting lawns for the old Proko Funeral Home on Roosevelt St. It’s fair to say, however, that his desire to ease the pain by walking a mile in a grieving family’s shoes continues to be the order of business at 1630 East Mason Street.



*Proko-Wall*  
Funeral Home & Crematory  
*Increasingly Preferred*



**DEAR JEANE,**

“How do we extend our gratitude in a way no one has yet? You have helped so many families over the years, how have the words not all been taken already? At this point all that may be left is to tell you, you are in the perfect career and don’t ever change for anyone because without you we would be a sobbing mess still sitting at the big square table, trying to get through this. Thank you again. You were truly amazing. –Holly”



## Robert J. Walczyk, Sr. Receives Service Recognition Award

On August 27th, along with family and friends, Robert Walczyk Sr. celebrated his 55th anniversary of becoming a funeral director. Bob Sr. began his career in funeral service in 1962 at Findeisen Greiser Funeral Home in Green Bay. In 1969, he and Gerald Proko established Proko-Wall Funeral Home in Green Bay, at it’s present location on East Mason St. Bob was presented a plaque with the following inscription:

### Service Recognition Award

#### Robert J. Walczyk Sr.

Received on August 10, 1962

Wisconsin Funeral Director License Number 2684  
Wisconsin Embalmers License Number 3647

In recognition of 55 years as a licensed Funeral Director and Embalmer in the State of Wisconsin.

For upholding a superior standard of ethics.

For unselfishly committing time and resources to every family served, regardless of means or faith.

For promoting the legacy of a life lived.

For constant support of neighbors and community.

For continued mentoring of staff and peers in funeral service



# Support Groups

## ATO SZE

(920) 562-6742 • 459 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 Adams St, Green Bay  
ASERA CARE HOSPICE SUPPORT  
GROUP. 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

(920) 727-2000 or 1 (866) 236-8500 • Appleton  
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 Schudt,  
angela.schudt@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, sbasp@wi.twcbc.com

## AURORA AT HOME

(920) 288-5100 • Aurora BayCare Medical Center,  
931 Discovery Rd, Green Bay. Kaitlyn Schobert.

**Aurora at Home Hospice** • Contact Kaitlyn  
Schobert, Bereavement Coordinator. Event:  
General Grief Support – 6 Week Series.  
Location: The Chapel of Aurora BayCare  
Hospital, 2-3:30 pm. Dates we meet: January: 8,  
22; February: 5, 19; March 5, 19. Please call to  
Register. Registration Required. 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  
2018. 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

**Brunchformation:** Introduction to Grief,  
January 13

**Widow Connection:** Grief Support January 20,  
27; February 3, 17, 24

**Hope for Hurting Hearts:** February 10

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.

## CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 18228 County R, Denmark  
Grief support meeting at St. James Parish,  
Cooperstown. January 28th 12:00-2:00 pm  
Contact Tom Bekkers

## THE COMPASSIONATE FRIENDS

(920) 370-3858 • For bereaved parents,  
grandparents or adult siblings grieving the loss of  
a child (of any age), grandchild, or sibling. Green  
Bay: Meetings 3rd Tuesday of the month, 7 pm at  
First United Methodist Church, 501 Howe St.  
info@compassionatefriendsgb.org

## DE PERE COMMUNITY CENTER

(920) 339-4097 • 600 Grant St., De Pere.  
Call to register for winter classes in Watercolor  
painting, Fabric projects, Oil painting and  
Themed luncheons to name a few.

## 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.  
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 18, 6:30–8:30 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, February 27, March 6, 13, 20, 27,  
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  
Heartland Hospice offers a variety of support  
group activities throughout the year.  
Call or email Rebecca Busch at  
rebecca.busch@Hcr-manorcare.com for more  
information on dates, locations and to register for  
current support group programming.

## 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\_flgmanitowoc@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 • Ss. Edward & Isidore Parish,  
3667 Flintville Dr, Suamico. 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 January 30 and February 6, 13, 20 & 27 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. ANNE'S EPISCOPAL CHURCH

(920) 336-9571 • 347 S. Libal St. DePere  
**Walking Through the Valley** will take you  
through a process of sharing and learning how  
to cope with loss. November 13, 20, 27;  
December 4, 11; February 19, 26. Monday  
evenings from 6:30–8:00 pm.  
Call Deacon Mary Lynn Adams

## ST. BERNARD GRIEF SUPPORT GROUP

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



# Support Groups

## 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](mailto:klange@sjbh.org)

## 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.

## SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent Hospital, 835 S. Van Buren St., Green Bay. For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death.

**Monthly Meetings:** 2nd Thursday of each month, at 7:00 pm.

**Christmas Memorial Service:** December 10, 7:00 pm.

Call/email Lana Reinke, [lane.reinke@hshs.org](mailto:lane.reinke@hshs.org) or Theresa Shuck [theresa.shuck@hshs.org](mailto: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 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. Winter 2018 offerings:

*Afternoons:* 1:30 – 3:00 pm

January 30 – February 27

*Evenings:* 6:00 – 7:30 pm

January 30 – February 27

**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 support grieving families with children and teens ages 6-18. Dinner is served each evening at no charge. Meetings 2nd Thurs. of every month 5:30-7:30 pm in Green Bay

**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

*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. Beginning in 2018, **Healing Thru the Arts** will meet monthly on the 4th Thursday of the month from 10:00 am-12 noon or 2:00-4:00 pm. Craft supplies provided.



## Doing is Healing

— Ronda Seubert, *RSVP Director for the Volunteer Center of Brown County*

*"The best medicine for despair is service"*

—Gordon B. Hinckley

I thought I would never recover from the loss of my mother. In December 2014, I became a mis-placed caregiver, bewildered friend and orphan. The emptiness and loss I was experiencing was so excruciating at times, I wondered if it was even real. I continued to go about my everyday commitments and work, but most of the time it did not feel real and I felt like I was living someone else's life.

I was grateful my pain was not singular, however, as I shared it with my two brothers and my sister. We had not always been on the same page during recent years, but losing our mom changed the story completely. Suddenly deep loss united us to share her story of life and her love to serve others. We became a saving grace for each other while immersed in our own individual grief.

We dedicated more than a decade of care for our beloved mother who suffered from Alzheimer's Disease. We watched our mom change both physically and mentally for a very long time. Then, in spring 2015, our younger brother brought life to a cause he had been working on in the final months and moments of Mom's life.

We did not have many resources to guide us on the caretaking journey and as a family often felt alone. We often questioned if we were doing things right. Only months after Mom passed away, the Marshfield Area Purple Angels, a grassroots organization that educates Marshfield and communities in its 30-mile radius on dementia awareness and care, came alive. We help families, some we grew up with, who do not know where to turn for guidance and support when caring for someone with dementia.

Only weeks after Mom's death, I found myself in the memory care wing of a local nursing home visiting folks with dementia. I was once again surrounded by memory loss. We started visiting local memory care units

spending time with people with various types of dementia. If I questioned grief, it probably would have said, "Stay away this is too hard to do." But for some reason the opposite was true. I needed to volunteer at these facilities. I needed to be there to help me . . . heal my broken heart.

I also needed my siblings for sharing stories of Mom and listening to endless memories about her. But the visits were powerful. I needed to be singing with and sharing with those who suffered from the same disease she did. It was an intricate part of my mourning and eventually healing. Every person I met in the following months and now years have had some sort of spark that connects me to my mother and my father. I saw the joy we had with our mom in everything we did together with these folks. Sometimes I experienced the most intense parts of my grief screaming to get out and wreak havoc on my well-being in my new volunteer work, but instead, it left me with a sense of release, closeness to life itself, and an avenue of hope for recovery. My mom helped others her whole life and always gave unconditionally. It was that same model that helped me pass through the stages of my mourning to reach a point of serenity. Even though I missed my mom tremendously, I felt her presence more than I ever have before in my life when I gave of myself to others with dementia. I knew I would be all right, I knew I would make it.

Today we share monthly Memory Cafés with many more who touch and heal our hearts every day. We honor our mom and the memory of her love by doing what she did best, serving others. We are often asked why we do this, and a big part goes back to Mom and how she taught us to help and serve others in need. Grief has softened over the now years since Mom's death. All of the people we have met and worked with have allowed us to be touched by their lives. They continue to heal our hearts when most times they think we are healing theirs.

# Local Activities

## December

### December 1 - January 7

*Festival of Trees* • 9:00 am–5:00 pm  
National Railroad Museum, 2285 S Broadway,  
Green Bay • (920) 437-7623

### Friday, December 1

*Holiday Victorian Tea* • 1:00–3:00 pm  
Hazelwood Historic House Museum,  
1008 S Monroe Ave, Green Bay  
(920) 437-1840

### Tuesday, December 5

*Christmas Cribbage Fun!* • 12:00 pm luncheon  
DePere Community Center (Spruce Room  
lower level), 309 S 6th St, De Pere  
(920) 437-1840. “Luck of the Draw” Partner  
Cribbage Christmas Party! (No partner  
needed!) Fee: \$4 for Non-Members paid in  
advance by Friday, Nov. 30. \$1 entry fee per  
person paid at the door. Winnings paid out  
before you go home!

### Tuesday, December 5; Wednesday, December 6; Thursday, December 7; Friday, December 8; Saturday, December 9

*A Frank's Christmas* • 8:00 pm •  
Meyer Theater, 117 S Washington St, Green Bay  
(920) 494-3401. Annual holiday show put on by  
the members of Let Me Be Frank Productions.

### Wednesday, December 6

*Daddy D's Christmas Review* • 6:00 pm  
Stadium View, 1963 Holmgren Way, Green Bay  
(920) 544-4244. Daddy D celebrates 10 years  
of bringing the joy of Christmas. A full plate of  
traditional favorites with a dash of contemporary  
flare. 5:00 pm – Open; 6:00 pm – Dinner;  
7:00 pm – Showtime

### Friday, December 8

*Friday Morning Matinees* • 9:30–11:30 am  
DePere Community Center (Lounge, lower  
level), 309 S 6th St, De Pere • (920) 437-1840  
If staying for lunch, call 983-1675 by 10:00  
am by the Thursday prior for the daily menu or  
to make a reservation. Lunch is on a donation  
basis! Fee: 50¢ popcorn. For the movie of the  
month, call 336-6054.

### Friday, December 8

*Monthly Fish Fry\** • 5:00–6:30 pm  
Our Savior Lutheran Church, 120 S Henry St,  
Green Bay • (920) 468-4605  
Contact Michelle Burhite

### Friday, December 8

*Holiday Pops!* • 7:30 pm.  
Weidner Center, 2420 Nicolet Dr, Green Bay  
(920) 494-3401. The 150-voice DUDLEY  
BIRDER CHORALE of St. Norbert College  
joins the 90 voices of the BIRDER STUDIO  
OF PERFORMING ARTS and the Holiday  
Pops Orchestra for a musical extravaganza!

### Sunday, December 10

*Candle Lighting Ceremony* • 1:00 pm  
First United Methodist Church,  
501 Howe St, Green Bay • (920) 370-3858  
Please bring a framed photo and a candle.

Our Savior Lutheran Church, 120 S Henry St,  
Green Bay • (920) 468-4605

### Wednesday, December 13

*Live Nativity* • 5:30, 6:00 & 6:30 pm

### Wednesday, December 13

*Soup Supper* • 5:00–7:00 pm

### Friday, December 15

*Packer Tailgate Party and Bingo* • 12:00 pm  
DePere Community Center (Pine Room, upper  
level), 309 S 6th St, De Pere • (920) 437-1840.  
Fee: \$7/person

Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760

### Saturday, December 16

*The Nutcracker* • 7:30 pm

### Sunday, December 17

*The Nutcracker* • 1:00 pm

### Friday, December 22

*Lorrie Line* • 7:30 pm

### Thursday, December 28

*Rodney Carrington* • 7:00 pm

### Thursday, December 21

*Bingo \$ .50 per card* • 1:00–3:00 pm  
Village of Bellevue Community Center,  
1811 Allouez Ave, Green Bay • (920) 468-5225

## January

### January 1 - January 7

*Festival of Trees* • 9:00 am–5:00 pm.  
National Railroad Museum, 2285 S Broadway,  
Green Bay • (920) 437-7623

### Friday, January 12

*Board Games Galore Luncheon – New!* • 12:00 pm  
DePere Community Center (Pine Room, upper  
level), 309 S 6th St, De Pere • (920) 437-1840  
We will have a walking taco luncheon (with  
homemade desserts!). Gnome Games speak  
about games that are fun, easy to play and help  
memory acuity. The Gnomes will have games to  
try, or bring your own to play! *Sponsored by the  
De Pere Commission on Aging.* Fee: \$5 per person

### Friday, January 12

*Monthly Fish Fry\** • 5:00–6:30 pm  
Our Savior Lutheran Church, 120 S Henry St,  
Green Bay • (920) 468-4605

Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760

### Saturday, January 20

*Stayin' Alive* • 7:30 pm

### Tuesday, January 23; Wednesday, January 24;

### Thursday, January 25, Friday, January 26

*The King & I* • 7:30 pm

### Friday, January 26

*Jerry Seinfeld* • 7:00 pm  
Weidner Center for Performing Arts,  
2420 Nicolet Dr, Green Bay • (800) 840-9227  
Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760

### Saturday, January 27

*The King & I* • 2:00 pm & 7:30 pm

### Sunday, January 28

*The King & I* • 1:00 pm & 6:30 pm

## February

### Sunday, February 3

*Fox Valley Symphony* • 7:30 pm  
Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760

### Friday, February 9

*Monthly Fish Fry\** • 5:00–6:30 pm  
Our Savior Lutheran Church, 120 S Henry St,  
Green Bay • (920) 468-4605

### Saturday, February 10

*"Day of Reflection"* • 9:00 am–1:00 pm  
St. Mary's of the Angels, 645 S Irwin St,  
Green Bay • (920) 437-1979  
Contact Kathy Duquaine, Secretary  
Green Bay Community Theater, 122 N. Chestnut  
Ave, Green Bay • (920) 435-6300

### Thursday, February 15; Friday, February 16; Wednesday, February 21; Thursday, February 22; Friday, February 23

*Funny Valentine* • 7:30 pm

### Saturday, February 17; Saturday, February 24

*Funny Valentine* • 4:00 pm & 7:30 pm

### Sunday, February 18, Sunday, February 25

*Funny Valentine* • 2:00 pm

### Friday, February 16

*On Golden Pond* • 7:30 pm  
Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760

### Saturday, February 17

Green Bay Civic Symphony • Meyer Theater  
117 S Washington St, Green Bay  
(920) 432-4676 • info@gbcivic.org

### Tuesday, February 20; Wednesday, February 21

*Riverdance* • 7:30 pm  
Weidner Center for Performing Arts,  
2420 Nicolet Dr, Green Bay • (800) 840-9227  
**Tuesday, February 20; Wednesday, February 21;  
Thursday, February 22; Friday, February 23**  
*An American in Paris* • 7:30 pm  
Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760

### Friday, February 23

*Riverboat Rascal Show!* – New! • 1:00 pm  
DePere Community Center (Spruce Room,  
lower level), 309 S 6th St, De Pere  
(920) 437-1840. The talented Ken Williamson  
has performed on 52 different paddlewheel  
boats up and down the Mississippi, and he has  
played banjo and guitar with Willie Nelson,  
John Hartford and Mel Tillis. Fee: \$5/person  
Fox Cities Performing Arts Center,  
400 W College Ave, Appleton • (920) 730-3760  
**Saturday, February 24**  
*An American in Paris* • 2:00 pm & 7:30 pm  
**Sunday, February 25**  
*An American in Paris* • 1:00 pm & 6:30 pm

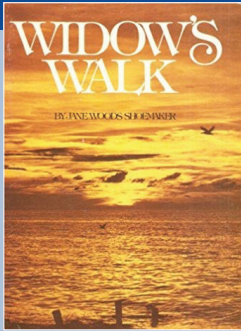
### Sunday, February 25

*Gobsmaeked* • 3:00 pm  
Weidner Center for Performing Arts,  
2420 Nicolet Dr, Green Bay • (800) 840-9227



# Book Review: Widow's Walk

– By Jane Woods Shoemaker (Reviewed by Gladys Schommer, Sturgeon Bay)



Loneliness has been a constant companion to those who have lost their mates. It is more than just missing your husband. It's more than just being lonely. There is a feeling of "aleness". This happens no matter how attentive your family and friends may be, whether or not there are children living at home, no matter how busy you keep yourself. The empty feeling is always there. You feel lost and in a way you are. What direction do you take now that you have lost a significant role in your life — the role of being a wife?

This excerpt was from one of many pamphlets given to me to help me through the grieving period. And of all the things I read, this particular pamphlet knew exactly what I was feeling. I wasn't just a wife, I was his care giver for 10 years. People told me they knew what I was going through and how I felt. But, even though they lost their husbands, my feelings were mine, not theirs. I just knew my loss was worse than their loss. I expected to see him come out of the bedroom in the morning with his regular greeting, "The Lord gave us another beautiful day." And then the tears would come. But I still waited just in case he MIGHT come. I'd listen for him to call me to come help him, just in case he needed me.

Months have gone by. I visit his grave, talk to him there, even expect him to answer me. One night, about 10 months after his passing, it hit me that he was gone, really gone. And he won't ever come back. HE IS DEAD! I am alone forever now. I couldn't cry about it, but reality had set in. I must go on with a life alone, adjust to doing things differently. I'll be sad, I will cry, I will visit his grave and I will continue to talk to him. But I will also live. I choose to be happy again, live life with my children and grandchildren. I can never forget my first life but I will continue to live and love the wonderful family that my life with him has given me.

*Continued from page 1 — How to Cope with Antipatory Grief and Ambiguous Loss*

*know what I wish?" "What, Mom?" my sister and brother and I all asked. "At times like this, I really wish I had children."*

*We are still able to laugh about that memory; sometimes with Alzheimer's, that's all you can do. Then you go off to another corner of grief and look for the cracks of light — she still responds to hands that hold and hugs that enfold. She still likes to sit outside and look at the flowers. So here we are. But we are so ready.*

A friend of mine compared ambiguous loss to water. Water can run through your fingers, but it can also become ice, still and solid.

"Water, not water, yet water," she said. Her words helped me deal with the flood of emotions that overwhelmed me when my father was diagnosed with terminal cancer. "Dad, not dad, yet dad," became my mantra before and after his death.

## Your Unique Grief

As these anecdotes demonstrate, loss is as varied as the people who experience it, and we deal with it differently.

"The only expert on grief is the person experiencing a particular loss at a particular time, You," writes Tom Ellis, a licensed marriage and family therapist and author of *This Thing Called Grief*. "Grief is so personally unique and changing that getting your mind and heart around it once and for all is impossible. Just when you reach a place of understanding, it changes again.... Despite this dilemma, there is value in gathering as much information as possible, in pulling together some tools to help."

## Tips for Coping

Here are some suggestions for people supporting someone, or those in the midst of their own ambiguous loss:

- Don't pressure yourself or others to "just move on." As a therapist friend once told me, there is no closure for this type of grief — you just learn to carry it differently.
- Be tender with yourself and try to take comfort in the knowledge that your feelings are normal. However, get the

help of a qualified professional if your feelings overwhelm you to the degree they affect your ability to function or if you seek to escape them through addictive or harmful behaviors.

- Seek support from family and friends who love, affirm and listen to you with open mind and ears and non-judgmental hearts.
- Set and maintain appropriate and respectful boundaries. Although well intentioned, some caregivers tend to swoop in with answers or directives, when the best they can do is be with you in your ambiguity. As Ellis points out, "Loss is the problem, not you."
- Loss and grief can take their toll, so self-care is extremely important. Exercise, meditation, nature, journaling, play and laughter can all help. We each have different balance points and tipping points, but we can usually sense when things are out of balance.
- Ask for, and accept, help when needed and offered. Let friends garden or clean for or with you. Let them take you to dinner or watch your children. So many caregivers have told me what a gift it is to do something to lift the burden or spirits of someone in need.
- Make room for grief and loss, but try to take time each day to notice the beauty that surrounds us.

Each of our stories is unique, so the way in which we process loss will differ. But it is important to remember that we do not travel alone.



*Cynthia Orange is the St. Paul, Minn.-based author of Take Good Care: Finding Your Joy in Compassionate Caregiving and Shock Waves: A Practical Guide to Living with a Loved One's PTSD. She co-facilitates a caregivers' support group, and she and her husband, a Vietnam combat veteran, often speak to audiences about the effects of trauma.*

## Recipe: Apple Crisp in a Mug

*Recipe by: letsbakewithjake.com*

"This is a great, quick, and easy apple crisp with no cleanup. The apples are soft with a little crispness and mix great with the crumble topping. You can serve this to any of your family and friends!"

- 1 tablespoon butter, softened
- 1 tablespoon white sugar
- 2 tablespoons all-purpose flour
- 2 tablespoons oats
- 4 dashes ground cinnamon, divided
- 1 pinch salt
- 1/2 apple – peeled, cored, and thinly sliced
- 1 tablespoon brown sugar
- 2 teaspoons water



1. Combine butter and white sugar in a bowl using your fingers. Add flour, oats, 3 dashes cinnamon, and salt; mix until crumbly.
2. Grease a mug; flatten 1/2 the crumble mixture into the bottom to form a crust.
3. Microwave crust for 30 seconds on high.
4. Remove mug from microwave; add 1 dash cinnamon, apple slices, and brown sugar. Add water. Mix apples, brown sugar, and cinnamon together carefully without disturbing crust. Pour remaining crumble mixture on top.
5. Microwave for 1 minute and 50 seconds on 60% power. Remove from microwave; let cool about 1 minute.

SOMEDAY SOON,  
WE ALL WILL BE TOGETHER  
IF THE FATES ALLOW  
UNTIL THEN,  
WE'LL HAVE TO MUDDLE THROUGH  
SOMEHOW

[WWW.WHATSYOURGRIEF.COM](http://WWW.WHATSYOURGRIEF.COM)