

Tomorrow™

Published quarterly since 1996 for those left behind.

PROKO-WALL Funeral Home publishes TOMORROW™ as a service to the families who trust us in the hours of their greatest need. TOMORROW will be sent to all of our families for one year following their loss. It is designed to provide our families with an understanding of their yesterdays, support for their todays, and a promise of hope for their tomorrows.

Licensed Funeral Directors:

Jeane Smits
Josh Vandembush
Shawn Kamke
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

© 2018 Proko-Wall Funeral Home and Crematory



Seven Tips for Coping with Grief in Summer

— By Cheri Milton, MST, Hospice Counselor

Summer in Wisconsin gives us so much to love: beautiful flowers, picnics, swimming, fishing, camping, baseball, festivals and many other warm-weather pleasures. But if you've recently lost someone you love, everything you used to enjoy about summer may be different.

Grief can be more intense in the summertime. Very often, bereaved people—including kids—find it hard to cope with sadness at a time when everyone else is out there having fun. Especially in the first year following a loss, people think, "The Fourth of July doesn't matter, the flowers don't matter. Everyone's celebrating but I feel like a downer. Summer doesn't matter because the person I love isn't here."

Some bereaved people tell me that in Wisconsin the nice seasons make grief harder, because they think they should feel happy in summer—but can't enjoy things that were fun in the past. They'll say, "Winter's easier because it matches the mood I'm in."

Here are some tips to help anyone who is struggling with grief in summer:

1. Know that for most people, grief is a common reaction to loss, and it does pass with time. The second year may be easier, and people usually begin to enjoy again the activities that were special to them before their loss.
2. Try the things you enjoyed previously in summer and see if they're a good fit—or are still too painful. If you once liked to kayak or play cards or go out for a fish fry in the summer, give it a go. You may be surprised to find that it's comforting.
3. Go outside, if possible. A dose of sunshine and vitamin D helps people cope with stress.
4. Try doing your favorite activities in a new way that honors or remembers the person who died. Be intentional and purposeful. If you loved fishing with your dad who has passed away, plan a fishing trip in his memory this summer.



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 Donna, Betty, & Bob!

February 23: Donna Dalebroux

April 3: Betty Maher

April 25: Bob VandenAvond



Donna Dalebroux



Betty Maher



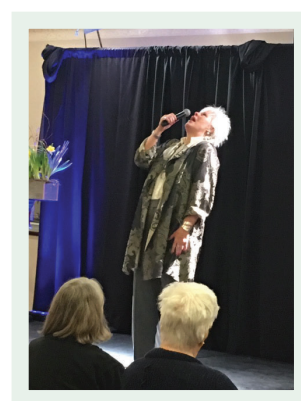
Bob VandenAvond

“DEAR PROKO-WALL FUNERAL HOME AND PEGGY,
Thanks so much for the birthday cake. What a pleasant surprise. —Betty Maher”



LAUGH WITH KARYN RUTH

Monday, May 6th



“DEAR PEGGY,
Thank you for inviting me to hear Karyn Ruth. Her presentation was so funny and yet I learned so much. We must keep laughing to stay healthy. Blessings to you and Proko-Wall for caring about people before, during and after hard times. —Love, Jan”

Spring Planting, Saturday, May 18th



“I would like to give Proko-Wall and the staff a big Thank You for the Spring Planting Ceremony this morning. The speeches were great, the flower planting and best the dove release. It made me feel a little more comforted to know there are a lot of other people going thru the same thing I am. I only hope that each day will get a little bit better. Thank you so much!
—Mary Jane Perrault”



Proko-Wall Recognition Ceremony

**To Honor Active & Retired
Veterans, Police, and First Responders**

**Saturday, September 7th
11:00 am – 2:00 pm**



**Josten Park
Town Hall Road, Bellevue, WI 54311**



FREE EVENT



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

**Registration opens online at
www.Prokowall.com starting July 1st**



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

ADRC

(920) 497-4672 • 300 Adams St., Green Bay. ASERA CARE HOSPICE SUPPORT GROUP. 2nd Wednesday of the month at 2:00pm. Free and open to the public. Contact Mandy Sarazen at Amanda.Sarazen@aseracare.com

Healing Through Grief – Life After Care

Giving • Third Wednesday of each month. 4:00-5:30 pm. 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 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. NO MEETINGS JUNE THROUGH AUGUST. Contact Laura, sbasp@wi.twcbc.com

AURORA AT HOME

(920) 288-5100 • Aurora BayCare Medical Center, 931 Discovery Rd., Green Bay. Contact person: Lisa Falk, (920) 838-1886 •

Lisa.falk@aurora.org. **General Grief Support:**

6-week Series. 2nd & 4th Mondays (Jan., Feb., Mar.) (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. 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) 337-4571 • 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 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. July 14. 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 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. **Understanding Your Suicide Grief:** Ten Essential Touchstones for Finding Hope and Healing Your Heart. June 1 through mid-August. 6:00 – 8:00pm. Registration: \$30 Partial scholarships available upon request

GRIEF SHARE

Aurora BayCare Medical Center

(920) 241-1247. 2845 Greenbrier Road, Green Bay. Renée M. Lubinski, *Chaplain, Palliative Care*. Tuesday Evenings for 13 consecutive weeks

Beautiful Savior Lutheran Church

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

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, 6:30-8:30 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.

HOLDING CARE BEREAVEMENT GROUP

(920) 468-7848 • St. Philip Parish, 312 Victoria St. 1:00-3:00 pm. Contact Sr. Helen Keyzer for dates and information.

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. 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, 333 Hilltop, Green Bay. Contact: 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

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 8, 15, 22, 29 & August 5. Monday evenings from 6:30-8:00 pm. 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)

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.

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 Thurs. 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:

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.

Afternoons: 1:30-3:00 pm. June 18 – July 16, Aug. 6 – Sept. 3

Evenings: 6:00-7:30 pm. July 9 – Aug 6, Aug. 20 – Sept. 17

Generations: Hope for Grieving Families.

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

Understanding Grief: Meeting monthly on Wednesdays.

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, 1:30-3:00 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.



Laughter in a Funeral Home? You Betcha!

— By Karyn Ruth White

My heart is still full from my time at the Proko-Wall Community Caregivers Appreciation Day on May 6th. I had the privilege of presenting my program, *A Light-Hearted Look at Caregiving*, not once but twice that day. What a blast! And... what an honor to be in a room filled with earth-angels, YOU, the committed caregivers of the surrounding communities.



The group that attended the 9:30 A.M. Program was full of energy and mischief, and I immediately sensed our connection. I was telling a story about how we can all learn to laugh with ourselves, even in our most human moments. After sharing the fact that I had put my coffee cup through my open sunroof for the third time, a woman in the audience said, in a perfect Wisconsin accent, "SLOW LEARNER." The entire room erupted in laughter! That phrase has now become part of the fabric of my life and my work. The other day, I had a human moment and I started laughing, as I called myself a...SLOW LEARNER (in a Wisconsin accent of course.)

The 3:30 Show crowd was just as feisty, fun and memorable. I LOVED the moment when I was recounting a story about how it is possible to find humor in the most unexpected places. The story started out; "I used to have an AUDI"...and a woman in the audience leaned over and asked her friend, "Why is she telling us about her belly button?" We had to stop the show until we could all regain our composure. I then went on to tell my story about finding humor, even in the aftermath of a car accident.

These are just a few of the many magical moments I shared with both groups at the Proko-Wall Caregivers Appreciation Event.

I want to give a very special shout out to Proko-Wall, Owner and Funeral Director, Bob Walczyk, and his AMAZING AfterCare Coordinator, Peggy George for their vision, support, generosity and professionalism. They planned every detail and made it all look easy. Working with the team at Proko-Wall was a 100% delight. Proko-Wall truly lives the philosophy..."Be Good to People."

And finally, a special shout out to those who care...YOU! Thank you! For all of you who are caring for a loved one, or a valued patient, whether in their home, or in a facility, I applaud you! You are the glue of life, and your heart-felt caring is a gift beyond measure. Remember to take care of yourselves in the process, and never stop looking for the laughter, even in the tough moments. It is always well worth the search!

With Love and Hugs and GREAT ADMIRATION,

Karyn Ruth White, National Humorist and Keynote Speaker

www.karynruth.com, info@karynruth.com.

Check out my TED Talk on Humor and Personal Resilience, titled

She Who Laughs, Lasts at bit.ly/KarynRuthWhite

P.S. As an added bonus, I took a tour of the beautiful Forever Friends Pet Crematory and decided to have a large river rock engraved as a remembrance of my sweet kitty, *Harley "Wildman" Davidson*, who passed in February after 20 years. This special rock will sit by Harley's favorite waterfall (he liked to drink out of it) in my garden and continue to remind me of him and of my very special time in Green Bay.



Local Activities

Farmer's Markets: Green Bay Area

East DePere Farmer's Market

101 N. Broadway. 920-403-0337.
Thursdays, June 20 – Aug. 29, 3 – 7 pm
No Market July 4th
Thursdays, Sept., 5-26, 3 – 8 pm

Farmer's Market on Broadway

North Broadway. 920-437- 2531.
Wednesdays, May 29 – Aug. 28, 3 – 8 pm
Wednesdays, Sept. 4-25, 3 – 7 pm

Green Bay Farmer's Market

South Washington St., 920-437-5972.
Saturdays, May 25 – Oct. 26, 7 am – Noon

Market on Military

Green Bay Plaza (Old Sears lot) 920-544-9503.
Thursdays, June 6 – Oct. 31, 3 – 7 pm
No Market July 4th

Oneida Farmer's Market

N7332 Water Circle Pl. 920-496-5649.
Thursdays, June 20 – Oct. 3, Noon – 6 pm

West DePere Farmer's Market

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

Door County Area

Baileys Harbor

Baileys Harbor Town Hall grounds, Hwy 57,
920-839-2366. Sundays, May 19 – Sept. 29,
9 am – 1 pm

Egg Harbor

Harbor View Park. 920-868-3717.
Fridays, May 24 – Oct. 25. 8 am – Noon

Fish Creek

The Settlement Shops, Hwy 42. 920-868-3788.
Wednesdays, June 5 – Oct. 16.
9:30 am – 1:30 pm or sellout

Jacksonport

Hwy 57, Lakeside Park downtown.
920-823-2288. Tuesdays, May 21 – Oct. 15.
9 am – 1 pm (weather dependent)

Sister Bay

Corner of the Past, Hwy 57 and Fieldcrest Rd.
920-854-7680. Saturdays, May 25 – Oct. 5.
8 am – Noon

Sturgeon Bay

Market Square, corner of Michigan & 4th Ave.
920-746-2914. Saturdays, June 1 – Oct. 26.
8:30 am – Noon

June

Paul McCartney in concert

Saturday, June 8. Lambeau Field.
www.packers.com

Fridays on the Fox

Friday, June 7 – July 19. 6:30 – 9:30 pm.
City Deck, 100-400 N. Washington St.
920-437-5972

Let Me Be Frank Productions:

Little Chutes and Ladders

Friday, June 7 – Saturday, June 22. 8 pm.
Meyer Theater, 117 Washington St., Green Bay.
920-433-3333

If Tombstones Could Talk

Tuesday, June 11 – Thursday, June 13. Fort
Howard Memorial Park. 920-437-1840

Asera Care 8th Annual Dove Release and Community Memorial Service

Tuesday, June 11. Green Bay Botanical
Gardens, Green Bay. No charge. 6 pm. Please
RSVP to add loved one's name to memorial
program. Mandy Sarazen, 920-339-9069 #2

DePere Art Walks

Fridays, June 14, July 12 & Aug. 9. 4-8 pm.
Downtown DePere. 920-403-0337

Cars & Guitars – 3rd Annual Car Show

Saturday, June 15. The Automobile Gallery.
920-437-2094

An Evening with Gordon Lightfoot

Monday, June 17. Meyer Theatre, Green Bay.
920-433-3333

Fabulous Fifties

Thursday, June 20; Friday, June 21, Thursday,
June 27. Daddy D Productions. Riverside
Ballroom, 1560 Main St., Green Bay.
920-544-4244

Summer Solstice Celebration

Thursday, June 20. Whitney Park.
920-437-5972

Concerts in the Garden

Thursdays, June 20 – Aug. 15 (No Concert July 4).
6 – 7:30 pm. Green Bay Botanical Garden.
920-490-9457

Loaves and Fishes, *Free Community Meal*

Saturday, June 22. Pancakes, sausage, coffee,
juice. 8-10:00 am. West Side Moravian Church,
1707 S. Oneida St., Green Bay. 920-499-4433

Summer Concert Series

Saturdays, June 29 – Sept. 7. 12:30 – 4 pm.
von Stiehl Winery. 800-955-5208

Oneida Nation Pow Wow

Saturday, June 29. Norbert Hill Center.
920-496-5020

Pops Concert

Sunday, June 30. Green Bay Botanical Garden
920-390-9457

July

Festival Foods Fire Over the Fox

Thursday, July 4. Downtown Green Bay

Restaurant Week

Thursday, July 11-18. Various Restaurants,
Green Bay. 888-867-3342

Summer Wine Fest

Sunday, July 13. Parallel 44 Winery.
920-338-4400

Singing in the Rain

Wednesday, July 14 – July 17. SNC Hall of
Fine Arts–Walter Theater. Call for time,
920-403-3950

Pulaski Polka Days

Thursday, July 18-21. Pulaski Polka Grounds.
920-822-386

Let Me Be Frank Productions: Hodag & Scooby Dude

Friday, July 19 through Saturday, Aug. 17.
8:00 pm. Meyer Theatre, 117 Washington St.,
Green Bay. 920-433-3333

Nicolet Bank Tall Ships Festival

Friday, July 26-28. Leight Memorial Park.
800-895-0071

Loaves and Fishes, *Free Community Meal*

Saturday, July 27. 8-10:00 am. West Side
Moravian Church, 1707 S. Oneida St.
920-499-4433

Faeries & Wizards Festival

Saturday, July 27. Hazelwood Historic House.
920-437-1840

August

If Tombstones Could Talk

Wednesday, Aug. 7-8. Allouez Catholic
Cemetery. 920-437-1840

Newsies

Saturday, Aug. 8, 10. St. Norbert College.
920-337-3181

Algoma Shanty Days

Friday, Aug. 9-11. Downtown Algoma.
800-298-4888

Brown County Fair

Wednesday, Aug. 14-18. Brown County
Fairgrounds. 920-336-7292

Artstreet

Friday, Aug. 23-25. Downtown Green Bay.
920-435-5220

Loaves and Fishes, *Free Community Meal*

Saturday, Aug. 27. 8-10:00 am. Pancakes,
sausage, coffee, juice. West Side Moravian
Church, 1707 S. Oneida St. 920-499-4433

Ongoing in the Summer

Getaway Wednesdays

Wednesdays, June 5 – Aug. 28. 11 am – 8 pm.
Green Bay Botanical Garden. 920-490-9457

Dine on the Deck

Wednesdays, June 5-14. 11 am – 1 pm. City
Deck, 100-400 N. Washington St.
920-437-5972

Knights on the Fox

Tuesdays, July 9 – Aug. 6. 6:30 – 8 pm.
St. Norbert College Campus. 920-403-3557

Summer in the Park Concert Series

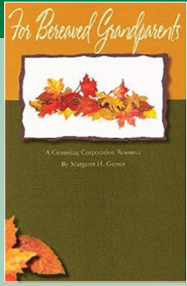
Thursdays, July 11, 18, 25 & Aug. 1, 8.
11:30 am – 1:30 pm. Whitney Park.
920-437-5972

Yoga in the Park

Thursdays, July 11 – Aug. 15. 6-7 pm.
Voyageur Park. 920-403-0337

Book Review: For Bereaved Grandparents

– By Margaret H. Gerner



How often we've heard from the mouth of a child, "Grandpa can fix it!" or "Grandma can make it all better!" In most cases, this is the greatest of truths, death being one of the rare exceptions.

The usual parental bag of tricks, ever-available and effective in raising a young family, somehow loses its effectiveness to grandparents, who, not only ache at the loss of their own grandchild, but struggle to soothe the ache in the heart of their own child, who grapples with the loss of a child of their own. Typical childhood hurts and adolescent growing pains that were so readily relieved with a hug or the encouraging sound of "it will be okay" don't seem to work when the pain of death sinks deep into your own child's heart.

Margaret Gerner speaks from firsthand experience as a mother who lost a six-year old son in an automobile accident and a three-year old granddaughter to an unknown liver ailment, all in a matter of eleven years. In her book, entitled *For Bereaved Grandparents*, ever so gently, she shares the pain and promise she came to know from this experience.

She compares grandparents grief to a fork with two tines – one representing the loss of a grandchild and the other the pain of seeing their own child suffer. This author warns against thinking that you should fall into some certain pattern in your own personal grief process.

Her lived experience as parent serves a duo role of walking with a grieving child, while remaining aware of personal ache as a grandparent; and being a spouse of another, hurting equally as much, and in need of spousal support.

Great emphasis is placed on the "art of listening" as one of the most cherished gifts that can be given to a grieving adult child. That art is characterized by having two attentive ears, free of distraction; patience in hearing another person's pain repeated multiple times; eye contact which conveys an understanding heart; and listening through periods of silence, fully aware that part of listening is not filling every moment of silence with words of advice.

In a mere thirty pages, Margaret Gerner offers a gift of reading sensitive to grieving parents, grandparents and anyone seeking creative insights into coping with one of life's most devastating blows – the death of a child or grandchild. Opportunity knocks... promise awaits your response. Don't pass up the chance to read this little treasure.

Reviewed by Joan Faltynski, (Oct 16, 1939 – May 4, 2013) who was a lifelong elementary and middle school teacher who reviewed books and videos for Proko-Wall.

Continued from page 1 — Seven Tips for Coping with Grief in Summer

5. Try new summer activities and create new traditions—if you are ready.
6. When a child is grieving, they may feel guilty about enjoying summer break; remind them it's OK to have fun and enjoy life after a death. It can also be helpful to stick to a routine so there's less unstructured time in their day, and do things that bring happy memories to mind, such as making their loved one's favorite meal.
7. Find others who share your experience. Many churches, hospices and other health care agencies offer free grief support groups that may help.



“

TO PROKO-WALL STAFF:

Our family would like to extend our sincere thanks and appreciation for your caring and assistance over the past year.

You understand the stress and confusion a family goes through when losing a loved one. To have your help in dealing with everything relieved some of that. Thank You very much!

We're still adjusting, and we'll always remember the support you provided. Again, thank you and God bless you all.

–The Dale Skarzynski Family

”

Recipe: Meatball Madness Recipe

Recipe by: Chef Andy, Galley 57 Copied from the Bellevue Beat

Cooking for one every day can be daunting. So, cook on one day for easy meal preparation on other days! Your freezer makes it easy.

Preheat oven to 375 degrees

In a small mixing bowl add:

¾ Cup bread crumbs (preferably Panko)

¾ heavy cream

2 beaten eggs

1 tsp. salt

1 tsp. pepper

½ tsp. crushed red pepper flakes

3 Tblsp. Chopped fresh parsley

3 Tblsp. Chopped fresh garlic

2 Tblsp. Dried oregano

2 Tblsp. Dried basil

1/2 Cup beef broth

1/2 Cup grated Parmesan cheese

Stir mixture to combine evenly, let rest in fridge for 30 minutes.

In a large mixing bowl:

Combine:

3 lbs ground beef (80/20 blend)

1 lb ground pork

Add bread crumb/seasoning mixture to the bowl of ground meat. Refrigerate 30 minutes.

Using your very clean hands, gently work the mixture to evenly combine all ingredients.

Form meatballs slightly larger than golf balls and place an inch apart on parchment paper lined baking sheet.

Bake for 30-40 minutes until juices run clear.

Freeze in individual serving sizes.

