



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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Grieve Well - Why and How I Try to Find Reasons to Laugh

— Mark Henricks, *September 29, 2017*

If there is anything humorous about my son's death from suicide at age 16 last year, I can't think of what it might be. Yet even while I grieve his loss, I try to find something to laugh about every day.

Laughing in the face of sorrow gives me a brief relief from the black gloom that otherwise surrounds me so much of most days. It is hard for the "I wish I were dead" mantra to maintain a presence when I am smiling, chuckling or outright guffawing. And every second I can steal from this pit of agony is a triumph for life, the way I see it.

Another reason for laughing while trying to recover from devastating loss and personal trauma is that it is therapeutic. A number of research studies have consistently found that laughing seems to help you get through grief faster, with less pain and with more potential for posttraumatic growth. Since those are my main goals here, I'm naturally interested in laughter.

Evidence for Humor's Value

One of the most-cited research studies on the topic of humor and grief was published in 2008 in Omega, a prominent bereavement journal, as "Humor, Laughter & Happiness in the Daily Lives of Recently Bereaved Spouses." It was done by a group led by researchers from the University of Utah. It looked at 292 people who had recently lost their spouses. Participants were recruited from public records of deaths in San Francisco and Salt Lake City.

“A number of research studies have consistently found that laughing seems to help you get through grief.”

The study examined how much the bereaved partners valued humor and happiness and how frequently they had experienced humor and happiness since their losses. Of most interest to me was that they also examined how experiencing humor affected how well survivors were dealing with losses.

To see how much humor the survivors were experiencing, researchers asked them to check one of five levels of agreement or disagreement to several statements about the last week. Humor-related statements included "I have enjoyed the humor of others" and "I had a good laugh." To measure grief symptoms, subjects filled out the Texas Revised Inventory of Grief, a widely used assessment. A similar tool measured depression.



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!

November 3: Carol Paul

December 30: Katherine Sarns

January 29: Maxine Hafeman

Thank you for helping me celebrate my big 50th birthday with a delicious cake. *Katherine Sarns*



Carol Paul

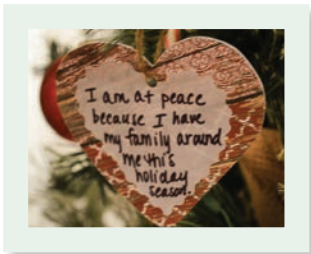


Katherine Sarns



Maxine Hafeman

Holiday Support Program – December 1st

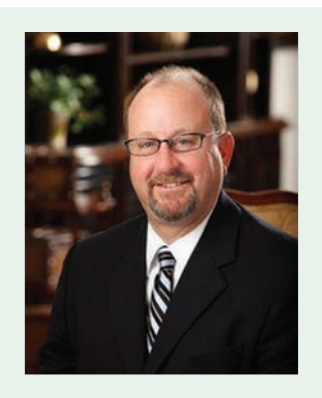


This event was held at Proko-Wall. Six flower arrangements we raffled off, and this year's winners were:

Greggy Fredrickson
Dorothy Thompson
Dora Bomber

Roxann Nys
Connie Tilot
Jack Spice

6th Annual "Faith That Works" Awards Honoree Robert Walczyk, Jr.



The Compass announced, Bob Walczyk is one of the honorees of the 6th annual 'Faith That Works' Awards. The 2019 award will be presented to Bob and five other honorees who have influenced the workplace through business practices that affect the teachings of Jesus Christ and His church and who share of themselves in their parishes and /or communities. Congratulations Bob!



LAUGH WITH KARYN RUTH

L

Laugh at Your Human Moments.

Stop beating yourself up over the little setbacks and disappointments. That's LIFE! We have all had "one of those days." As Elvis Presley was fond of saying, "When things go wrong...don't go with them. Thank you...thank you very much."

A

Ask the Three Questions.

Give your mood a re-boot by asking:

1. Is there anything funny about this?
2. Am I going to let this ruin my day?
3. Would this be funny if it were happening to somebody else?

U

Undo Stress in the Moment.

Motion changes emotion. When you are feeling stressed...get up and move! Pattern-interrupt your mental state by doing something physical.

G

Get Really Good at Comic Complaining.

Comic Complaining is the act of choosing humor over conflict. Rather than yelling at the salesperson, ask yourself, "Would using humor right now help me achieve my desired result?"

H

Humortunities Are Everywhere.

Humor + Opportunity = Humortunity! Be on the lookout for opportunities to interject some humor into life's everyday situations. Life is short...laugh a lot!

"If you can find the humor, you can find the answer."

Watch Karyn Ruth White's hilarious TED Talk titled She Who Laughs, Lasts:
www.ted.com/talks/karyn_ruth_white_she_whoLaughs_last

Register Today!

via our website at <https://prokowall.webfittersstaging.com/Caregiver>

First Name: _____ Last Name: _____

Email: _____ Phone: _____

Company/Organization: _____

Event Time: 9:30 am _____ 3:30 pm _____ # Attending: _____



KARYN RUTH WHITE

Funny Keynotes on:

- Leadership
- Sales
- Service
- Humor
- Stress
- Change
- Celebration

CAREGIVERS SAVE THE DATE! MAY 6, 2019

This laughter-filled 90-minute program is designed to give CAREGIVERS real-life tools for reducing stress using humor, so they can help (and laugh with) those they love and serve.

Join us on **Monday, May 6th**
9:30 am OR 3:30 pm at
Proko-Wall Funeral Home
1630 E. Mason Street, Green Bay

Have Questions?
Contact Peggy at 920-468-4111 or
Peggy@prokowall.com

Open & Free to the Public!

*Brought to You with Dedication to
Community Service by:*

Proko-Wall

FUNERAL HOME AND CREMATORY

1630 E. Mason Street • Green Bay, WI 54302
www.prokowall.com

Support Groups

ATO SZE

(920) 562-6742 • 459 Choctaw Ct, Green Bay. Senior Lifestyle Consulting & Case Management. Contact Tammy Sze, atosze@yahoo.com

ADRC

(920) 497-4672 • 300 Adams St, Green Bay
ASERA CARE HOSPICE SUPPORT GROUP. 2nd Wed. of the month at 2:00 pm. Free and open to the public. Contact Mandy Sarazen at amanda.sarazen@aseracare.com
Healing Through Grief – Life After Caregiving Third Wednesday of each month. 4:00 to 5:30. Free and open to the public. Contact Beverly Bartlett at (920) 448-4300

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 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.twcbc.com

AURORA AT HOME

(920) 288-5100 • Aurora BayCare Medical Center, 931 Discovery Rd, Green Bay. Contact: Lisa Falk, (920) 838-1886, Lisa.falk@aurora.org. Event: General Grief Support – 6-Week Series. 2nd and 4th Mondays – (Jan, Feb, March)(May, June, July) (Sept, Oct, Nov). Location: The Chapel of Aurora BayCare Hospital. Registration required.

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 now available. 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

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 337-4571 • 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 www.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. March 10th and May 5th. 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 at 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 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. From Mourning to Hope meetings will be held in Festival Foods Community Room, 2430 University Ave., Green Bay

GRIEF SHARE

Beautiful Savior Lutheran Church •

(920) 499-7405. 2160 Packerland Dr., Green Bay. Thursdays, 6:00 pm

Green Bay Community Church •

(920) 434-9225. 600 Cardinal Lane, Green Bay. Mondays, 6:30 pm. Facilitator: Kim Sechler, Pastoral Care Pastor

New Hope United Methodist Church •

(920) 360-7396. 1950 Dickinson Road, De Pere. Mondays 6:00 pm

Pilgrim Lutheran Church •

(920) 965-2233. 1731 St. Agnes Dr., Green Bay. Mondays, 6:30 pm

Spring Lake Church • (920) 983-9090.

301 Adams St., Suite #110, Green Bay. <https://www.griefshare.org/groups/104094>. Facilitator, Renee Lubinski. Start date April 16th. Tuesdays 6:00 pm

HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, annfroelich@gmail.com or Sheila DeLuca at (920) 336-7786, sdeluca@gbres.org to register. For those who have lost someone through Death. March 26, April 2, 9, 16 & 30; 6:30–8:00 pm at 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, 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. Click on the Grief & Loss link.

HOLDING CARE BERAWEAMENT GROUP

(920) 468-7848. St. Philip Parish, 312 Victoria St. Contact person: Sr. Helen Keyzer. April 1st, 8th & 15th, 1:00 pm until 3:00 pm

HOSPICE COMPASSUS

(920)-321-2004 • 3237 Riverside Dr, Green Bay
Healing Together Support Group
Call Karen Ganiard for more information on dates and times of monthly sessions. karen.ganiard@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. March 27, April 3, & April 10. 6:15 pm – 7:45 pm. Contact: Carol Mueller, Parish Nurse, cmueller@stedwardisidore.org or Lori Flanagan, Pastoral Associate, lflanagan@stedwardisidore.org.

MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • Resurrection Green Bay, 333 Hilltop, Green Bay. Contact Person: Sheila De Luca, Pastoral Associate

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087 Kellogg St., Room 105. Grief Support meetings: 4/23, 4/30, 5/7, 5/14, 5/21; 1:30–3:00 pm. Call Sr. Pat Clement to register for 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. Five Monday evenings: July 8, 15, 22, 29 & August 5th. Monday evenings from 6:30–8:00 pm. Individual grief support available throughout the year. Call Deacon Mary Lynn Adams or register online www.stannes.us/grief-support-ministry.html

ST. BERNARD GRIEF SUPPORT GROUP

(920) 468-4811 • 2040 Hillside Ln, Green Bay
Call Sr. Caroline. caroline@stbernardcong.org

Support Groups

SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 209 • St. John the Baptist Church, 2597 Glendale Ave, Green Bay.
Contact: Ruth Holloway, rholloway@sjbh.org

S.O.S. (SURVIVORS OF SUICIDE)

G(920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave., Green Bay. For family and friends to cope with suicide loss. Meeting third 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.

Contact Lana Reinke lana.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 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. **Afternoon (1:30-3:00 pm):** March 12 - April 9, April 30 - May 28. **Evenings (6:00-7:30 PM):** April 2 - April 30, May 21 - June 18

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 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 am

Marinette Area:

1st Wednesday of every month 12:30-2:00 pm

Sturgeon Bay Area:

2nd Wednesday of every month 12:00-1:30 pm

Gillett Area:

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

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

Healing Thru the Arts: A hands-on creative grief workshop for adults offered the 4th Thursday of the month from 10:00 am-12 noon or 2:00-4:00 pm. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.



As Proko-Wall Funeral Home and Crematory approaches 50 years serving our community we thought a look back at the history of different aspects of our industry might prove interesting reading. The next few issues will provide some historical references, what prompted changes and what is the reality today for the funeral business. The history is fascinating and sometimes surprising and we hope you enjoy these articles.

The Value and Benefit of Funeral Flowers

"In The Garden" Movement

In 1914, C. Austin Miles wrote the famous funeral hymn, "In the Garden".

"I come to the garden alone, while the dew is still on the roses."

Refrain: "And He walks with me and he talks with me. And he tells me I am his own. . ."

The hymn stormed the country and became one of the most frequently sung hymns at funerals in the United States. The hymn also began a movement in funeral services whereby the mortuary practices of the country would revolve around the body reposing in the garden.

In fact, the movement in Protestant funeral practices in the United States to use the "In the Garden" theme was so strong, that the funeral homes began to develop facilities which used an indoor garden as a back drop where the body would repose. These chapels were actually solariums with water falls, plants, flowers and even live birds flying around inside.

Flowers are a visual expression of love, sympathy and respect.
They are a means of lending support and sharing the burden of grief.

Flower Ladies

The importance of flowers in funeral service was probably best exemplified by the creation in Mid-Western funeral practices of the role of the Flower Lady. The Flower Lady was analogous to the pall bearer role, but instead of carrying the casket, this group of women (usually six) would carry the flowers from the place of the funeral to the flower vehicle, and then would assist in setting them up at the cemetery.

For a hundred years or more, being asked to be a flower bearer at a funeral was an honor bestowed on nieces, granddaughters and friends of the family. At least 40 years ago, girls as young as 7 or 8, relatives of the family of the deceased, often were asked to carry flowers at the funeral. (Amanda Greene, Staff Writer: Capital Senior Living, 2006)

The flower lady role eventually subsided as the funeral ritual became less community oriented and people's life styles became more hectic.

Flowers do not wither and die in the mind of the bereaved.
They are recalled time and again as indelible memories.

Three points to consider in connection with the tradition of funeral flowers. First, the role of flowers is both symbolic and aesthetic. They add great richness and meaning to the ritual. Second, flowers represent sympathy extended to the bereaved. Third, flowers are sent both to the living and the dead. Flowers are sent to the living as comfort and they are sent as tokens of respect for the deceased.

Todd Van Beck – Associated with A.S. Turner and Sons in Decatur, Georgia, Todd is probably one of the most highly regarded speakers in the funeral industry. To read this article in its entirety go to: <http://www.inlieuofflowers.info>



Local Activities

March

Friday, March 1 – *Deuces Wild Dueling Pianos*
8:00 pm. Meyer Theater, 117 S. Washington St., Green Bay • (920) 433-3343 • meyertheatre.org

Friday, March 1 – *Perch Dinner* •

5:00-7:00 pm. Annunciation, 401 Gray St., Green Bay • (920) 496-2160

March 1-10 – *Lombardi* • 7:30 pm. Weidner Center for Performing Arts (Fort Howard Hall), 2420 Nicolet Dr., Green Bay (920) 465-2726 weidnercenter.com

Thursday, March 7 – *We Banjo 3* • 7:30 pm. Meyer Theater, 117 S. Washington St., Green Bay (920) 433-3343 • meyertheatre.org

Friday, March 8 – *Monthly Fish Fry* • 5:00-6:30 pm. Doors open 4:45 pm. Serving 5:00-6:30 pm (or until gone) in Gym/Multi-Purpose Room. Deep-fried perch, baked cod, combination and chicken strip dinners include: soda, lemonade or coffee PLUS homemade coleslaw, homemade dinner rolls and choice of baked potato or french fries. Dessert of the Day is available for purchase (ask your server). Carry-outs available; call ahead (optional) before 4:00 pm • Our Saviour Lutheran Church, 120 S. Henry St., Green Bay • (920) 468-4065

Saturday, March 9 – *Daddy D Productions – Knights on Broadway*. Riverside Ballroom, 1560 Main St., Green Bay • (920) 544-4244

Saturday, March 9 – *Winterfest* • 5:00-10:00 pm. St. Joseph, 936 9th St., Green Bay (920) 496-2160 • quad-parish.org

Thursday, March 14 – *Gaelic Storm* • 7:30 pm. Meyer Theater, 117 S. Washington St., Green Bay (920) 433-3343 • meyertheatre.org

March 14-17 – *WBAY Home & Garden Show* Shopko Hall, 1901 S. Oneida St., Green Bay (920) 494-3401 • reschcenter.com

Friday, March 15 & 29 – *Fish Bake Dinner* 5:00-7:00 pm. St. Jude, 1420 Division St., Green Bay

Saturday, March 16 – *St. Patrick's Day Celebration* • 4:00 pm Mass with celebration to follow. St. Patrick, 211 N. Maple St., Green Bay (920) 496-2160 quad-parish.org

Saturday, March 23 – *Bird of Prey Tour* 1:00-2:00 pm • Wildlife Sanctuary, 1660 E. Shore Dr., Green Bay (920) 391-3671 • baybeachwildlife.com

April

Friday, April 5 – *Perch Dinner*

5:00-7:00 pm. Annunciation, 401 Gray St., Green Bay • (920) 496-2160

Friday, April 12 – *Monthly Fish Fry*

5:00-6:30 pm. Doors open 4:45 pm. Serving 5:00-6:30 pm (or until gone) in Gym/Multi-Purpose Room. Deep-fried perch, baked cod, combination and chicken strip dinners include: soda, lemonade or coffee PLUS homemade coleslaw, homemade dinner rolls and choice of baked potato or french fries. Dessert of the Day is available for purchase (ask your server). Carry-outs available; call ahead (optional) before 4:00 pm • Our Saviour Lutheran Church, 120 S. Henry St., Green Bay • (920) 468-4065

Friday, April 12 – *Fish Bake Dinner* •

5:00-7:00 pm. St. Jude, 1420 Division St., Green Bay • (920) 496-2160

April 12-14 – *Pet Expo* • Shopko Hall, 1901 S. Oneida St., Green Bay (920) 494-3401 • reschcenter.com

Saturday, April 13 – *Daddy D Productions – Gospel / Amazing Grace* • Riverside Ballroom, 1560 Main St., Green Bay (920) 544-4244

Saturday, April 13 – *John Mellencamp* 8:00 pm • Weidner Center for Performing Arts (Cofrin Family Hall), 2420 Nicolet Dr., Green Bay • (920) 465-2726 weidnercenter.com

Wednesday, April 17 – *Paschal Meal*

5:30 pm Mass with meal & program to follow. St. Patrick, 211 N. Maple St., Green Bay • (920) 496-2160 • quad-parish.org

Thursday, April 25 – *Cribbage Tournament* 7:00 pm. St. Jude, 1420 Division St., Green Bay. Register (920) 496-2160

Thursday-Saturday, April 25-27 – *Farce of Habit* • Green Bay Community Theater, 122 N. Chestnut Ave., Green Bay (920) 435-6300

Friday, April 26 – *Dynamic Catholic "Find Your Greatness"* • 6:30-10:30 pm. Our Lady of Lourdes, DePere • (920) 336-4033

Saturday, April 27 – *Broadway Beer Hop* Noon-4:00 pm. Broadway District, Green Bay Sponsored by On Broadway, Inc., 117 S. Chestnut Ave. • (920) 437-2531 info@onbroadway.org

Monday, April 29 – *Titletown Train Show* Shopko Hall, 1901 S. Oneida St., Green Bay (920) 494-3401 • reschcenter.com

May

Wednesday, May 1 – *May Crowning* •

6:30 pm with social to follow. St. Patrick, 211 N. Maple, Green Bay. Register (920) 496-2160 • quad-parish.org

May 1-5 – *Farce of Habit* • Green Bay Community Theater, 122 N. Chestnut Ave., Green Bay • (920) 435-6300

Friday, May 10 – *Monthly Fish Fry* •

5:00-6:30 pm. Doors open 4:45 pm. Serving 5:00-6:30 pm (or until gone) in Gym/Multi-Purpose Room. Deep-fried perch, baked cod, combination and chicken strip dinners include: soda, lemonade or coffee PLUS homemade coleslaw, homemade dinner rolls and choice of baked potato or french fries. Dessert of the Day is available for purchase (ask your server). Carry-outs available; call ahead (optional) before 4:00 pm • Our Saviour Lutheran Church, 120 S. Henry St., Green Bay (920) 468-4065

Thursday, May 16 & 23 – *Daddy D Productions – Grand Ole Country* • Riverside Ballroom, 1560 Main St., Green Bay (920) 544-4244

Saturday, May 18 – *Annunciation Rummage Sale* 9:00 am-2:00 pm. Annunciation, 01 Gray St., Green Bay • (920) 496-2160

Sunday, May 19 – *Our Lady of Lourdes Parish Picnic* • 11:00 am-4:00 pm. Our Lady of Lourdes, DePere • (920) 336-4033

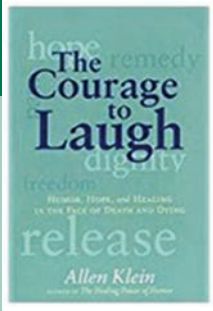
Friday - Monday, May 24-28 – *Celebrate DePere* www.celebratedepere.com • (920) 370-3778. *Location change to Brown County Fairgrounds



Book Review: The Courage to Laugh

Humor, Hope and Healing in the Face of Death and Dying

– By Allen Klein



Allen Klein considers himself a ‘jollytologist’. He goes around the country presenting speeches and seminars on humor. In this, his second book, Klein, illustrating the natural importance of laughter, shows readers how to face the end of life and the grieving process with dignity and compassion. Filled with insight, heartwarming stories and anecdotes from patients, doctors, nurses, children and comedians, *The Courage to Laugh* is a lifesaving tool that helps rekindle the human spirit of both the people experiencing a serious illness and the loved ones who care for them.

The first chapter begins with a quote from Erma Bombeck. She wrote: “I have always set personal boundaries of what is funny and what is not. I have been quoted as saying, “There are just some things you don’t poke fun at.” I was wrong. Laughter rises out of tragedy when you need it the most and rewards you for your courage.”

The Courage to Laugh is light hearted, hopeful and gently leads the reader to the realization that there is healing in humor.

This book, as well as other books and videos, is available for checkout at Proko-Wall Community Library.

“

DEAR ALEX and JOSH,

As two months creeps up for Bruce’s death, I often think of you two. You made the entire process for funeral planning, etc. easier. You made Tom and I feel so comfortable. No words can really express how much your actions and words meant and mean to me. Also thank Barb who made the pre-planning easier. I know Bruce really appreciated all the work as I did. Thanks again to all of you. May God always bless your work and comfort you bring to those involved in the funeral process.

Karen P.S. At least I smile more often!

”

Continued from page 1 — Grieve Well – Why and How I Try to Find Reasons to Laugh

Most of the bereaved spouses rated humor as being very important in their daily lives since their partners’ deaths. And they were experiencing more happiness and humor than expected. Seventy-five percent, in fact, reported experiencing humor or happiness in the previous week. These are people just a few months past losing their partners, so that seems meaningful.

“Experiencing humor, laughter and happiness was strongly associated with favorable bereavement adjustments (lower grief and depression) ... ”

And it was helping. The researchers wrote, “Experiencing humor, laughter and happiness was strongly associated with favorable bereavement adjustments (lower grief and depression) regardless of the extent to which the bereaved person valued having these positive emotions.” According to this study, laughing is likely to help you feel better, sooner.

There are some limitations, of course. The differences were not huge, for one thing. It’s not like people who laughed more didn’t care about their losses. They were just somewhat less likely to feel quite so awful.

And as is generally the case with grief research, we can’t be sure what’s causing the results. It could be people who laugh more feel better. It could be people who feel better laugh more. Or it might be something else.

Still, this is not the only study to report similar results. Another study, from 2004, also found positive emotions including humor were connected with coping better with loss. In a 2002 study, researchers found positive emotions seemed to create a spiral of improved coping skills.

“It’s not like people who laughed more didn’t care about their losses. They were just somewhat less likely to feel quite so awful.”

Bottom line, humor appears to help many people at least a little. And a little help means a lot right now. So I’m going to keep trying to laugh.

How I Find Humor

I read a few pages of a book by Dave Barry almost every day. I think Barry is the most reliably funny writer I have ever read. I have many of his books and am always looking for cheap used copies of the others.

One thing I didn’t realize about Barry until my son died is that we are both suicide loss survivors. He lost his mother to suicide more than 30 years ago. He wrote a column about the experience, and that column was part of the submission that earned him a Pulitzer Prize, journalism’s highest award.

A Pulitzer is impressive, but what means more to me is that Barry was able to recover from losing his mother to suicide and go on to write many more profoundly humorous columns and books. I am not likely to win a Pulitzer, but if Barry can recover from suicide loss to laugh again, maybe I can too. The evidence suggests I can, and that finding something to laugh about will help me feel better sooner.

I hope you find something to laugh about today. If you can’t, or just don’t want to, that is fine. Different strokes for different folks. I am not trying to tell anyone how to grieve or how not to grieve. I’m trying to point out some ways for coping with grief that the evidence suggests might be helpful and that you might not have thought of on your own. I’m sorry for the loss that brought you here, and hope you get some peace today.

Recipe: Quick Fruit and Oat Breakfast Bake

Recipe by: quakeroats.com/cooking-and-recipe/Quick-Fruit-and-Oat-Breakfast-Bake

A heart healthy diet should include whole grains, fresh fruits and vegetables, low fat dairy, lean protein and legumes, and should limit fat, saturated fat and cholesterol and sodium.

- | | |
|--|--|
| 3 Cup(s) Quaker® Oats (quick or old fashioned, uncooked) | 1 Cup(s) nonfat milk |
| 2 Tablespoon(s) brown sugar, divided | 1 Teaspoon(s) vanilla extract |
| 1 Teaspoon(s) baking powder | 2 egg whites, beaten |
| 1 Teaspoon(s) ground cinnamon | 6 Tablespoon(s) finely chopped apple or pear with peel, blueberries, raspberries or blackberries |
| 1/8 Teaspoon(s) salt | |

Heat oven to 350°F. In large bowl, stir together oats, brown sugar, baking powder, cinnamon and salt. Combine well. In separate bowl stir together milk, vanilla and egg whites. Add to oat mixture. Stir to combine well. Let stand about 5 minutes until liquid is absorbed. Coat 6 muffin pan cups with nonstick spray. Portion oat mixture evenly into cups. Top each with 1 tablespoon desired fruit, pressing lightly. Bake 20 minutes or just until firm. Let stand in pan on wire rack 5 minutes. Serve warm or at room temperature. Refrigerate or freeze leftovers. Reheat in microwave oven on High 30 seconds to 1 minute or until heated as desired. Prepares 6 servings.

Cook Note:

Overnight version: Prepare as directed, but do not add fruit. Cover and refrigerate overnight. Remove from refrigerator; top with fruit. Bake 20 to 25 minutes or just until firm and heated through.



Nutritional Info: 1 serving

Calories	190	Calcium	8%
Fat	3g	Vitamin D	4%
Saturated Fat	0g	Vitamin C	0%
Cholesterol	0mg	Vitamin A	0%
Sodium	160mg	Potassium	7%
Total Carb	34g	Iron	10%
Fiber	4g	Thiamin	10%
Soluble Fiber	2g	Magnesium	30%
Sugar	6g	Whole grain	40%
Protein	8g		

This recipe per 1 serving provides at least 1g soluble fiber. Experts recommend that to maintain good health, no more than 10% of your calories should come from saturated fat, and no more than 20-35% of daily calories should come from total fat.