



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:

Jeane Smits
Josh Vandebush
Joshua Ferguson
Carl Pauc
Alex Bahrke
Robert Walczyk, Jr.
Robert Walczyk, Sr.

Office Manager:

Kelly Wiegand

Office Assistants:

Amy Naniot • Bonnie Sabo

Pre-Need Specialist:

Mike Jarzin

After Care Coordinator:

Peggy George

**PROKO-WALL Funeral Home
& Crematory**

1630 E. Mason St.
Green Bay, WI 54302

Phone: (920) 468-4111 or
(800) 750-4222

Fax: (920) 468-3540

www.prokowall.com

© 2020 Proko-Wall Funeral
Home and Crematory



Survivors of Suicide (S.O.S)

— By Mary Doemel, Facilitator of SOS

In November 1994 our beloved son, Tim, died by suicide. Our family was devastated as we did not know what to do or where to turn. It was so difficult to even comprehend what had happened, the grief was overwhelming and different than any other grief we had experienced. We made the funeral arrangements because that's what you are supposed to do right? After the funeral, everyone goes back to their life as they know it, and I quickly learned nothing would ever be the same again. We were in the longest emotional roller coaster ride of our lives. The pain, grief, overwhelming sadness and the highs and lows just don't stop. Your brain is telling you he is dead, but your heart is saying, "No, no I want to see him, I want to hold him one more time." Your stomach is in knots. You don't know where to go with all the pain and guilt. As a family, we struggled with how to cope with the loss of Tim. We all did the best we knew how at the time. In January of 1995 we attended the Survivors of Suicide Support Group (SOS), which is a peer to peer support group for survivors and have been involved since that time. We met other survivors who understood what we were going through. There is a different kind of grief when there is a loss to suicide, and finding the right support is so important and necessary. The survivors we met in the SOS Group became our family. They knew what we were feeling and took our hands and led us on our journey through grief. I now facilitate the SOS Support Group and have been doing so for 15 years.

According to the CDC, national suicide deaths increased by over 30% since 1999. Suicide is the most preventable death. No one has to die by suicide. The most important steps we can take to reduce suicide are to educate people on the warning signs, know what resources are available and to reach out for help.

Warning Signs of Suicide

- Talking about Suicide
- Statements about hopelessness, helplessness or worthlessness
- Preoccupation with death or self-harm
- Suddenly happier or calmer after a period of distress
- Loss of interest in things one cares about
- Unusual patterns of visits or calling people one cares about
- Making arrangements; setting ones affairs in order
- Giving things away
- Acquiring guns or stockpiling pills

What to do:

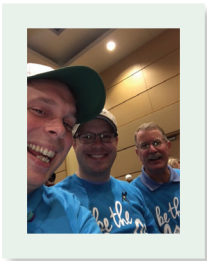
- A suicidal person urgently needs to see a doctor or psychiatrist.
- Get help immediately. Call your local crisis line 1-800-273-8255 or 911
- Or call the National Hopeline Network 1-800-SUICIDE (1-800-784-2433)



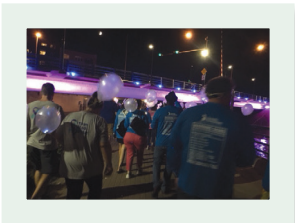
Continued on page 7

'Be The Light Walk' Virtual Walk, September 12th

Be The Light Walk lights up our communities September 12th 2020! This family-friendly event lights up the night to reduce stigma and prevent suicide. Learn more about organizations and agencies around Northeast Wisconsin who are actively working toward this goal in prevention, intervention and postvention. Everyone who registers will have a unique opportunity to be part of the online event broadcast! Register at <https://bethelightwalk.com/>



Be the Light Walk 2019,
Joshua Ferguson,
Alex Bahrke and
Pete Sponholtz



Walk to End Alzheimer's, September 26th

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year, Walk to End Alzheimer's® is everywhere — on every sidewalk, track, and trail.

Your health and safety are our top priorities. This year's event won't be a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same. Because we are all still walking and fundraising for the same thing: a world without Alzheimer's and all other dementia. Go to visit alz.org/walk for more information and to register.



2019 Walk to End Alzheimer's, Lambeau Field
Peggy George with Memory Café volunteers

Veterans Picnic — Postponed to 2021

Proko-Wall Recognition Ceremony Honoring
Veterans, Police, Firefighters, and First Responders

“Free Community Event”

Food & Live Music,

Presentation Honoring those Who Serve



Thank You to Biebel's Catering — Food Partner





*Your stories
have become
our story.*



Preplanning & Preneed Arrangements



Robert J. Walczyk Jr.



Jeane Smits



Mike Jarzin

Did you know in addition to Mike Jarzin, our Pre-Plan Specialist, funeral directors can help you with preplanning your funeral? During this pandemic, we have received numerous calls about preplanning. Certainly, as our government officials, first responders and health professionals do all they can to keep us safe, we understand that preplanning a funeral at this time may seem a bit off, and some may want to delay these decisions. Others don't know what to do with all the unstructured time, and COVID has brought the need for preplanning to the forefront. We certainly understand the plethora of emotions that accompanies preplanning during a 'normal' time, never mind now. Do what is right for you.

We have taken steps to ensure your health and safety should you decide to go ahead with preplanning. Phone and video conferences are available. Documents are even able to be signed over the computer. Night and weekend appointments are available when there are fewer people at the funeral home should you want to practice more restrictive social distancing. Mike Jarzin can even meet with you in the comfort of your home should you want total control over the environment.

As always, if you want to have questions answered or information on preplanning sent to you, please contact our preplanner, Mike Jarzin, at mike@prokowall.com or by calling (920) 468-4111.

Proko-Wall Funeral Director Joshua Ferguson

Joshua joined the staff of Proko-Wall Funeral Home in 2015. Born in Fond du Lac, he graduated from Horace Mann High School and Milwaukee Area Technical College with an Associate Degree in Funeral Service. He had formerly worked at funeral homes in Ripon and Oshkosh before moving to the west side of Green Bay. Joshua and his wife Jennifer have three children, Izzy, Ira, and Ivanna. A loveable mutt, Emma, completes the family. Joshua enjoys playing guitar, reading and building models. Families often remark on his caring and patient manner.



"How was I called to funeral service? A close friend of mine passed away—he was just 25 years old. It was unexpected and sudden. Over the week preceding the funeral, I had the opportunity to get to know his family and other close friends. We learned so much about our beloved friend, and about each other as we grieved together. The love and devotion I experienced over that week was amazing. The simple act of being there for someone at a time of great despair, and the ability to give counsel and care are great privileges. I am very thankful and honored to be a funeral director in Green Bay, and look forward to serving my community."

“ We just wanted to say thank you to Joshua. He directed Aaron's grandmother's funeral today. Her name is Mary Ann Michler. Joshua was so warm, attentive, and down to earth. We've been to a number of funerals in the last year and this one was by far the most calm and respectful. Thank you so very much for the day you gave us. —Aaron and Kate Bodart

”

Support Groups

ATO SZE

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

ADRC

(920) 497-4672 • 300 Adams St., Green Bay
Healing Through Grief—Life After Caregiving
Third Wednesday of each month. 4:00-5:30 pm.
Free and open to the public. Contact Beverly
Bartlett at (920) 448-4300

ASERACARE Hospice Support Group

(920) 339-9065. **Group meetings on hold until
restrictions are lifted.** 2nd Wednesday 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 Schuldt, angela.
schuldt@ahah.net

Men Journeying Through Grief

Meeting 1st Wednesday of every month
6:00-8:00 pm 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 pm.
Contact Laura, sbasp@wi.twcabc.com

AURORA AT HOME

(920) 838-1886. Aurora Baycare Hospital,
2845 Greenbriar Rd., Green Bay. Call Lisa Falk
to register. Every other Wednesday,
12:30-2:00 pm

CAMP LLOYD

920-265-2703 • 920-265-2775 • 2420 Nicolet Dr.,
Green Bay. A week-long day camp, 8:30 am-
4:30 pm, for grieving children, ages 7-16.
Registrations will be available in January 2021.
Contact Illene Cupit cupiti@uwgb.edu
or register online at
www.uwgb.edu/camp-lloyd/camperregistration

THE CARE COMMUNITY

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

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
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. 12:00-2:00 pm.
Contact Tom Bekkers

THE COMPASSIONATE FRIENDS

(920) 370-3858
www.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 at 6:00 pm. 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 Oil Painting, Stained
glass, Movement to music, Themed luncheons
and Music Events 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

Aurora BayCare Medical Center

(920) 241-1227 • 2845 Greenbrier Road,
Green Bay. Tuesday Evenings for 13 consecutive
weeks.

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 Ln., Green Bay.
Mondays, 6:30 pm. Facilitator: Kim Sechler,
Pastoral Care Pastor

New Hope United Methodist Church

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

Pilgrim Lutheran Church • (920) 965-2233.

1731 St. Agnes Dr., Green Bay. Mondays 6:30 pm

St. John Evangelical Lutheran Church

(920) 973-0828 • 14311 Maribel Rd., Maribel.
Wednesdays, 6:00 pm-8:00 pm, September 2 –
November 25

Spring Lake Church, Downtown

(920) 241-1227 • 301 N. Adams St., Green Bay.
Tuesdays, 6:30-8:30 pm

HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811,
annfroelich@gmail.com to register. A five-
week program for those who have lost someone
through Death. 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) 241-4593 • 1145 W Main Ave., De Pere.
Heartland Hospice offers a variety of support
group activities throughout the year.
Heartland Hospice offers a variety of support
group activities throughout the year. Call or email
Melissa Shea. Melissa.Shea@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 to <Mental Health> then <Grief &
Loss> link.

HOSPICE COMPASSUS

(920)-321-2004 • 2960 Allied St., Green Bay
Grief Support Groups on hold. Contact Kacie
Doxtator, Kacie.doxtator@compassus.com

LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • SS Edward & Isidore Parish,
3667 Flintville Dr., Suamico.
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.

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office,
1087 Kellogg St., Room 105. Grief Support
meetings 1:30-3:00 pm. September 22, 29,
October 6, 12, 20. Call Sr. Pat Clement to register;
pclement@quad-parish.org

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay

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)

(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 835 S. Van Buren
St., Green Bay. For parents who have lost a
baby through miscarriage, still birth, SIDS or
neo-natal death. Monthly Meetings: 2nd Thurs
of each month 7:00 pm. Contact Lana Reinke
lane.reinke@hshs.org or Theresa Shuck Theresa.
shuck@hshs.org

UNITY HOSPICE BEREAVEMENT

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

Unity Hospice Grief Support: Registration
required for all groups. **Registration required for
all groups. Registration required. Groups on
hold while COVID-19 restrictions are in place.**
**Please call with interest or to inquire about
current grief support options.**

Navigating the Waters of Grief: A 6-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 evening.

Grief Connection: Meets the third Thursday of
every month from 1:30-3:00 pm or
6:00-7:30 pm in De Pere. This group provides
discussion opportunities on grief related topics
relevant to those attending.

Generations – Hope for Grieving Families:

Designed to support grieving families with
children and teens ages 4-18. Dinner is served each
evening at no charge. Meetings are held on the
2nd and 4th Thursday of every month from 5:30-
7:15 pm in Green Bay.

Support Groups

Understanding Grief: Meeting monthly on Wednesdays.

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

Sister Bay Area:

3rd Wednesday of every month 1:00-2:30 pm

Gillett Area:

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

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

Healing Thru the Arts: A hands-on creative grief workshop for adults offered the 4th Thursday of the month from 2:00-3:30 pm or 6:00 - 7:30 pm. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.



“Shared tears and laughter are healing; trying to help others is a potent pain reliever.
—Erin Diehl, who lost her husband of 43 years to cancer”



Spend a Day Like Your Loved One on Their Deathiversary

— <https://whatsyourgrief.com/spend-a-day-like-your-loved-one-on-their-deathiversary/>

The anniversary of my mother's death, or her “deathiversary”, is closing in on me. I usually count on the foliage and cool fresh air to tip me off, but the beginning of Fall was so unseasonably warm this year, I hardly noticed.

These last few days, though, they've played their part well, bringing a dark, wet, coldness that is unmistakably autumn. For me, they also bring pangs of grief as I'm transported back in time to October 2006 – the season in which my mother died, and when I learned what it is to grieve.

So much has happened these last 13 years, and yet, some days, it feels like my mother died just yesterday. I still miss her and the way life felt before she died; when living without her was merely a scenario I shuddered to consider.

It was hard to believe then that life could go on without her. She was the sun, and my siblings and I were planets in her orbit. Without her, we had no idea how to continue existing.

But somehow we did.

As her sun faded and became a star, we found comfort knowing that, even though she was more distant than we'd ever like, she would always be present in the night sky. And bit by bit, we moved forward, we realigned, and we learned to love her despite her physical absence.

I've been through my mother's deathiversary quite a few times now, and each year I've felt compelled to honor her memory differently. Maybe this is a reflection of where I am in life, or perhaps because my relationship with her memory changes as I grow older.

To be honest, this year I thought I'd probably just coast through October. I have a new baby at home, which makes me feel connected to my mother with every snuggle and lullaby-song. But then my sister mentioned the fall weather was making her sad, and I started thinking – if I were going to recognize her deathiversary, what would I do?

I started with the obvious by asking myself, what would I do if I spent the day doing things that made me feel close to mom? Things she liked to do, things that

were unique to her, things I remember about her — the big stuff and the smaller stuff. I started a mental list:

“Play the piano...watch old movies on TCM...go to Wegmans...fold laundry on the living room floor...take my kids to the mall for an Orange Julius.”

I wondered if my siblings would have the same thoughts or if they would spend their hypothetical day doing different things, so I messaged them and asked. The conversation started out with some of the things I had already thought of, but then we got more and more specific as we went on...

“Pick kids up just late enough that they end up having to wait with a teacher or coach...”

Get mad at my brother for interrupting the end of a movie...

Ask someone to start a Word document and then call them back to save the document when finished...

Get sucked into a good book...

Do a child's homework for them...

Fall asleep with one of the kids at night...

Show a child, any child, unconditional patience and care...

Remembering the little quirks and qualities that we loved about her gave me so much joy. By the end of the conversation, I was laughing through tears. We won't actually do all these things – maybe one or two – or maybe even none – but it was so comforting just to think about.

I was reminded that this is how we went on living after my mother died – we wove her memory in the fabric of our every day lives. We remember the little things that made her who she was and we repeat the things that help make us the people we are today.

So...I'm sharing this with you because I was thinking how nice it would be to learn what other people would do if they spent a day like their loved one – doing the things they loved, getting annoyed by the things they loathed, embracing their eccentricities, etc. You don't have to actually do any of it – just imagine it – and don't stop until you've remembered at least one thing that makes you smile.

Local Activities



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. Call for hours

Blaser's Acres, Green Bay

2556 School Ln. 920-655-0483.

Open daily 8 am – 6 pm

Cherry Lane Orchards, Sturgeon Bay

7525 Cherry Ln. 920-856-6854.

Open daily 8 am – 5 pm

Krowas Orchards, Bailey's Harbor

7591 Legerquist Rd. 920-839-9022.

Open Monday – Saturday 9 am – 5 pm;

Sunday 10 am – 5 pm

Lautenbach's Orchard Country Winery & Market, Fish Creek

9197 WI-42. 920-868-3479. Open Monday

through Saturday 9 am – 6 pm;

Sunday 9 am – 5 pm

Moder's Gardens, Green Bay

3439 Lineville Rd. 920-434-0730.

Open daily 7 am – 6 pm

Oneida Apple Orchard, Oneida

3976 W. Mason St. 920-869-2468.

Open Tuesday – Friday 10 am – 6 pm;

Saturday 9 am – Noon

Seaquist Orchard, Sister Bay

11482 WI-42. 920-854-4199. Open Monday –

Thursday 9 am – 5 pm; Friday & Saturday

9 am – 6 pm; closed Sunday

Sunny Hill Farm, Suamico

1922 Oak Rd. 920-434-9009. Open every day

except Saturdays, 7 am – 7 pm in the summer

Wood Orchard, Egg Harbor

8112 WI-42. 920-868-2334. Open daily

9 am – 6 pm

Check out the recipe for one on page 8!!

Cook up some Apple Crisp and make your kitchen smell like Fall!



Other Events

National Railroad Museum Festival of Trees

Nov. 18, 2020 – Jan. 8, 2021, Green Bay



BE THE LIGHT WALK for Suicide Prevention

Sat., Sept. 14, 6:00 pm. KI Center, Downtown Green Bay. For more information go to BETHELIGHTWALK.COM



Brown County Showcase of Homes Fall 2020

Sept. 19-20 & Sept. 24-27. 920-494-9020

2020 Walk to End Alzheimer's

Sat., Sept. 28, 8:00 am. Johnsonville Tailgate Village, Lambeau Field



Toys for Tots



What better way to start the Holiday Season than by sharing the Christmas Spirit with a family in need? Proko-Wall Funeral Home is again happy to be a drop off site for Toys for Tots. Please drop off unwrapped toys Oct. 1 – Dec. 7 at Proko-Wall Funeral Home, 1630 E. Mason St, Green Bay, from 9:00 am – 4:00 pm weekdays or 9:00 am to noon Saturdays. Here are some suggestions on toys to give:

- Sporting equipment like bags and balls
- Books
- Backpacks
- Board games
- Radio-control cars/trucks
- Hand-held electronics
- Skateboards/helmets

Do not give toys that look like realistic weapons or food items. Let's support our United States Marine Corps in collecting toys for area children in need.

The Local Impact – Green Bay WI during 2019: 7,951 Children Supported

Coats for Kids



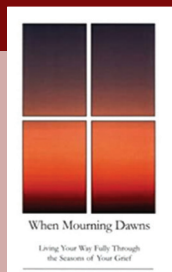
Cleaning out closets? Trying to find something to do while staying at home? Save those coats for the 2020 Coats for Kids campaign. Proko-Wall Funeral Home will once again be a drop off site for new and gently used clean coats. Remember some kids in middle school could wear an adult size coat. Let's work together, with the Salvation Army to keep our community's kids warm this winter.

In 2019, The Salvation Army of Greater Green Bay Distributed 3,270 Coats to Children in Need. We expect to serve about 3,000 children this year. Due to COVID-19, we are hoping to receive more new coats than gently used coats. We would prefer if the gently used coats could be donated in separate plastic bags so they would not be touching what might be a new coat.

Please consider donating to keep a kid warm this winter by dropping off new or gently used coats Oct. 1 – Dec. 15 at Proko-Wall Funeral Home is located at 1630 E. Mason St. from 9:00 am – 4:00 pm weekdays or 9:00 to noon Saturdays.

Book Review: When Mourning Dawns

– By James E. Miller



The rhythm of the seasons has much to teach us as we search for balance in our fast-paced lifestyle. This is true even more so when grief puts additional strain on our heartstrings and daily routine.

At times like this, we welcome any available crutch to lean on, be it wooden, metal or human. One such crutch available is the insight, compassion and hope wrapped up in a mere fifty-page book entitled *When Mourning Dawns*. What a peace-filled, practical journey through grief this proves to be.

The loss of color, vibrancy and vitality, characteristic of autumn, is the lived experience of one in the grieving process. The autumn of grief is truly an unbalanced time – a genuine rollercoaster of emotions in search of some perceived “right way” to grieve. Autumn’s advice:

- Do what comes naturally
- Give yourself permission to feel whatever you feel
- Allow yourself to lean

Winter, in all its scenic beauty, can also take on a somewhat monstrous character in that it is blustery, cold, dark and lasting longer than we might like. This season, however, serves as a poignant reminder that “some things cannot be hurried.” Winter further reminds the grieving heart “Take your time.” Winter’s advice:

- Take good care of yourself
- Turn to sources of wisdom
- Remember your loved one

The fragile nature of new beginnings, evident with the emergence of spring, speaks of *gentle, gradual, slow growth* – critically important to a grieving heart. But these sudden splashes of colorful surprises give new reasons for hope and healing, which slowly but surely do arrive. Spring’s advice:

- Expect and allow respites from grief
- Reach out
- Experiment with new beginnings

As surely as spring leads to summer, grief will lead to restoration of a sense of wholeness. Important to remember is the fact that “this season of grief does not just arrive on its own – you encourage it to come.” The summer of grief makes clear that your loved one may not be walking beside you, but walks even closer – inside you.

Autumn, winter, spring and summer – what fabulous gifts – in life and in death.

Reviewed by Joan Faltynski (Oct. 16, 1939–May 4, 2013), a life-long elementary and middle school teacher, reviewed books and videos for Proko-Wall. This book as well as others, is available for checkout at Proko-Wall’s community library.

Continued from page 1 — Survivors of Suicide (S.O.S)

In 2006 the Brown County Coalition for Suicide Prevention was formed to lead the fight against suicide through education, awareness, outreach and support. The Coalition is comprised of volunteers from local schools, healthcare organizations, behavioral health providers, government agencies, police agencies, veteran-focused groups, local businesses, advocates, and survivors. As previously mentioned, the SOS Group is one of the initiatives within the coalition. In 2008, Question, Persuade and Refer (QPR) Training was launched for suicide prevention. Certified community members went out into the community to train others in suicide prevention. On September 8, 2020, the Local Outreach to Suicide Survivors, (LOSS) Team will be launched. The LOSS Team is a postvention program consisting of a suicide survivor and clinician, trained and deployed

to scenes of local suicides to provide immediate support and resources to those who have lost a loved one to suicide. The coalition also sponsors the Be the Light Walk, held annually in downtown Green Bay and drawing more than 12,000 participants in its 11-year history. It has been a tremendous tool for building awareness and to fund critical initiatives. It is an event for healing, connection and knowing you are not alone. This event takes place virtually on September 12, 2020. For more information go to <https://bethelightwalk.com/> to sign up or to join a team.



Proko-Wall Funeral Home Supports Curative Connections

Jeane Smits, Managing Funeral Director (and Curative Connection Corporate Member) and Peggy George, After Care Coordinator enjoy a tasty Uncle Mike’s Raspberry Kringle with the staff at Proko-Wall.

Uncle Mike’s, Zambaldi Beer, Heartland Pizza, and Schlotzsky’s were part of the ‘No Limits’ Campaign at the end of July donating a portion of their sales to Curative Connections. Together we defy limits! Support these local businesses who are helping spread the message that having a disability isn’t a limitation to being an active part of the community.

Proko-Wall is proud to offer ample handicap parking, a no step threshold entry, as well as handicap accessible restrooms. Our priority is assisting people in achieving a ‘No Limits’ experience at our facility.



Recipe: Apple Crisp for One

Recipe by: Joanie Zisk, One Dish Kitchen

<https://onedishkitchen.com/apple-crisp>

*"Apple Crisp For One! One apple baked in brown sugar, cinnamon and butter underneath an oat free, buttery topping.
The perfect size for a perfect dessert!"*

Prep Time: 5 minutes

Cook Time: 25 minutes

1 apple, peeled, cored and diced

1/2 teaspoon sugar

1/8 teaspoon cinnamon

For the topping:

2 tablespoons brown sugar

2 teaspoons all-purpose flour

1/2 teaspoon cinnamon

1 tablespoon butter

Nutrition info:

Serving: 1 serving | Calories: 311kcal | Carbohydrates: 54g | Protein: 1g | Fat: 11g |
Saturated Fat: 7g | Cholesterol: 30mg | Sodium: 108mg | Potassium: 194mg | Fiber: 4g |
Sugar: 44g | Vitamin A: 450IU | Vitamin C: 8.4mg | Calcium: 31mg | Iron: 0.4mg

Notes:

*You could substitute pears in the recipe
for a lovely pear crisp.*

Directions:

1. Heat oven to 350 degrees F (177 degrees C).
2. Place the diced apples in a small ramekin or other oven-safe dish. Stir in the sugar and the cinnamon.

For the topping:

1. In a small bowl, whisk together the brown sugar, flour, cinnamon and butter. Cut the butter into a few pieces and toss them into the dry ingredients. Using your fingers or a fork, work the butter into the dry ingredients until heavy crumbs are formed.
2. Spoon the crumb mixture over the apples.
3. Bake for 25 minutes or until apples are soft.

