



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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**PROKO-WALL Funeral Home & Crematory**

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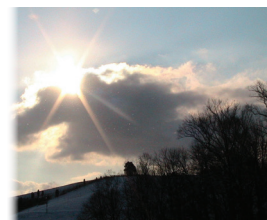
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## Simple Living: Thoughts on Grief

— By La Von Rader

*La Von Rader has been offering workshops on simple living at their home in rural Suamico since 1995.*



Please allow me to extend my deepest sympathy to each and everyone of you on the loss of your loved one whether recent or in the distant past. We know the only thing that is permanent is CHANGE, but that doesn't make the experience easy. We know intellectually, all of us will pass over into another life, but if you are like me, we are never prepared to let go, to surrender our significant others or ourselves to death. When it happens, we feel life is over, and we are correct. Life as we know it IS over.

Grief is like living two lives. One is when you pretend that everything is all-right, and the other is where your heart silently screams in pain.

Grief is the price of love. "If we never loved, we never would have cried." –Little Prince

Grief is a passage, not a place to stay.

Grief is NOT a sign of weakness.

Grief is lonely.

Oftentimes the loss of loved ones is complicated. If we were close to them, our pain is about missing the good times, the hugs, their encouraging words. Whenever we hear their favorite song, hold their favorite flower, smell the aromas of special meals they cooked, we are reminded of them and feel their presence, and sometimes tears fill our eyes and spill over into our every day.

If our relationship with our loved one was strained, we deal with the 'what ifs' and the 'whys'. During the grieving time we can reframe how we saw the person, trying to understand

and then letting go of the negativity. Perhaps this person was our 'unmentor'...someone who lived a life we promise ourselves we will not follow. Sometimes it is helpful to write a letter to this person, forgiving them for whatever caused us sadness or pain. Write it and then burn it....a symbol of letting go.

Remember that healing is a process, not a one-time event. Healing takes a lot of patience and much time. Like a deep wound in the body that heals from the inside out, so also our healing from the passing of a loved one begins inside.

**Here are some suggestions on healing and mending your heart.**

1. Name and work with our unwanted emotions.
2. Extend compassion toward ourselves and others.
3. Let go of resistances.
4. Trust and yield to something more powerful than ourselves.
5. Receive support from others.
6. Extend and receive forgiveness.
7. Take good care of our body, and our spirit.

Another suggestion is to consider what legacy your loved one has left you. If they were compassionate; be compassionate. If they were kind; be kind. If they forgave easily; work on forgiving others. If they welcomed all people into their lives; be inclusive, knowing we need each other to complete ourselves.

*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!

**August 23:** Cheryl Galowski

**September 19:** Joyce Hafemann



Cheryl Galowski



Joyce Hafemann

## Proko-Wall Staff Out & About in the Community!



### Door County Fall Bus Trip – October 1<sup>st</sup>

The Fall bus trip for widows and widowers embarked for a day in Door County. 55 guests enjoyed the Nobel Historic House, shopping in Fish Creek, and a delicious lunch and Juniper's Gin Joint. On the way home, we stopped at Lautenbach's Orchard for cherry pie and wine tours. Although a little rainy, there were plenty of sunny smiles and good memories were made that day.

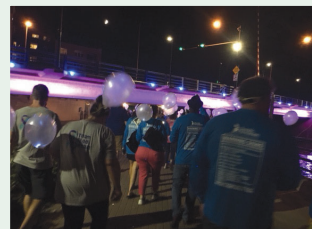


### 2019 Walk to End Alzheimer's, Lambeau Field

Peggy George and Memory Café volunteers walked on Saturday, September 28<sup>th</sup>, to end Alzheimer's. There were various colored pin wheels depicting whether you currently have Alzheimer's, are a caregiver, a supporter, in memory or in honor of a loved one. The goal is to have a white pin wheel which will depict an Alzheimer's survivor.



Joshua Ferguson, Alex Bahrke  
and Pete Sponholtz



### Be The Light – September 15<sup>th</sup>

Together, we walk to prevent suicide & reduce stigma. An evening of inspiration & hope, and a one-mile candlelight walk in Green Bay. Next year's walk will be September 12, 2020.



# The Mission of Camp Lloyd

Camp Lloyd is a day camp for children grieving the death of a loved one. It provides a safe environment where campers can explore their own experiences of grief, realize their feelings are normal and find support from each other. As part of University of Wisconsin-Green Bay, Camp Lloyd provides an educational opportunity for undergraduate students to learn about grief in childhood through study and one-on-one mentoring and support to the Camp Lloyd campers.

**Camp Lloyd 2020 is June 14-19**

Camp Lloyd is a week long day camp from 8:30 am - 4:00 pm for grieving children, ages 7-14, held on the beautiful University of Wisconsin-Green Bay campus. The camp is filled with fun activities such as arts and crafts, music, games, swimming and hiking. It is also a time for campers to explore their own experiences of grief, find support from each other and realize that their feelings are normal. Register beginning in January at <https://www.uwgb.edu/camp-lloyd/>.



*You are invited to ...*

## Light for the Longest Night

*An ecumenical celebration of the coming of the Christ Child for those who suffer from any loss or sorrow.*

**7:00 pm • Thursday, December 19th, 2019**

**St. Anne's Episcopal Church**

**347 South Libal Street • De Pere, WI 54115**

**920-336-9571 • [www.stannes.us](http://www.stannes.us)**



Not everyone is cheery or lighthearted during the Christmas celebrations. Many human situations make parties and joviality painful for many people; situations such as dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, or living with cancer or some other health crisis.

**Light for Longest Night** is a quiet celebration of Christmas. It grows out of an understanding that for many of us, Christmas is a time of worry, isolation, and even sadness. Family and community expectations can be overwhelming. This service, near the longest night of the year, celebrates the birth of Jesus in a sensitive, yet joyful way, while acknowledging the struggles some of us face.

St. Anne's is a welcoming church,  
& we invite all Christians to join us.

**“DEAR JEANE AND BOB,**  
Thank You so much for sponsoring the veteran & first responder event last Saturday. I am a Vietnam veteran and it was very much appreciated. Thanks Again!!  
—Gary”

## Coats for Kids Campaign

Proko-Wall once again served as a drop-off location for the 2019 Coats for Kids. The campaign is sponsored by the Salvation Army. Thank you to all those who provided donations for this worthy cause.

*Pictured at right: Beanie Dahlke and Josh Vandenbush*



# 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

## ASERA Care Hospice Support Group

2nd Wednesday of the month at 2:00 pm. Free and open to the public. Contact Mandy Sarazen at amanda.sarazen@aseracare.com

## 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

## 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 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.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 and 4th Mondays: (Jan, Feb, March), (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 available in January. Contact Illene Cupit, cupiti@uwgb.edu

## 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.

## CELEBRATION CHURCH

(920) 965-6343 • 3475 Humboldt Rd., Green Bay

**Divorce Care:** Tuesdays 6:30-8:00 pm

## 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](http://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](http://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 7 pm at First United Methodist Church, 501 Howe St. [info@compassionatefriendsgb.org](mailto: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](mailto:griefinfo@gmail.com)

From Mourning to Hope meetings will be held in Festival Foods Community Room, 2430 University Ave., Green Bay

## 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, 6:00 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

## HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, [annfroelich@gmail.com](mailto:annfroelich@gmail.com) or Sheila DeLuca at (920) 336-7786, [sdeluca@gbres.org](mailto:sdeluca@gbres.org) to register. For those who have lost someone through Death. March 26, April 2, 9, 16 & 30, 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) 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, [rebecca.busch@Hcr-manorcare.com](mailto: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. Click on the Grief & Loss link.

## HOLDING CARE BEREAVEMENT GROUP

(920) 468-7848 • St. Philip Parish, 312 Victoria St., Green Bay. Contact person: Sr. Helen Keyzer. April 1, 8 & 15, 1:00-3:00 pm

## HOSPICE COMPASSUS

(920)-321-2004 • 3237 Riverside Dr., Green Bay

## Healing Together Support Group

Every 3rd Tuesday of the month. Green Bay Kress Library, 333 N. Broadway, De Pere. 11:30-12:30 pm. Call Kacie Duxtator, [Kacie.duxtator@compassus.com](mailto:Kacie.duxtator@compassus.com)

## LAKE SHORE 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](mailto: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](mailto: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](mailto:cmueller@stedwardisidore.org) or Lori Flanagan, Pastoral Associate, [lflanagan@stedwardisidore.org](mailto: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: 4/23, 4/30, 5/7, 5/14, 5/21, 1:30-3:00 pm. Call Sr. Pat Clement to register; [pclement@quad-parish.org](mailto:pclement@quad-parish.org)

## PULASKI GRIEF SUPPORT

(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. Five Monday evenings, 6:30-8:00 pm. Individual grief support available throughout the year. Call Deacon Mary Lynn Adams or register online [www.stannes.us/grief-support-ministry.html](http://www.stannes.us/grief-support-ministry.html)

## ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay  
Call Sr. Caroline. [caroline@stbernardcong.org](mailto: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)

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

## UNITY HOSPICE BEREAVEMENT

(920) 338-1111 • 2366 Oak Ridge Cr., De Pere  
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): Feb. 4 – Mar. 10

Evenings (6:00-7:30 pm): Feb. 18 – Mar. 24

**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.



## It's Surprising How Much a Musical Selection Can Affect Mourning

By: Linnea Crowther

My grandmother's funeral, held 13 years ago this month, was a long and emotional ceremony, but a lot of it is a blur to me now. There's just one thing I remember vividly, and that's struggling to get through singing the Lutheran hymn, "For All the Saints," Grandma's favorite. I broke down at the lyric, "And hearts are brave again, and arms are strong," and more than a decade later, I still can't even think of those words, or the tune of the hymn, without tearing up.

That's normal, says Frank Joyce of Joyce Funeral Home in Waltham, Massachusetts. "You're supposed to tear up, even 13 years later. You never close the book on loving someone."

Music affects us with a power that not even psychologists and neurologists can fully explain. For many of us who have lost a loved one, music acts as a catalyst that lets us continue to feel and express our grief. I've thought and talked about my grandmother a lot recently: I cooked some of her recipes, visited the farm she lived on, and told my friends about her special talent for writing squeaky-clean limericks. But in all those memories, the only time I got emotional was when I thought about singing "For All the Saints" at her funeral service.

That's no surprise: Funerals and music are almost inextricably linked. For huge numbers of funerals — not in every faith tradition, but in many — music is typically sprinkled throughout the ceremonies in which we remember lives, and it serves many purposes.

"Silence can be deafening," Joyce notes, "and music fills the void." Which is to say: When we're deep in grief and can't find the words to express it, we can turn to music to speak for us. That can be through the songs that were the deceased's favorites — like the Led Zeppelin song I heard at a recent funeral, which helped us remember the spirit of the man who'd wanted it played. But even songs we don't already know can elicit surprising emotions. Chord changes, crescendos, quiet moments and epic sweeps all come together to loosen the tight hold we normally have on our emotions and allow the tears to flow.

Renee Wilson, a professional harpist who's provided music for funerals for the past 25 years, finds that the mood in a room can shift quickly as she plays. When she reaches the perfect musical selection, she says, "The conversation in the room gets easier. People relax a little bit." Interestingly, she says, the wrong piece can have the opposite effect, causing mourners to subtly tense up, and she'll move on to something else. The mourners themselves, she says, usually don't consciously register the shift — but the music she plays has the power to affect the way they feel, and she strives to use that power for good, to help them express their grief.

There's no one kind of music that can accomplish this crucial component of a funeral — encouraging us to mourn. Music at funerals runs the gamut from hymns to classical music to traditional tunes to rock songs. Some funerals feature live musicians; others rely on recorded music. Some sing hymns together, while others are more comfortable listening to music. But in whatever form we experience music at funerals, we're tapping into something primal, something that predates civilization itself, to soothe our sorrow.

Wilson mentions new research that suggests prehistoric humans may have developed singing even before we developed speaking. "I think the reason we want music at funerals," she continues, "is because it reaches back to something innate in all of us that touches us. And that's what we hope for. We want to gather and remember that person, and we want comfort — and music is just the natural choice."

To read entire article go to: <http://www.legacy.com/news/advice-and-support/article/why-choosing-funeral-music-is-so-important>



# Local Activities

## November/December

### November 16 – January 5

*2019 Festival of Trees* • 9:00 am – 5:00 pm  
National Railroad Museum, 2285 S. Broadway,  
Green Bay, (920) 437-7623



### November 23

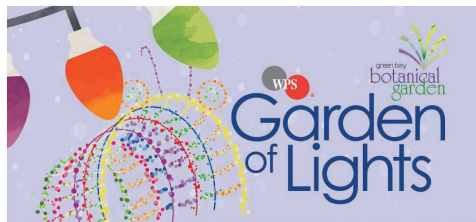
*35th Annual Green Bay Holiday Parade* •  
10:00 am. Downtown Green Bay. (920) 437-5972

### November 29 – December 1 and January 6 – January 8

*Parallel 44 Annual Holiday Open House* • Join us  
for Parallel 44's Annual Holiday Open House.  
The winery will be decked out for the holidays  
and fun is in the air! Taste wine, sample gourmet  
food, and take a tour with the winemaker  
(Saturdays only). Pickup gift boxes, place holiday  
orders, enjoy special discounts, and more. Come  
enjoy the fun at Parallel 44's Holiday Open  
House. For more information visit [Parallel44.com](http://Parallel44.com)  
Parallel 44 Winery, N2185 Sleepy Hollow Rd.,  
Kewaunee, (920) 388-4400

### November 29 – Sunday, December 30

*WPS Garden of Lights* • 5:00-9:00 pm  
Green Bay Botanical Garden, 2600 Larsen Rd.,  
Green Bay, (920) 490-9457, [gbbg.org](http://gbbg.org)



### December 6 – December 28

*A Frank's Christmas* • [ticketstaronline.com](http://ticketstaronline.com) for  
times • Meyer Theater, 117 S. Washington St.,  
Green Bay, (920) 494-3401. Let Me Be Frank  
Productions' annual holiday show.

### Saturday, December 7 & December 14

*Hazelwood's Ethnic Holiday* • 11:00 am-7:00 pm.  
Hazelwood Historic House Museum,  
1008 S. Monroe Ave., Green Bay, (920) 437-1840

### Sunday, December 8

*Candle Lighting Ceremony* • 7:00 pm  
The Compassionate Friends, First United  
Methodist Church, 501 Howe St., Green Bay,  
920-370-3858. Please bring a framed photo and a  
candle & a memento to place on the table.

### December 12 – December 14

*Daddy D's Christmas Review* • Stadium View,  
1963 Holmgren Way, Green Bay, (920) 544-4244

### December 18, 19, 20, 21

*Daddy D's Christmas Review* • Riverside Ballroom,  
1560 Main St., Green Bay, (920) 544-4244

Fox Cities Performing Arts Center,  
400 W. College Ave., Appleton, (800) 840-9227

### December 4-15

*Phantom of the Opera* • [foxcitiespac.com](http://foxcitiespac.com)  
for times

### Thursday, December 19

*Boogie and the Yo Yo's* • 7:30 pm

### Saturday, December 21

*A Motown Christmas* • 7:30 pm

### Sunday, December 22

*Lorrie Line* • 3:00 pm

Weidner Center for Performing Arts,  
2420 Nicolet Dr., Green Bay, (800) 840-9227

### Thursday, December 12

*Swing for the Holidays* • 6:30 pm

### Monday, December 16

*Allouez Village Band* • 7:00 pm

### Friday, December 20

*Holiday Pops* • 7:30 pm

### Saturday, December 21

*Holiday Pops* • 2:30 pm

### Wednesday, December 11

*Live Nativity* • Presentations at 5:30, 6 and  
6:30 pm. Our Savior Lutheran Church, 120 S.  
Henry St., Green Bay, (920) 468-4605. Contact  
Michelle Burhite  
*Monthly Fish Fry* • \$5-\$15 • 5:00 - 6:30 pm •  
Meals include coleslaw, rolls, beverage and potato  
choice. Carry-outs available; call by 4:00 pm.  
Our Savior Lutheran Church, 120 S. Henry St.,  
Green Bay, (920) 468-4605. Contact Michelle  
Burhite

### 3rd & 5th Thursday

*Bingo \$.50 per card.* 1:00-3:00 pm. Village of  
Bellevue Leisure Services, 1811 Allouez Ave.  
Community Center, (920) 468-5225. All are  
welcome.

## January

Fox Cities Performing Arts Center, 400 W. College  
Ave., Appleton, (800) 840-9227

### Friday, January 10

*Stayin' Alive* • 7:30 pm

### Thursday, January 23

*Rave On, Buddy Holly Experience* • 6:30 pm

### January 24-26

*Blue Man Group* • [foxcitiespac.com](http://foxcitiespac.com) for times

Weidner Center for Performing Arts,  
2420 Nicolet Dr., Green Bay, (800) 840-9227

### Saturday, January 18

*Doctors in Recital* • 7:00 pm

### Saturday, January 25

*Squirrel Nut Zippers & The Dirty Dozen Brass  
Band* • 7:30 pm

### Friday, January 31

*The Office* • 7:30 pm

### Sunday, January 26

*Winter in the Garden* • 10:00 am-1:00 pm  
Green Bay Botanical Garden, 2600 Larsen Rd.,  
Green Bay, (920) 490-9457, [gbbg.org](http://gbbg.org)

### 3rd & 5th Thursday

*Bingo \$.50 per card.* 1:00-3:00 pm. Village of  
Bellevue Leisure Services, 1811 Allouez Ave.  
Community Center, (920) 468-5225. All are  
welcome.

## February

Fox Cities Performing Arts Center,  
400 W. College Ave. Appleton • (920) 730-3760

### Saturday, February 8

*Fox Valley Symphony* • 7:30 pm

### Sunday, February 9

*Dancing With The Stars: Live!* • 7:00 pm

### Wednesday, February 12

*Russian National Ballet's Cinderella* • 7:30 pm

### February 18-23

*Miss Saigon* • [foxcitiespac.com](http://foxcitiespac.com) for times

Weidner Center for Performing Arts,  
2420 Nicolet Dr., Green Bay, (800) 840-9227

### Tuesday, February 11

*Words & Music – A Program of Monologues* •  
6:30 pm

### Friday, February 14

*The Q Brothers present Othello: The Remix* •  
7:30 pm

### Thursday, February 20

*(M)iyamoto is Black Enough* • 7:30 pm

### Saturday, February 22

*Casablanca* • 7:30 pm

### Friday, February 28

*Wind Ensemble/Orchestra & Symphonic Band* •  
7:30 pm

### Sunday, February 29

*a very small consortium* • 6:30 pm

### Saturday, February 15

*Green Bay Civic Symphony* • Festival di Musica  
Italiana. 7:00 pm. Meyer Theater,  
117 S. Washington St., Green Bay,  
(920) 432-4676, [info@gbcivic.org](mailto:info@gbcivic.org)

### February 20-22 and February 26-March 1

*Bus Stop* • [gbcommunitytheater.com](http://gbcommunitytheater.com) for times •  
Green Bay Community Theater, (920) 435-6300

### Saturday, February 29

*Aebleskiver Fest (Danish "Apple" Pancake!)* •  
9:00 am - 2:00 pm. Bethel Lutheran Church,  
1350 Bond St., Green Bay, (920) 494-3737

### 3rd & 5th Thursday

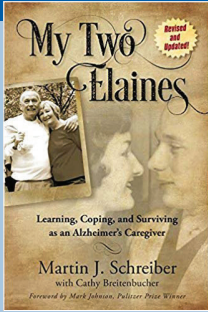
*Bingo \$.50 per card.* 1:00-3:00 pm. Village of  
Bellevue Leisure Services, 1811 Allouez Ave.  
Community Center, (920) 468-5225. All are  
welcome.





# Book Review: My Two Elaines

– By Martin Schreiber



Alzheimer's disease creeps slowly into a person's life but never retreats. Eventually, the individual's brain fails in too many important areas, and someone must keep watch. Round-the-clock care is needed, and that invariably falls to the one who cares most – one's partner.

Former Governor of Wisconsin Marty Schreiber has seen his beloved wife, Elaine, gradually transform from the woman who gracefully entertained in the Executive Residence to one who no longer recognizes him as her husband. In *My Two Elaines: Learning, Coping and Surviving as an Alzheimer's Caregiver*, Marty candidly counsels those taking on this caregiving role. More than an account of Marty's struggles in caring for his wife, *My Two Elaines* also offers sage advice that respects the one with Alzheimer's while maintaining the caregiver's health. As two-thirds of those with Alzheimer's are women, he offers special guidance for men thrust into an unexpected job. With patience, adaptability, and even a sense of humor, Marty shows how love continues for his Second Elaine.

*Continued from page 1 — Simple Living: Thoughts on Grief*



As the days, months and years go by, we must continue to be hopeful that we find peace in our new normal, without our loved one by our side. But remember: once we have loved someone, they are always with us in spirit. We must embrace our feelings, cry when we must, smile when we can and re-engage our lives.

One of our sons was home with depression in his third year of college. We shared our concerns about him with our family and friends, (with our son's permission of course). We have a home in Suamico and I imagined all of our friends/family were holding hands, facing our house and sending much needed love and compassion our way. It was a great visual and I called upon this image often to get me through the pain. Perhaps this visual may help you on days when your grief seems unbearable, when you surrender to a different way of walking your life's journey without your loved one.

Try to wake up every day with a grateful heart knowing you have another day to live your life abundantly for yourself and for others.

Perhaps this poem by Mary Oliver entitled "Why I Wake Early" may help welcome your day.

Hello, sun in my face  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and the crotchety –

best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching  
to hold us in the great hands of light –  
good morning, good morning, good morning.

Watch now, how I start the day  
In happiness, in kindness

## *Snow Bird... Did you know...?*

Basic health insurance plans and even Medicare do NOT offer coverage that addresses dying away from home.

It's the last thing you would ever plan during a vacation, but the financial and logistic burden of dealing with a death away from home can be staggering.

Thankfully, there is a way to give yourself and your loved ones lasting peace of mind with Return Assured<sup>SM</sup>, which covers both the expense and logistics of transporting your body if the unexpected were to occur while traveling 75 miles or more away from home.

Getting started is easy: Submit membership information. Submit your one-time membership fee. Receive your Out of Area Protection Plan membership card and you'll enjoy peace of mind anywhere you travel.

Whether on a day trip or traveling the world, Return Assured<sup>SM</sup> makes sure you're never far from home and your loved ones are spared from unnecessary financial and emotional pain. Call Mike Jarzin today.



## Recipe: Cheesy Baked Eggs for One

Recipe by: Joanie Zisk. <https://onedishkitchen.com>

Brinner!!!! Breakfast for Dinner!!! Eggs are an inexpensive, highly nutritious food which can be enjoyed at any meal. Try cooking this recipe for dinner on a chilly autumn or winter evening. If you want to spice it up a little...add onions, mushrooms, bacon or ham. Maybe consider making more than one at a time to save time and heating the oven again.

1 teaspoon butter, softened	1 tablespoon grated Parmesan cheese
2 large eggs	pinch salt
2 tablespoons cream, milk, or half and half	pinch black pepper
2 tablespoons shredded Cheddar cheese	

1. Heat the oven to 400 degrees F (200 degrees C).
2. Coat the inside of an 8-ounce oven safe ramekin with the butter.
3. Whisk together the eggs and cream in a small bowl.
4. Stir in the cheeses, salt, and pepper.
5. Pour into the ramekin and bake for 15-18 minutes or until eggs are set.
6. Let cool 5 minutes and enjoy.

### Nutrition:

Calories: 358k	Sodium: 450mg
Carbohydrates: 2g	Potassium: 177mg
Protein: 22g	Vitamin A: 1070iu
Fat: 28g	Calcium: 356mg
Saturated Fat: 14g	Iron: 1.9mg
Cholesterol: 429mg	

