



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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Josh Vandembush
Joshua Ferguson
Carl Pauc
Alex Bahrke
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Robert Walczyk, Sr.

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Amy Naniot • Bonnie Sabo

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Mike Jarzin

After Care Coordinator:

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**PROKO-WALL Funeral Home
& Crematory**

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Home and Crematory



Hugs from Home

— By Jeane Smits, Managing Funeral Director, Proko-Wall Funeral Home

There is not a person who has not been affected by the COVID pandemic, and it has drastically changed our way of life. It certainly has changed how we mourn and the ways in which we are able to give comfort. The funeral should be a celebration of life, a time to share stories, a time to receive and give hugs, a time for community to come together, a time to break bread together. A loss shared is a loss lessened. Unfortunately, none of that has been the normal during this strange and difficult time.

As a funeral director, I long to comfort a widow with a hug, or a simple touch on the shoulder. I long for sons and daughters to see my smile as they tell me stories about their mothers and fathers. Instead, my face is masked and I haven't even felt comfortable sharing a pen, much less a hug. Funerals have been limited to so few people even grandchildren haven't been able to attend. And after feeling I haven't been able to do enough, I send widows, sons, daughters and grandchildren back home to solitude at a time I know they need personal interaction more than ever. My heart hurts, and more importantly, theirs' do too.

So how can we support families we know are grieving right now? How can we send hugs from home? I think the most important thing we can do is pick up the telephone and make a good old fashioned phone call. The hours stretch pretty long during this time of social distancing for all of us. Can you imagine what it is like for the grieving? Picking up the phone and sharing a story of their loved one could be the only human interaction that person has that day. It sure would make their day a bit brighter. Widows often say nights and weekends are the hardest time, so be attentive to those times as we are able to get out a little bit more.

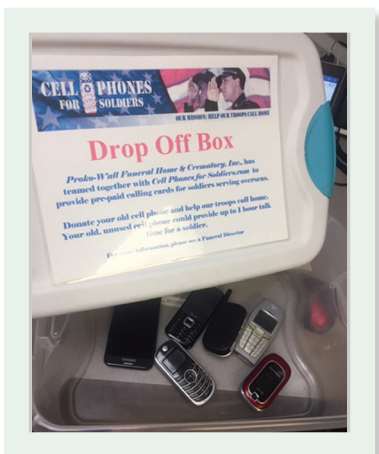
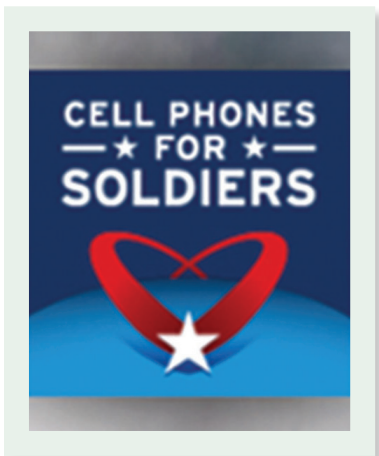
Pray for them. My aunt and uncle had no children. After my uncle's death, my aunt said that on her worst days, the only thing sustaining her were the prayers of her friends. If it is your tradition, ask if you can pray with them. As churches open up, bring communion or a bulletin if they are not able to attend churches that limit attendance. We all certainly miss our faith families right now, and for the mourning, now is when they need that community the most.

A simple sympathy card can go a long way to letting someone know they are not grieving alone. Including a story about the loved one may bring a smile on a hard day.



Continued on page 7

Cellphones for Soldiers



Give a Hero a Lifeline. Proko-Wall Funeral Home is proud to partner with Cellphones for Soldiers. Your contribution of used cellphones keeps troops and families connected with precious talk time. Funeral Director Carl Pauc is shown with your latest donations to this worthy cause.

Preplanning & Preneed Arrangements



Mike Jarzin and the funeral directors have been getting many calls about preplanning during this pandemic. 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 468-4111.

Spring Planting Support Event



Our annual Spring Planting Support Event was cancelled as were so many other meaningful events due to COVID-19. In an effort to reach out and offer some comfort to our families we mailed a seed heart bookmark to remind our families they are not forgotten and we are reaching out in the way we can. Families are encouraged to visit the gazebo located at the front of the funeral home this summer. Take in the beauty of the flowers, rest and enjoy the peacefulness of the garden.



*At the rising of the sun
and it's going down,
We remember them.*

*At the blowing of the wind
and in the chill of the winter,
We remember them.*

*At the opening of the buds
and in the rebirth of spring,
We remember them.*

*At the rustling of the leaves
and the beauty of autumn,
We remember them.*

*At the beginning of the year
and when it ends,
We remember them.*

*As long as we live,
they too will live.
They are a part of us.
We remember them.*

Blooming Remembrance
Proko-Wall Funeral Home



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



Proko-Wall Recognition Ceremony

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

Saturday, August 29th – 11:00 am – 2:00 pm

Prince of Peace, 3425 Willow Road, Green Bay

FREE EVENT:

Jerry Voelker Polka Band / Military Band Great Food / Presentation

All plans are pending due to COVID-19 restrictions



Proko-Wall
Funeral Home & Crematory

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/DEMENCIA SUPPORT GROUP

(920) 434-2024 • 3370 Deerfield Ln. W, Suamico. 1st Thursday of the month at 5:30 pm. Contact Laura, sbsp@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 VIRTUAL day camp, June 21-26, 8:30 am-4:30 pm, for grieving children, ages 7-16. 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](http://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 (**no May meeting**). 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. Meetings will be held online Sundays, June 7 – Aug 16, 6:00 – 7:30 pm and Wednesdays, June 4 – Aug 13, 9 – 10:30 am.

GRIEF SHARE

Aurora BayCare Medical Center

(920) 241-1227 • 2845 Greenbrier Road, Green Bay. Renée M. Lubinski, *Chaplain, Palliative Care*, 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, annrfroelich@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_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 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)

(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: On hold until restrictions are lifted. For information, please call St. Vincent Pastoral Care (920) 433-8162. 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

Unity Hospice Grief Support: 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.

Afternoon (1:30-3:00 pm): July 7 – Aug. 11

Evenings (6:00-7:30 pm): June 2 – July 7;

July 18 – Sep. 1

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 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.

In the fall of 1969, September to be exact, Bob Walczyk Sr. and Jerry Proko started site preparations for a new funeral home on Green Bay's "far" east side. The project was completed in early February of 1970 and so began, Proko-Wall Funeral Home, Inc. The first addition was completed in 1980 and the second addition in 1990, which included a crematory inside the funeral home. This addition led to a name change; Proko-Wall Funeral Home and Crematory, Inc. This year, 2020, we celebrate 50 years of service to the families and community of the greater Green Bay area.

Over our 50 years the funeral business has seen numerous changes, just like most other businesses. One of the notable changes has been the visiting time for family and friends prior to the funeral service. Two days or more in many cases has dwindled to two hours or less before a service. Even with less time to share stories and memories, there remains a strong faith tradition with most families we serve. We strive to stress the importance of family and community at the time of a death and to take the time needed to celebrate a life lived. Fortunately, we are seeing an upswing with longer visitation periods and more "traditional" evening visitations, much to the liking of the families we serve.

We have also seen an increase in the cremation rate. This does not mean families are not choosing to have a visitation or funeral service, just that cremation will take place after the service prior to any cemetery or mausoleum services being held. Cremation is a form of disposition and does not replace the service aspect following a death.

Business is conducted differently today with more people than ever pre-planning or pre-paying for their final wishes. Insurance assignments and credit cards have also become common ways to pay for funeral expenses. There are more government regulations to follow and government agencies to answer to and add to that, more paperwork than ever.

Our chapels and grounds are adorned with family memorabilia and keepsakes that represent the uniqueness of a life as well as generations of family. They range from simple items like photographs and picture albums to kitchenware, sporting goods and dump trucks parked in the parking lot. Receptions in our chapels are becoming

more commonplace and some with adult beverages being served.

After a funeral is over, the care continues. Proko-Wall offers a newsletter that has been published for 20 years and continues to expand, containing the most concise list of local support programs in Northeast Wisconsin. We offer two bus trips for widows and widowers annually, a spring flower planting, a holiday grief support program, and a library with a growing number of titles, which has been in existence for 35 years. Our newest event is a veteran's picnic for our community to show appreciation and support not only for our veterans, but police, fire and EMS providers.

One thing we have never encountered in our 50 years is a pandemic that closed businesses, schools and factories. A pandemic that would not allow us to do our job, our life's work to care for people during a time of great loss. To serve families as they deserve and want to be served. As we maneuvered these last weeks, we have discovered that we CAN continue to fulfill the needs of grieving families in unique ways that cannot be accomplished with a group. We have had to rely more on electronics than ever before and IT solutions to enhance their experience. Social media has expanded the reach for many families and has allowed them to connect with family and reconnect with friends in what is a very lonely time in their lives. Family members can be a part of a service when they are thousands of miles away. Most families are patiently waiting for the opportunity to have the "second" service to give them final closure when public celebrations are once again allowed. We have learned, we have grown, and we have developed into a more creative company than we ever thought possible.

Our message to the community, the families we have served, as well as the families will entrust their loved ones to our care in the future is: We promise to provide exceptional, dignified celebrations of life in a safe environment for family and community. We understand our communities concerns during this health crisis and want to be a community partner moving forward in a positive manner, but also to create positive memories at a terrible time in their lives.

Thank you to all who have allowed us to serve them and thank you to our Green Bay community for placing your trust in us for the past 50 years.



“Healing Heart”

— By Cheryl Skenandore, Unity Grief Counselor

In 2016, Unity Hospice began a Healing thru the Arts group for community members who have experienced a significant death. For some, a personal grief journey can be difficult to verbalize. Group members have found healing arts activities to help unlock their feelings and provide the opportunity to tell their story, share memories, and bring healing. Don't let the word "art" scare you off!

While we are keeping each other safe by staying at home, below is a healing arts activity to give you the opportunity of exploring your grief and memories of your loved one in the hopes of bringing you understanding and comfort. Remember this project is for you, although sharing it with someone may bring you additional support.

Suggested materials: Paper or paper grocery bag, colors, markers, magazines, wrapping paper, tissue paper, paste/glue, paints, pencils.

Suggested Process:

- Draw a 9" to 11" heart on a piece of paper.
- Take a couple deep breaths in and then exhale slowly to center yourself as you think about your loved one.
- Fill the heart with shapes or images you associate with your loved one, examples include activities enjoyed, what you miss about them, dreams you had, etc. You can draw or cut/paste images into this heart.

OR

- Fill the heart with different colored sections that remind you of your loved one. Then write words/or phrases that describe your thoughts, dreams, memories associated with each color.
- Remember, however you chose to complete your heart, it will be special and meaningful to you.
- You may wish to ask yourself simple questions about your piece: What surprised you? What comforted you? What feelings were ones you've had before? What feelings were new for you? Are there any thoughts or words you'd like to add outside of the heart? What do you think your loved one would appreciate?
- Unity holds the Healing thru the Arts group on the 4th Thursday of each month at 2-3:30 PM OR 6-7:30 PM. The group is open to all in the community, and there is no charge to attend thanks to generous donations. Registration is required. Please call Unity at 920-338-1111 if you would like more information or to register.



This is Timeless...

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous., meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.



Lessons from the Past:
History repeats itself.
*Came across this poem
written in 1869, reprinted
during the 1919 Pandemic*

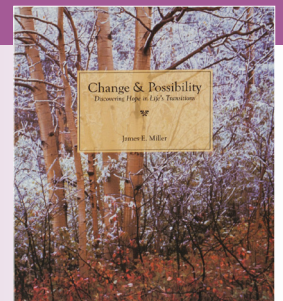
Book Review:

Change & Possibility, Discovering Hope in Life's Transitions

— James Miller

“Change & Possibility” is an insightful, compassionate exploration of the experience of change that is a part of all human life. Intriguing and inspiring quotations from many traditions add depth to the wisdom that is shared. The author's full-color photography appears throughout, accentuating the truth of the three universal phases of human transitions. The text includes useful, affirming suggestions for going through times of change.

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





Continued from page 1 — Hugs from Home

The loss of hearing stories is perhaps the hardest thing about not having a visitation or memorial gathering. The grieving long to hear the name of their loved one. That card may be pulled out over and over during the coming months, truly providing hugs from home.

For many, social media is their custom rather than the mail. Start a private group that allows family and friends to post stories and memories. Sharing photos on this media from a mobile phone is easy and very often appreciated. If you have printed photos, include them in a card if you don't have a scanner to post them online. Post a song or video to the Facebook page of someone who is grieving if you believe it would be appreciated or give comfort.

Flowers certainly can go a long way in providing cheer or demonstrating sympathy. From a single rose to a patio pot or hanging basket, an arrangement can let people know we are thinking of them in a very personal way. Perhaps send the floral arrangement on a special day, a wedding anniversary, Father's Day, a birthday. Perhaps, on the one or two month anniversary of the death date, send a bouquet of flowers.

A meal can be a tremendous gift to a grieving family. We have all been trying to support our local restaurants during this time. A gift certificate to a restaurant that delivers, or a hand-delivered meal from the deceased's favorite restaurant would be much appreciated while someone is grieving. If you know the deceased or the widow liked a special dish or dessert, bring them a home-cooked meal. This simple act of kindness is a welcome relief for those who cannot find the energy to cook for one

As the world unfolds to our new normal, the elderly especially may not feel comfortable with crowds. A trip to the grocery store may alleviate a lot of anxiety. An ice cream sundae dropped off on a porch may bring a smile. Now that the weather is warming up, social distance on the deck and share a cold glass of lemonade, an iced tea, and some conversation. Watering a garden, mowing a lawn,

picking up laundry...chores that are usually done with ease become overwhelming when one is grieving. A helping hand may be much appreciated.

Still don't know where to begin? The Proko-Wall website offers The Sympathy Story for flowers, meals, gift baskets, jewelry and books if you are looking for ideas or for delivery from afar. For families we have served, remember the Caring Voices card that would be in your burgundy folder. Caring Voices allows you to speak to a grief counselor free of charge. The funeral home library is still available for reading materials. We have a large selection of pamphlets about grief, loss of a spouse, loss of a parent, children and grief, living alone and the difference between grief and depression. Our gazebo will soon be open for prayer and reflection. While our widows and widowers bus trips and the Spring planting are currently postponed and cancelled, we will strive to be there for you in new ways during the upcoming year.



Finally, I encourage anyone who has lost someone during this pandemic and held off on a service to have some type of ceremony when you are comfortable. Please don't feel that too much time has passed or people don't care. Some may feel like they don't want to reopen that wound, but if the wound is not healing properly, the love and support of family and friends may soothe your pain. Friends and extended family have been almost totally removed from the dying and funeral process right now. Your support systems have not moved on, they miss your loved one too. They long to provide you comfort, they long to mourn with you, to share your grief. They long to celebrate the uniqueness that was your dear one. It could be a memorial gathering at our funeral home, a service at church, it could be a brunch at your favorite restaurant, it could be a bonfire at the cottage, a picnic in the park. Receive a hug, listen to a story, smell a flower, break some bread, make a toast. Celebrate the love you shared. In the meantime, please accept our hugs from home with the tender loving care we long to give you in person.



“

CARL,

There are no words to express our gratitude and appreciation for helping us through this difficult time. Thank you for being there for us every step of the way. Your calming presence and patience helped us get through the most heartbreaking moments we have ever experienced as a family. Thank you again for all your support. —The McDowell Family

”

Recipe: Stroganoff Style Beef Stew

Recipe by: WOMAN'S DAY KITCHEN, Mar 3, 2017

www.womansday.com/food-recipes/food-drinks/recipes/a58138/stroganoff-style-beef-stew-recipe/?visibilityoverride

This hearty beef slow cooker recipe, flavored with white wine, Worcestershire sauce, and dijon mustard, can be prepped in a mere 15 minutes.

In these trying days ... made more difficult for those who are grieving, comfort food can be a balm for wounded souls. Nothing lifts the spirits like the smell of something fantastic for dinner. Even if you can't have people over to enjoy it with you at this time, you can freeze it for when you can. Enjoy the aroma and enjoy your delicious dinner.

3/4 c. dry white wine
2 tbsp. Dijon mustard
2 tsp. Worcestershire sauce
2 cloves garlic, thinly sliced
6 sprigs fresh thyme
1-1/2 lb. beef chuck, trimmed and cut into 2" pieces
2 tbsp. flour
Kosher salt and pepper
2 10-oz. pkgs. small cremini mushrooms, quartered
8 oz. egg noodles
1/2 c. Sour cream, for serving
Chopped fresh flat-leaf parsley, for serving

In a 5 to 6-quart slow cooker, whisk together the wine, mustard, and Worcestershire; stir in the garlic and thyme.

Toss the beef with the flour, 1/4 teaspoon salt and 1/2 teaspoon pepper. Add to the slow cooker, then scatter the cremini mushrooms on top. Cook, covered, until the beef is very tender, 4 to 5 hours on high or 7 to 8 hours on low.

Twenty minutes before serving, cook the noodles according to package directions. Discard the thyme. Toss the beef with the mushrooms and serve, with any juices, over the noodles. Dollop with sour cream and sprinkle with parsley, if desired.

PER SERVING:

528 cal	46g pro
14.5g fat (6g sat fat)	51g car
183mg chol	3g fiber
407mg sod	

Yields: 1

Prep Time: 0 hours 15 minutes

Total Time: 5 hours 15 minutes

