



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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5 Unique Ways To Preserve the Memory of a Loved One

— By Sarah Giavano

Holding on to meaningful memories shared with a loved one who has passed away is a helpful way of dealing with your grief. As time passes, memories have a tendency to fade away unless they are revisited occasionally. The best way to refresh the memory of a loved one is with visual stimulation. Working on the ability to revisit these memories from a place of happiness is paramount to finding peace with their death. These 5 Do It Yourself ideas, are all fun ways to preserve the memory of a loved one, and to never forget their personality and smile.

1. Start a New Tradition

Traditions are at the core of all families. Whether that tradition is Pulled Pork BBQ sandwiches on the 4th of July, or carving your annual rendition of Mickey Mouse on a pumpkin every Halloween. When a loved one dies, it provides the perfect opportunity to start a new tradition. The tradition itself can be as adventurous as you choose. What's great about starting a new tradition is that you can have the idea be as simple as going for a morning walk, or as creative as you want. The exact logistics of the new tradition are not nearly as important as what the tradition means to you. By starting a new ceremony, you can include family and friends to make it into a really special event that is celebrated every year.



2. Create a Memory Pillow

Memory Pillows are a creative way to preserve the memory of a loved one with their very own clothes. It might be hard for you to go through the clothes of a loved one after they're gone but transforming the clothes into a beautiful keepsake pillow will make it less daunting and more meaningful. Memory pillows also make great gifts to other bereaved family members. You do not need to needlessly throw away all the recently deceased clothes, when you can recycle some of the clothes into a comforting keepsake pillow. Check out this great DIY article (<https://www.fairfieldworld.com/2014/08/granddads-memory-pillow-tutorial/>) on crafting your very own memory pillow.



3. Plant a Tree

Planting a (tree) seed is a perfect way to symbolize the cycle of life and death. You can also visit the tree and see it grow as the seasons progress. Much like a seedling grows stronger and more resilient to harsh weather over time, so does your resilience in dealing with the many obstacles of life. Planting a tree somewhere nearby is also an environmentally beneficial tradition to preserve the memory

Continued on page 7

Proko - Wall News



BIRTHDAY CAKE WINNERS

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

Happy Birthday Sr. Pat, Robert, & Wencil!

February 14: Sr. Pat VanDenBergh

March 3: Robert Wittman

April 10: Wencil Dalebroux



Sr. Pat VanDenBergh

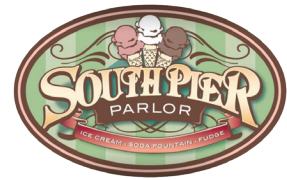


Robert Wittman



Wencil Dalebroux

Bus Trip Outing , Sunday, April 22th



"Would you please pass along my gratitude to Bob for the bus trip yesterday. It was a wonderful day; people don't realize how hard it is to deal with grief. But yesterday helped me on my journey to move on to a new chapter. It was such a nice day. Thank you."

—Barb

Spring Planting, May 19th





Proko-Wall Recognition Ceremony

**To Honor Active & Retired
Veterans, Police, and Fire/Rescue**

Sunday, September 9th

11:00am-3:00pm



Josten Park

Town Hall Road, Bellevue, WI 54311



FREE EVENT



**Jerry Voelker Polka Band / Military Band
Great Food / Presentation**

Registration information to be announced



Proko-Wall

Funeral Home & Crematory

920.468.4111 | 1630 E. Mason St. Green Bay, WI 54302

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 Wed of the month at 2:00 pm. Free and open to the public. Tuesday, June 12th – Seventh Annual Dove Release at Heritage Hill State Park at 6 pm. RSVP required. Open to community; free of charge. Contact Mandy Sarazen at amanda.sarazen@aseracare.com
NEW: Healing Through Grief – Life After Care Giving • (920) 448-4300 • Third Wednesday of each month. 4:00-5:30 pm. Free and open to the public. Contact Beverly Bartlett.

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 Schultdt, angela.schultdt@ahah.net

Men Journeying Through Grief

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

ALZHEIMER/DEMENCIA SUPPORT GROUP

(920) 434-2024 • 3370 Deerfield Ln. W, Suamico. 1st Thursday of the month at 5:30. NO MEETINGS JUNE THROUGH AUGUST. Contact Laura, sbsp@wi.twcbc.com

AURORA AT HOME

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

Aurora at Home Hospice • Lisa Falk. General Grief Support: 6-Week Series. Location: The Chapel of Aurora BayCare Hospital. Registration required. Call or email Lisa to register for future dates. Lisa.falk@aurora.org

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. website 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) 292-4046 • The Infant Death center connects with families who experience a sudden & unexpected death of an infant to better understand their unique grieving needs & provides appropriate resources. Staff works closely with professionals serving grieving families to provide additional resources and self-care information for the professional. Visit charwisconsin.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. 12:00-2:00 pm. Contact Tom Bekkers

THE COMPASSIONATE FRIENDS

(920) 370-3858 • compassionatefriendsgb.org 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 summer 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.
Central Church • (920) 737-2790. 831 Schoen St., Green Bay. Contact Curtis, griefinfo@gmail.com

GreenBay Community Church

(920) 434-9225 • 600 Cardinal Ln, 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, 6:30-8:30 pm. Contact Linda at psiegmman@new.rr.com

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. 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. pamel.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_ficmanitowoc@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

MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • Resurrection, 333 Hilltop, Green Bay. Contact: Sheila De Luca, Pastoral Associate. June 3, 2018, 9:30 am: Memorial Garden at Resurrection

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087 Kellogg St., Room 105. Grief Support meetings 1:30-3:00 pm. Call Sr. Pat Clement to register for May dates. pclement@quad-parish.org

PULASKI GRIEF GROUP

(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. July 9, 16, 23, 30; August 6. 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

SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 214 • St. John the Baptist Church, 2597 Glendale Ave., Green Bay. Contact: Sr. Kathy Lange, rholloway@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. 3rd Monday of each month, 7:00-8:30 pm.



Support Groups

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, stillbirth, 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. Summer 2018 offerings:

Afternoons: 1:30 – 3:00 pm. July 17 – August 14, September 18 – October 16

Evenings: 6:00 – 7:30 pm. May 29 – June 26, July 10 – August 7 & August 21– September 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 Thurs. of every month 5:30-7:30 pm in Green Bay.

Grief Connection: A monthly grief support group for adults which meets the third Thursday of every month from 1:30-3:00pm or 6:00-7:30pm in DePere. *It is recommended, (not mandatory) for participants to first attend *Navigating the Waters of Grief*.

Understanding Grief: Meeting monthly on Wednesdays.

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

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.

Wausaukee Area: 1st Wednesday of every month 10:00-11:30 am.

Women's Luncheon: 3rd Wednesday of every month, 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 on the 4th Thursday of the month from 10:00 am – 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.

A Look Back Into History ... Cemeteries

— Rebecca Greenfield

Before 1831, America had no cemeteries. It's not that Americans didn't bury their dead—just that large, modern graveyards did not exist. But with the construction of Mount Auburn Cemetery, a large burial ground in Cambridge, Massachusetts, the movement to build cemeteries in America began.

Cemeteries built, increasingly after 1830, were places with winding roads and picturesque vistas. The idea being that you leave behind the mercantile world outside the gates and enter into the space where you can meditate, where you can come into contact with spirituality and concentrate. They were quite important spaces for recreation as well. Keep in mind, the great rural cemeteries were built at a time when there weren't public parks, or art museums, or botanical gardens in American cities. You suddenly had large pieces of ground, filled with beautiful sculptures and horticultural art. People flocked to cemeteries for picnics, for hunting and shooting and carriage racing. These places became so popular that not only were guidebooks issued to guide visitors, but also all kinds of rules were posted.

If you look at grave markers in the 19th-century cemeteries, you'll see the weeping angels, the weeping willows, little sleeping children sitting on top of headstones. These all suggest that death is a kind of presence, it's a gentle sleep. Graves are set up as beds or houses. It's the last house. But, in the 20-century places like the memorial parks, that kind of imagery goes away for the most part. You have these flat stones that just have names and dates on them and maybe a cross. Instead of a lot of individual stones, you'll have occasional markers rising up, which will be identified as hope. The emphasis is not on death, but on hope, and the focus is on beauty, on art, on hopefulness.

<https://www.theatlantic.com/national/archive/2011/03/our-first-public-parks-the-forgotten-history-of-cemeteries/71818/> Our First Public Parks: The Forgotten History of Cemeteries

The Brown County Historical Society sponsors walking tours entitled, "If Tombstones Could Talk". Check out these interesting Green Bay historical sites. The cost is \$8.00 and registration is appreciated. Call (920) 437-1840 to register.

June 13 & 14: Fort Howard Cemetery,
6 pm

August 1 & 2: Allouez Catholic
Cemetery, 6 pm

September 5 & 6: Woodlawn Cemetery,
6 pm

September 8: Woodlawn Cemetery,
4 pm

DEAR BOB

I just wanted to extend my thanks and appreciation for your excellent care and service for Jim's funeral. You took special care of Deb when she was in need. I thought your kindness was amazing and heartfelt. Everything turned out classy and well done. Jim would've approved. I admire how your family goes above and beyond which truly makes you stand out in the community! Thanks again for your "awesomeness". —Sincerely, Kristin
P.S. Shamrock underwear for all!

Local Activities

Farmer's Markets: Green Bay Area

Allouez Farmer's Market

1900 Libal St. 920-448-2800. Thursdays,
June 21 - Oct. 4, 3:30 - 6:30 pm

East DePere Farmer's Market

101 N. Broadway. 920-403-0337. Thursdays,
June 21 - Sept. 27, 4 - 8 pm

Farmer's Market on Broadway

North Broadway. 920-437-2531. Wednesdays,
May 30 - August 1, 3 - 7 pm

Green Bay Farmer's Market

South Washington St., 920-437-5972.
Saturdays, May 26 - Oct. 27, 7 am - Noon

Oneida Farmer's Market

N7332 Water Circle Pl. 920-496-5649.
Thursdays, June 21 - Oct. 4, Noon - 6 pm

West DePere Farmer's Market

Festival Foods parking lot. 920-437-8704.
Tuesdays, mid-July - mid Oct., 7 am - Noon

Door County Area

Baileys Harbor

Baileys Harbor Town Hall grounds, Hwy 57,
920-839-2366. Sundays, May 21 - Sept. 24,
Dec. 3, 10, 17. 9 am - 1 pm

Egg Harbor

7740 Hwy 42. 920-868-3717.
Fridays, May 26 - Oct. 6. 8 am - Noon

Fish Creek

The Settlement Shops, Hwy 42. 920-868-3788.
Wednesdays, June 7 - Oct. 13.
9:30 am - 1:30 pm or sellout

Jacksonport

Hwy 57, Lakeside Park downtown.
920-823-2288. Tuesdays, June 16 - Oct. 24.
9 am - 1 pm (weather dependent)

Sister Bay

Country Walk Shops, 10588 Country Walk Dr.
920-854-2812. Wednesdays, June 7 - Oct. 25.
2:30 pm - 5:30 pm

Corner of the Past, Hwy 57 and Fieldcrest Rd.
920-854-7680. Saturdays, June 24 - Oct. 7.
8 am - Noon

Sturgeon Bay

Market Square, corner of Michigan & 4th Ave.
920-746-2914. Saturdays, June 3 - Oct. 28.
8:30 am - Noon

Orchards

Apple Store, Green Bay

1502 W. Mason St., 920-499-6671.
Monday - Saturday, 9 am - 5 pm

Apple Valley Orchard, De Pere

1670 Mar-El Rd. 920-336-0667. Monday -
Saturday, 9 am - 4 pm; Sunday, 10 am - 3 pm;
during season, Sept. - Thanksgiving

Blaser's Acres, Green Bay

2556 School Ln. 920-655-0483. Call for hours

Moder's Gardens, Green Bay

3439 Lineville Rd. 920-434-0730. Monday
- Sunday, 7 am - 8 pm. Crops are usually
available in June, July, August, Sept. & Oct.

Oneida Apple Orchard, Oneida

3976 W. Mason St., Oneida. 920-869-2468.
Tuesday - Friday, 10 am - 6 pm; Saturday,
9 am - Noon.

Sunny Hill Farm, Suamico

1922 Oak Rd. 920-434-9009. Every day except
Saturdays. Hours: 6:30 am - 8 pm in the
summer. Open from the first produce in spring
to the last produce in fall.

Parish Picnics

St Francis Xavier, DePere

June 2, 5 - 7 pm Pasta; June 3, 11 am -
4 pm with Polka Mass. 920-336-1813.
office@stfrancisdepere.org

St. Matthew

June 3, 11:30 am - 3 pm. 920-435-6811.
parishoffice@stmattsgb.org

St. Bernard - Corpus Christi Dinner

June 3, 11 am - 1:30 pm. Purchase tickets in
advance. 920-468-4811.
tina@stbernardcong.org

St. Mary of the Angels

June 10, 10 am - 5 pm. 920-437-1979.
stmarygb@gmail.com

All Saints, Denmark

June 10, After 11 am Mass - 5 pm.
920-863-5256.
asden_parish@allsaintsschool.net

St. Willebrord

June 10, 10:45 am - 4:45 pm.
920-435-2016. Susan@stwillys.org

Holy Cross, Bay Settlement

June 24, 10 am - 6 pm.
920-468-0595. lwholycross@gmail.com

St. Nicholas, Freedom

June 29, Country Fest - Phil Vassar,
5 pm - Midnight.
July 1, Polka Mass & Picnic, 10:30 am - 5 pm.
920-788-1492. parish@stnicholasfreedom.org

St. Louis, Dyckesville

July 29, 10 am - 5 pm with Polka Mass
& Parade. 920-866-2410.
Ritav@stlouisdyckesville.com

St. Agnes

August 4, 5 - 10 pm. 920-494-2534.
stagnesparishoffice@netnet.net
August 5, 10 am - 4 pm. 920-494-2534.
stagnesparishoffice@netnet.net

St. Philip - Booyah

August 4, Polka Band 5 - 8 pm.
920-494-2534. stagnesparishoffice@netnet.net

St. Philip - Hispanic/American

August 5, Bake Sale/Raffle, 12 - 3 pm.
920-494-2534. stagnesparishoffice@netnet.net

St. Maximilian Kolbe, Sobieski

August 5, After 9:45 am Mass. 920-822-5255.

Annunciation, Green Bay

August 12, 11 am - 3 pm. 920-496-2160.
LVerHeyden@quad-parish.org

Prince of Peace

August 12, After 10 am Mass. 920-468-5718.
parish@popgb.org

St. Benedict, Suamico

August 12, After 10:30 am Mass.
920-434-2024. sbasp@wi.twcbc.com

SS Edward & Isidore, Flintville

August 19, 10 am Polka Mass, Picnic to follow
until 5 pm. 920-865-7844.
info@stedwardisidore.org

SS Peter and Paul

August 19, 10 am - 4 pm. 920-435-7548.
sspeterpaulgb@gmail.com

DePere Community Center - Senior Picnic

August 25, Noon. 920-339-4062.
deperecc@mail.de-pere.org

St. Clare, Greenleaf, Askeaton, Wrightstown

Sept. 2, 10 am - 5 pm. 920-864-2550.
office@stclareagw.org

St. Francis & St. Mary, Brussels

Sept. 2, Annual Kermis, 10 am - 4:30 pm.
920-825-7555. gina@brusselscatholicchurch.com

Holy Cross, Kaukauna - Oktoberfest

Oct. 14, 10:30 am - 5 pm. 309 Desnoyer,
Kaukauna. 920-766-3773.
tschmahl@holycrosskaukauna.org

Knights on the Fox Concert Series

The popular outdoor summer concert series
Knights on the Fox will return for its 16th
season on the St. Norbert College campus. The
concert series features live music in a casual
atmosphere along the banks of the Fox River.
Carry in your own picnic, or purchase food and
beverages at Phil's, our on-campus eatery. Free
& open to the public. 920-403-3742
Tuesday evenings: Picnic, 5 pm;
Concert, 6:30 - 8 pm

The Presidents

July 10. Jazz rock, soul funk

Trapper Schoepp & the Shades

July 17. Storytelling

FEATHERWOLF

July 24. Folk rock

The Guthrie Brothers

July 31 - Alumni Night. Simon and Garfunkel
tribute music

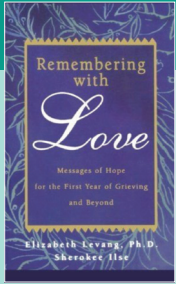
Listening Party

August 7. Americana, folk rock

Book Review: Remembering with Love

– By Elizabeth Levang, Ph.D and Sherokee Ilse

Reviewed by Joan Faltynski (Oct 16, 1939 – May 4, 2013) for the Spring 2010 edition of this newsletter



How fitting it is that the subtitle of this work is – “Messages of Hope for the First Year of Grieving and Beyond!”

Have you ever experienced the joy and comfort of a friend who – by their very presence – brought peace to your anxious heart? “Remembering with Love” is just such a friend. It seems like every different ache the reader senses after losing a loved one is addressed by these authors.

The format is one which is very sensitive to the grieving reader who finds it so difficult to concentrate for long periods of time. It offers a single-page consideration consisting of: a personal experience of loss; a brief reflection; and an idea for you to use as a means for caring for yourself. Like a one-a-day vitamin, which supplements daily nutritional needs, these one-a-day reflections sustain and support the reader emotionally and spiritually as they walk the long, lonely road of grief.

So often we have heard the adage that begins, “Out of the mouths of babes” In moments of grief, it is truly the words of these little ones that help us identify and voice the real pain we are feeling.

For example: “After Mother died, we asked our six-year old daughter how she felt. She said, ‘It feels like a flat tire in my stomach’.” For each of us, the grief journey looks a little different and may last a different duration of time.

A few things, however, are certain:

- **It is a process that can’t be rushed or avoided.**
- **There are no simple shortcuts.**
- **It must be lived.**

Having the support of family, dear friends and sensitive authors like these – ones who sense our aching hearts and who walk the journey with us – help us to “Remember with Love”... and they make all the difference in the world.

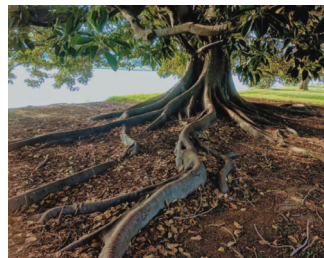
Joan Faltynski, a life-long elementary and middle school age teacher, worked part-time for Proko-Wall and reviewed books and videos. This book is available for checkout at Proko-Wall’s Community Library.

Continued from page 1 — 5 Unique Ways To Preserve the Memory of a Loved One

of a loved one. When you look at what could be accomplished on a national level if everyone chose to have a tree planted in their memory. Every year in the United States, 2.6 million people die. That’s 2.6 million trees planted every year, which is the equivalent of 3,581 acres of forest, *every single year*. Imagine the impact that could have in terms of long term environmental sustainability. Check out, “[Environmental Impact of Burial Funerals](#),” for more information on how the funeral profession has impacted our planet.

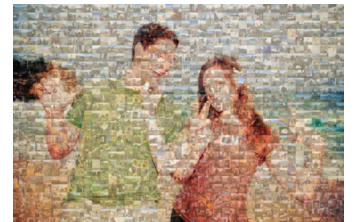
4. Create a Scrapbook

Scrapbooking the memories of a loved is a fun way to keep their memory alive, and also something you can show to other family and friends. People love pictures of special moments in a person’s life. A scrapbook puts these moments together in a unique way. They are also a great way to showcase the life of someone to family and friends who may not have gotten the chance to meet the deceased person. It’s like taking a glimpse into their life. You are able to customize the scrap book and even choose a theme to creatively bring together all the pictures. Furthermore, scrapbooks are wonderful for consolidating all the photos of someone so that they are not spread all over the place and easier to lose.



5. Creating a Mosaic From Many Photos

If you have the digital copy of the decedent’s photos, then a one-of-a-kind way to pay tribute to their life is by creating a mosaic, using hundreds of photos to make a single larger image. There are software companies such as [Mosaically](#) that will aggregate the photos by color, in order to form beautiful composite pictures and portraits. This is really one of those ideas that you just have to see for yourself to truly understand it.



It is never easy getting over the death of a loved one. Sometimes people tend to confuse healing from grief with blocking out the memory of the loved one altogether. It is liberating to be able to look back at happy memories you had with the loved one without falling back to heart break and sorrow. Be easy with yourself. The old cliché, “time heals all wounds,” is accurate. As some time passes, you will no longer have the constant shadow of grief overhead. Following some of these memorial ideas will hopefully help you and your family have some fun, while showing admiration to the recently deceased.



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<http://www.myasd.com/blog/guest-blog-post-5-unique-ways-preserve-memory-loved-one>

Recipe: Recipe Sausage and Cheese Spaghetti in a mug *Recipe by: ladyandpups.com*

Let's face it. You're busy. Too busy to mess around with complicated cooking after a long day. That's when you can really appreciate this totally microwaveable mug meal. Throw together fresh ingredients, like Italian sausage, pasta, garlic, shredded cheese and spices — then microwave. Within minutes, you'll be hooked.

1-1/2 cup (180 grams) of spaghetti,
broken into short segments
1-1/2 cup (355 grams) of water
1/4 tsp of salt
1 cup (240 gram) of half and half
1/8 tsp of freshly grated nutmeg
1/2 heaping cup (45 grams/1.6 oz)
of shredded fontina cheese
1/2 heaping cup (45 grams/1.6 oz)
of shredded sharp cheddar, plus more
for topping
1/3 cup (20 grams/0.7 oz) of grated
Parmigiano cheese, plus more for
topping
Salt and freshly ground black pepper
to taste
4.2 oz (120 grams) of sweet Italian
sausage meat
1 clove of garlic, finely minced
2 sprigs of fresh thyme
1 tsp of unsalted butter

Break the spaghetti up into short segments with your hands into a microwave-proof bowl. Add water and salt, then stir to combine. Cover the bowl and microwave on high for 4 min, then stir again with a fork. Cover and microwave on high again for 3-4 min. (depending on the thickness of the spaghetti) until the pasta is al-dente and the water's mostly absorbed. Add the half and half, grated nutmeg, shredded fontina and cheddar, and grated Parmigiano cheese. Mix evenly and season with salt and black pepper. Set aside.

Divide the Italian sausage, minced garlic, fresh thyme and unsalted butter into 2 mugs. Use a fork to mix them slightly, then microwave on high for 1 min. Break up the sausage meat with a fork (which shouldn't be completely cooked yet) and return to the microwave for another 1:30 min. Divide the spaghetti and cheese mixture into the mugs and mix with the sausage on the bottom. Top with more shredded cheddar, Parmigiano cheese and freshly ground black pepper. Microwave on high for another 3:30 min. until hot and bubbly (you might want to place a sheet of parchment on the bottom in case it over-spills).

Serve immediately. 2 small servings.

