



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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Life as A Motherless Daughter: Motherless Daughters Share Their Feelings in Therapy Groups

— Paige Tangney, MEd, Seattle, WA

"... Too soon, too sudden, the wrenching apart, that woman's heartbeat heard ever after from a distance, the loss of that ground-note echoing whenever we are happy, or in despair." —from Transcendental Etude, by Adrienne Rich

The wrenching apart, the loss of the ground-note, the loss of a mother, echoes throughout a woman's life. She feels it again with every year, every change at every stage of her life. When she is establishing her adult identity and life path in her twenties, she has no secure base to return to for a mother's support and comfort.

In her groundbreaking book, **Motherless Daughters—a Legacy of Loss**, author Hope Edelman discusses the many factors that contribute to the influence the legacy of a mother's death. If the daughter is younger than six years of age at the time of her mother's death she will struggle with feelings of confusion, and abandonment. She will have difficulty establishing trust in relationships. Love is rife with risk for a motherless child and will continue to be so as she matures. A daughter who loses her mother during late childhood (ages 6-12) is mentally and emotionally mature enough to experience profound loss. She will need to learn to ward off sad feelings. She will be inclined to "magical thinking" about her mother and will likely idealize her. As a woman, she will never be able to live up to this idealized version of her mother and will be very critical of herself.

Loss of a mother during teen years denies the chance for redemption, the healing "talk on the porch swing" as seen in the movie, "Divine Secrets of the Ya Ya Sisterhood." In a normal life cycle, girls struggle against their mother's holding them close to break away and become an independent individual. Daughters often do this through conflict. However, if the mother dies during this time, the memories of a loving relationship of many years may be reduced to the most memorable fights. There is no chance to say, "I'm sorry, I didn't mean those things I said. I really loved you."

Some people think that a daughter doesn't need a mother in her twenties because she is an adult. Not so. As young women are taking their first steps into adulthood they are much like toddlers exploring the world and they still need their mothers to catch them or to run back to when the world is too scary. Mothers can provide reassurance and a home base for feeling security and developing the self-confidence necessary for a successful launch into adulthood.

As women marry and begin families, they miss their mothers acutely. Even when they have supportive partners, they have lots of questions about the intimate nature of pregnancy and birth, and about being a mother. They also realize in the most profound way how much their mother



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Holiday Memorial Program & Party – December 7th



The Holiday Memorial Program is one of the many ways Proko-Wall reaches out to families in the first year after a loved one dies. About 50 Proko-Wall families gathered on Saturday, December 7th, at the funeral home to remember their loved ones. They gathered to remember, to heal and to continue to grow and learn on their grief journey.

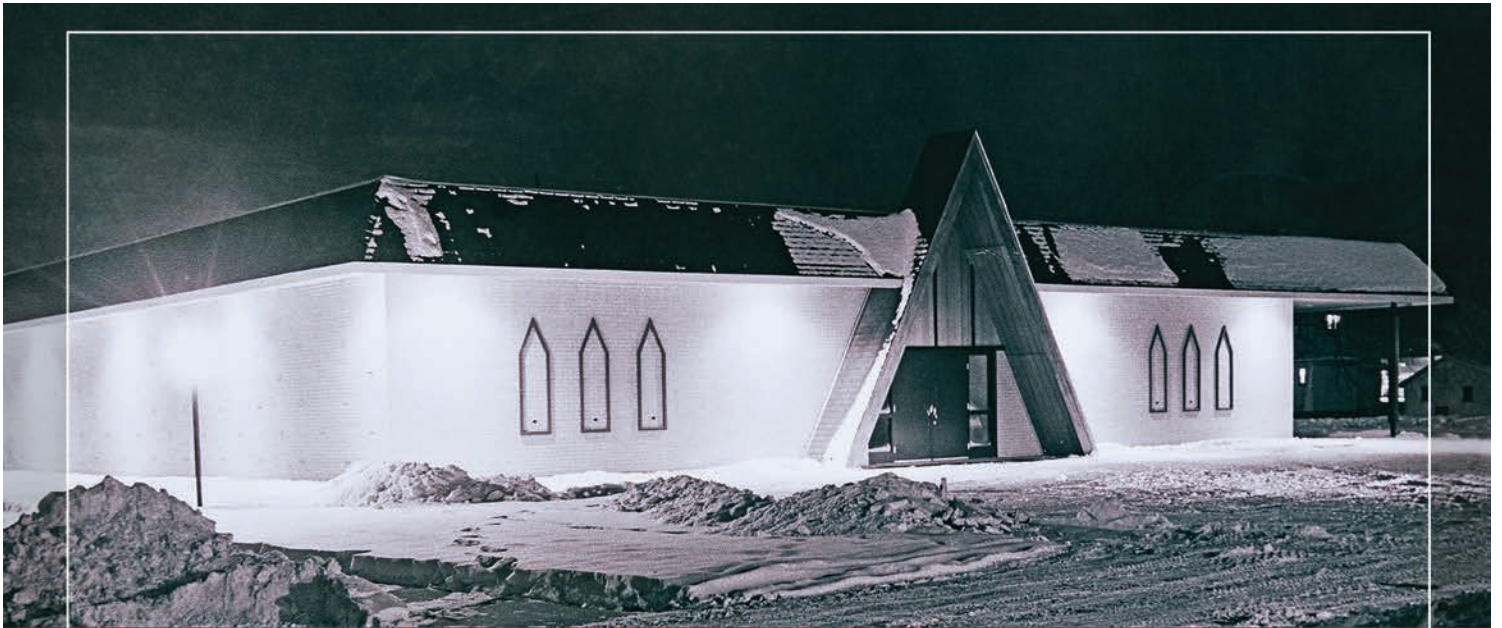
Kathie Tilot led us in a talk about how to navigate the holidays during this first year. Rev. David Hatch offered our opening and closing prayers. The event included a candle lighting ceremony. Each family received an angel ornament, enjoyed cookies, coffee, hot cider, and a chance to visit with others when the program concluded.

Chalkboard Donation to Memory Café – January 14th



Proko-Wall donated chalkboards to the Memory Café for their January art project. Guests decorated the chalkboards which were then donated to an area shelter for kids. Guests also brought hats and mittens to donate to the shelter.





50 YEARS
FAMILY OWNED

Our thanks to the many great families
who have allowed us to achieve excellence.



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. 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 Schudt, angela.schudt@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 pm.
Contact Laura, sbasp@wi.twcbc.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, June 14-19, 8:30 am-4:30 pm, for grieving children, ages 7-14, held at the UWGB Campus. Registrations now available. Contact Illene Cupit, cupiti@uwgb.edu. 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. Mar. 29, 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 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 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 for meeting location(s). Programs include: Walking Through Grief and Recovery from Pet Loss

GRIEF SHARE

Aurora Baycare Medical Center
(920) 241-1227 • 2845 Greenbrier Road,
Green Bay. Renée M. Lubinski, *Bereavement Director, Healthcare Chaplain*,
renee.lubinski@aurora.org. 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

Spring Lake Church, Downtown

(920) 241-1227 • 301 N. Adams St., Green Bay.
Tuesdays, 6:30-8:30 pm. Contact: Renee Lubinski,
Bereavement Director, Healthcare Chaplain, renee.lubinski@aurora.org

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.
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 • 3237 Riverside Dr., Green Bay
Grief Support Group
Every 3rd Tuesday of the month. Green Bay Kress Library, 333 N. Broadway, De Pere. 11:30 am -12:30 pm. Call Kacie Doxtator, Kacie.doxtator@compassus.com

LAKESHORE GRIEF SUPPORT PROGRAMS

Safe Harbor

(920) 682-7742 • A grief group for teens: Meeting on the 1st & 3rd Mondays of the month, 6:30-7:45 pm. First Lutheran Church 521 N. 8th St., Manitowoc.
Contact Stephanie Bowman or email at sb_flcmanitowoc@sbcglobal.net

Wings of Hope

(920) 242-1153 • Helping families as they grieve the loss of a baby through miscarriage, stillbirth, ectopic pregnancy or SIDS. Jenny Weier, Grief Facilitator

Stepping Stones Suicide Support Group

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

LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • 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. 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 1:30-3:00 pm. Call Sr. Pat Clement to register; pclement@quad-parish.org

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. 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 lane.reinke@hshs.org or Theresa Shuck Theresa.shuck@hshs.org

UNITY HOSPICE BEREAVEMENT

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

Support Groups

Unity Hospice Grief Support: Registration required for all groups.

Navigating the Waters of Grief: 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 evening.

Afternoon (1:30-3:00 pm): Mar. 24 – Apr. 28;
May 12 – June 16

Evenings (6:00-7:30 pm): Apr. 7 – May 12;
June 2 – July 7

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.

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. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.

DEAR JOSH,

Thank you for your excellent service and compassion with helping us make arrangements and plan our Aunt Marge's funeral. You were so patient with your guidance of the many details involved. Aunt Marge looked absolutely beautiful – not just my own opinion but also of many others! The day of the funeral ran so smoothly and was so lovely – Thank You! Your kindness will never be forgotten! We are so grateful!

–Margaret and family

Healing Through Grief Support Group

Why do I need a support group?

Perhaps what is most important about the support group is **the atmosphere of caring, frankness, and confidentiality** that it provides. Members need the freedom to express their emotions without feeling guilty, and those who are grieving need the positive reinforcement which can be given by others who know the hard work involved in mourning the loss of a loved one. The group gives its members the chance to vent their frustrations, anger, disappointments, their losses, as well as share their successes in a safe, non-judgmental environment. In the process, members may take a first step in reconstructing their lives by forming new relationships with others.

Attending a support group is often difficult at first. It takes time to feel comfortable sharing your problems and question with people you don't know. However, the experience of many members is that once they opened up, they found their problems were not so different from other people on their own grief journeys. Suddenly, the people with whom they were sharing, were not strangers at all, and by sharing with others in similar situations, they felt less alone, and gained support and understanding from these new relationships.

If you have difficulty talking to family or friends about your feelings, you may find it is easier to express yourself in a support group, where you can be honest with others who are facing similar situations.

A support group also can help you feel more in control of your life, because you will have heard how others have coped, or are coping, with similar situations, you will know what to expect, thus making it easier to solve problems and make difficult decisions. **You may also find hope** from seeing that others have gone through the challenges you are facing, and they have survived the grieving experience.

Finally, a support group can give you **encouragement and moral support**. The group can help you rebuild the self-esteem and perhaps help you cope with that "lost" feeling. In many cases the support group friends can become a "second family," especially if family members and friends are having difficulty understanding.

Edited from an article by Beverly Bartlett – Community Volunteer and Local Support Group Facilitator



“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.

Local Activities

March

February 28–March 1 – *WBAY Home &*

Garden Show. Lambeau Field,
1265 Lombardi Ave., Green Bay

Thursday, March 5 – *Wisconsin Singers.* 7 pm.
Meyer Theater, 117 S. Washington St, Green
Bay • (920) 433-3343 • meyertheatre.org

Friday, March 6 – *Deuces Wild Dueling Pianos.*
8 pm. Meyer Theater, 117 S. Washington St,
Green Bay • (920) 433-3343 • meyertheatre.org

Saturday, March 7 – *Polar Plunge.* Lambeau
Field, 1265 Lombardi Ave., Green Bay

March 7-8, 12-15 – *Brown County Showcase
of Homes.* (920) 494-9020 • Bchba.org

Tuesday, March 10 – *Future/Primitive:*

Percussion & Technology. 6:30 pm. Weidner
Center for Performing Arts (Fort Howard
Hall), 2420 Nicolet Dr., Green Bay •
(920) 465-2726 • weidnercenter.com

Friday, March 13 – *Monthly Fish Fry* •
5:00-6:30 pm. Prices: \$5-\$15. Meals include
coleslaw, rolls, beverage and potato choice.
Carry-outs available; call (920) 468-4065 by
4 pm. Our Saviour Lutheran Church,
120 South Henry Street, Green Bay

Friday, March 13 – *We Banjo* 3. 7:30 pm.
Meyer Theater, 117 S. Washington St, Green
Bay • (920) 433-3343 • meyertheatre.org

Friday, March 13 – *The Cougars Band.* 6 pm.
Riverside Ballroom, 1560 Main St.,
Green Bay • (920) 544-4244

Saturday, March 14 – *Green Bay St. Patrick's
Day Parade.* 4:00 pm. The City Deck,
301 N. Washington St., Green Bay

Saturday, March 14 – *Celebrate St. Patrick's
Day w/The Crossing.* 6-8 pm. Cup O Joy,
232 S. Broadway, Green Bay

Saturday, March 14 – *Fly Fishing Film Tour
2020.* 7 pm. Meyer Theater,
117 S. Washington St., Green Bay •
(920) 433-3343 • meyertheatre.org

Monday, March 16 – *Allouez Village Band,*
7 pm. Meyer Theater, 117 S. Washington St,
Green Bay • (920) 433-3343 • meyertheatre.org

Wednesday, March 18 – *Gaelic Storm.*
7:30 pm. Meyer Theater, 117 S. Washington
St., Green Bay • (920) 433-3343 •
meyertheatre.org

Thursday, March 19 – *Kathleen Madigan.*
7:30 pm. Meyer Theater, 117 S. Washington St,
Green Bay • (920) 433-3343 • meyertheatre.org

Friday, March 20 – *Project Pink (Tribute to
Pink Floyd).* 8 pm. Meyer Theater,
117 S. Washington St, Green Bay •
(920) 433-3343 • meyertheatre.org

Friday, March 20 – *Mozart Masterworks.*

7 pm. Weidner Center for Performing Arts
(Fort Howard Hall), 2420 Nicolet Dr., Green
Bay • (920) 465-2726 • weidnercenter.com

Saturday, March 21 – *Broadway Beer Hop.*

Noon – 4 pm. Broadway District,
(920) 437-2531

Sunday, March 22 – *Daddy D Productions –
Sinatra.* Riverside Ballroom,
1560 Main St., Green Bay • (920) 544-4244

April

Monday, April 6 – *Beautiful – The Carol
King Musical.* 7 pm • Weidner Center for
Performing Arts (Cofrin Family Hall), 2420
Nicolet Dr., Green Bay • (920) 465-2726
weidnercenter.com

Friday, April 10 – *Monthly Fish Fry* •
5:00-6:30 pm. Prices: \$5-\$15. Meals include
coleslaw, rolls, beverage and potato choice.
Carry-outs available; call (920) 468-4065 by
4 pm. Our Saviour Lutheran Church,
120 South Henry Street, Green Bay

Monday, April 13 – *Cher.* 7:30 pm • Resch
Center, 820 Armed Forces Dr., Green Bay •
(800) 895-0071 • reschcenter.com

Thursday, April 16 – *Things My Mother
Taught Me.* Green Bay Community Theater,
122 N. Chestnut Ave, Green Bay
(920) 435-6300

Sunday, April 19 – *Eaglemania – Eagle's Tribute
Band.* Meyer Theater, 117 S. Washington St,
Green Bay • (920) 433-3343 • meyertheatre.org

Monday, April 20 – *Allouez Village Band.*
7 pm. Meyer Theater, 117 S. Washington St,
Green Bay • (920) 433-3343 • meyertheatre.org

Tuesday, April 21 – *An Evening with George
Winston.* 7:30 pm. Meyer Theater,
117 S. Washington St, Green Bay •
(920) 433-3343 • meyertheatre.org

Saturday, April 25 – *Reba.* 7 pm • Resch
Center, 820 Armed Forces Dr., Green Bay •
(800) 895-0071 • reschcenter.com

Sunday, April 26 – *Craft Show.* 9 am–3 pm.
Riverside Ballroom, 1560 Main St., Green
Bay • (920) 544-4244



May

Friday, May 8 – *Monthly Fish Fry* •

5:00-6:30 pm. Prices: \$5-\$15. Meals include
coleslaw, rolls, beverage and potato choice.
Carry-outs available; call (920) 468-4065 by 4
pm. Our Saviour Lutheran Church,
120 South Henry Street, Green Bay

Saturday, May 2 – *Green Bay Heart Ball.*
Lambeau Field, Green Bay

Saturday, May 2 – *Wildflower Wine Walk.*
Noon – 4 pm. Old Fort Square, Broadway
District, (920) 437-2531 •
info@onbroadway.org

May 9-24 – *Always Patsy Cline.* Weidner Center
for Performing Arts (Cofrin Family Hall),
2420 Nicolet Dr., Green Bay • (920) 465-2726
weidnercenter.com

May 15-17 – *Pet Expo.* Resch Center,
820 Armed Forces Dr., Green Bay •
(800) 895-0071 • reschcenter.com

Saturday, May 16 – *Cellcom Run.* Lambeau
Field, 1265 Lombardi Ave., Green Bay

Monday, May 18 – *Allouez Village Band.* 7 pm.
Meyer Theater, 117 S. Washington St., Green
Bay • (920) 433-3343 • meyertheatre.org

Thursday, May 21 – *Art Garfunkel.* 7 pm.
Meyer Theater, 117 S. Washington St., Green
Bay • (920) 433-3343 • meyertheatre.org

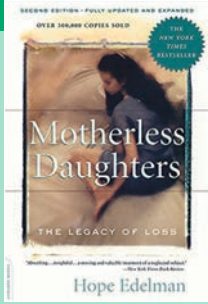
Saturday - Monday, May 23-25 – *Celebrate
DePere.* www.celebratedepere.com • Voyageur
Park, 100 William St., DePere • (920) 370-3778

Thursday, May 28 – *Fashion for Compassion.*
Riverside Ballroom, 1560 Main St.,
Green Bay • (920) 544-4244



Book Review: Motherless Daughters

– By Hope Edelman



Mother's Day is Sunday, May 10th, this year. As the day approaches, we recognize this day will be difficult for those experiencing the holiday without their mothers for the first time. We offer this title to encourage readers to take a moment for themselves to remember their mothers.

*Taken from Amazon site. The classic **New York Times** bestseller that has helped millions of women cope with and heal from the grief of losing their mothers.*

Although a mother's mortality is inevitable no book has discussed the profound lasting and far-reaching effects of this loss until *Motherless Daughters*, which became an instant classic. More than twenty years later, it is still the go-to book that women of all ages look to for comfort, help, and understanding when their mother dies. Building on interviews with hundreds of mother loss survivors, Edelman's personal story of losing her mother, and recent research in grief and psychology, *Motherless Daughters* reveals the shared experiences and core identity issues of motherless women:

- Why the absence of a nurturing hand shapes a woman's identity throughout her lifespan
- How present day relationships are defined by past losses
- How a woman can resolve past conflicts and move toward acceptance and healing
- Why grief really is not a linear passage but an ongoing cyclical journey
- How the legacy of mother loss shifts with the passage of time

Ask any woman whose mother has died and she will tell you that she is irrevocably altered, as profusely changed by her mother's death as she was by her mother's life. And although a mother's mortality is as inevitable as nightfall, no other book has addressed the lasting effects of this incalculable loss.

–Check out this book at Proko-Wall's community library. See our complete list at www.prokowall.com

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loved them and the full scope of their loss. They grieve the loss of family history, of stories and a grandmother for their child. They are motherless mothers.

A woman who has her mother up to mid-life and loses her to death grieves the loss of a loving companion. This is supposed to be the time when all of the conflicts are resolved, a woman has her own family established and she can enjoy her mother as a unique and wonderful companion in her life. As the woman progresses through menopause and into her own golden years, that relationship can also provide guidance. Women at this stage can value the life experience and companionship of a "wise woman" and mourn that loss when their mother dies.

Gather two or three motherless daughters around and they will relate how anxious they are as they approach the age their mother died. For some women this anxiety can be acute and disabling. Probe deeper and many of them will tell of trying to fill the "big void" in their life, the "hole in their heart" that won't heal. Some women try and fill the void with binge eating, some with substance abuse. Other women look to relationships to fill the void but it is not the same. During these times what motherless daughters want most is for their mother to calm them, reassure them, be the safe port in the storm. But, she is not there.

Holidays are among the most difficult times for motherless daughters. Mothers are generally the hub around which all festive traditions revolve. Christmas, Hanukkah, etc. are never the same if they survive a mother's death at all. Then there are birthdays, the day mothers wax nostalgic about the day their daughter was born and buy them something really special. A birthday card from your aunt just isn't the same.

Mother's Day is the worst—to be motherless on Mothers' Day. Each Spring, motherless daughters are surrounded by reminders of how special the mother-daughter relationship is. There are books of

mother-daughter quotes and daughters write poems to their mothers. The teacher tells the motherless daughter to give their daughter's Mother's Day poem to their aunt or grandmother. It is just one more painful reminder that they don't have a mother anymore.

Fortunately with losses come gifts. Hope Edelman describes motherless daughters as having their own gifts. Motherless daughters are less likely to feel bound by sex role stereotypes and have the courage to "journey alone." Motherless daughters are frequently creative in their need to stay busy and use their time to create meaning in their lives. Living beyond that age that mother died is "living dangerously" and motherless daughters feel driven to make the most of that time. Many of the most celebrated and driven women of our time are motherless daughters.

So how does a woman move on and reclaim her life?

The key is to resolve the "mother identity / mother fear" connection by learning who her mother really was and learning to look at her in a new light—adult woman to adult woman. She needs to acknowledge those personal traits of hers which were like her mothers, but come to understand how she and her mother were different and likely have different life paths. When a woman can accomplish that she can honor her mother's legacy, accept the gifts of "other mothers" in her life, and live life as a unique woman who is strong, creative, compassionate and whole.

Paige Tangney, of Ground Note Counseling, Seattle, Washington is a certified school psychologist and Licensed Mental Health Counselor Associate in Seattle, King County, Washington State.

To read the complete article, go to:

www.counselingwashington.com/Resources/Life-As-A-Motherless-Daughter

Supper on a Bun

Estimated prep time: 15 minutes

This year marks Proko-Wall's 50th anniversary serving our community. This recipe is the first one published in the Tomorrow Newsletter and the author is Bob Walczyk Jr.'s mother-in-law, Bernie Ball (April 16, 1924 – December 30, 2015). At the time of the initial publishing, Bernie had been cooking for one since Chester, her husband of 44 years, passed away from cancer in March 1993.

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|--|--|
| One hoagie bun halved
(or small French bread) | ½ lb. ground chuck
(ground turkey may also be used) |
| ¼ cup milk | ¼ chopped onion |
| ¼ crushed crackers or breadcrumbs | 1 Teaspoon of prepared mustard |
| 1 small egg or 1 Tablespoon Egg Beaters™ | Salt, pepper, garlic powder to taste |
| ½ cup grated cheese (cheddar) | |

Mix all ingredients well. Spread evenly over hoagie bun halves. Wrap each half with foil, leaving top open and foil rolled down (only the bread should be covered). Bake on a cookie sheet at 350° for 1/2 hour or forty-five minutes (cook meat thoroughly).

Optional: Remove from oven shortly before cooking is done and place 2 slices of cheese diagonally over each half. Return to oven for a few minutes to melt the cheese.

Serve with dill pickles, a small salad or small relish tray (carrot sticks, celery sticks, radishes etc.) and the result is a nutritional balanced meal for one.

