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Understanding Grief: The Six Needs of Mourning

*By Anthony Klingert, MSE, LPC and Sandi Walden, MM, MSE, LPC-IT, NCC,
 Grief Counselors at Unity Grief and Education Center*

Grief can seem like an all-consuming experience after the death of a loved one. It permeates all aspects of life, including our physical, cognitive, and emotional wellbeing. While it can be difficult to manage, it is important to be intentional about expressing grief. Grief is not a part of life that can be controlled; however, the path toward healing can be smoother as we learn to work with it rather than against it.

How can we work with grief? First, it is important to distinguish between grief and mourning. Grief is the internal experience of grief – all the thoughts and emotions that swirl in our mind and heart when we are reminded of our loved one. Mourning is the outward expression of those thoughts and emotions – having a funeral, crying, talking with others about the deceased, putting together picture boards and albums, and finding ways of honoring our loved ones are all examples of mourning. Through mourning we heal our grief.



Dr. Alan Wolfelt, internationally acclaimed grief counselor and educator, provides a helpful framework for working with grief. His outline (Six Needs of Mourning) can help us understand how to navigate the challenging terrain of grief and mourning. It is an inherently difficult and confusing process, and even with a framework it can be hard to know if we are “doing it right.” Keep in mind there is no right or wrong way to grieve. Use this framework not as a prescription, but as a guide along the healing path.

The Six Needs of Mourning

1. Acknowledge the reality of the death – While we do not have to like the fact that we’ve experienced the death of someone we love, it is important to acknowledge their absence and to adjust to life without them. Allowing the full reality to sink in may take longer than we expect; we can know with our mind but sometimes it is difficult to know with our heart.

2. Embrace the pain of the loss – The reality of grief includes pain in all shapes and sizes. It can look and feel like anger, despair, guilt, loneliness, confusion, frustration, and a myriad of other emotions. It is natural to want to avoid the pain, or to believe that being strong and denying the pain is the best way to deal with grief. In fact, allowing yourself to express all the thoughts and emotions that occur after death is an essential part of a healthy journey through grief. If “embracing” the pain feels impossible, try to find ways of tolerating it in short bursts. Dr. Wolfelt describes this as “dosing”

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!

May 8: Barb Winn

June 22: Mary Gering

July 9: Gary Dombroski



Barb Winn



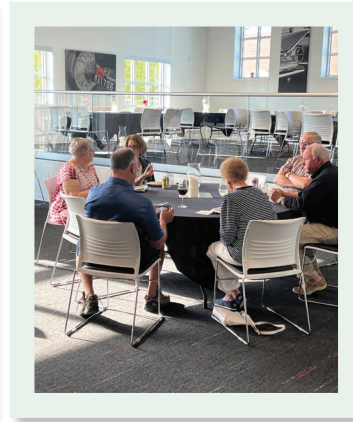
Mary Gering



Gary Dombroski

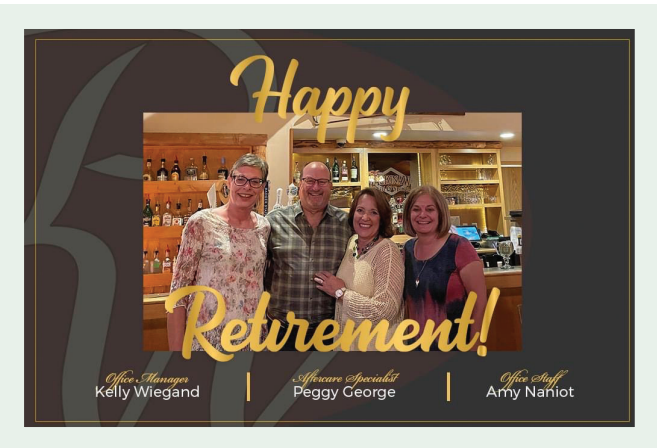
Spring Bus Trip, May 31st

The spring "Bus Trip" for widows and widowers hosted by Proko-Wall, was held on May 31 at The Automobile Gallery located in downtown Green Bay. Guests received access to the impressive collection of cars and were joined by two tour guides to bring history to life. In addition, attendees enjoyed heavy hors d'oeuvres, an ice cream buffet and live music by the Gil Sans Band all in the beautiful gathering space within the Gallery's doors. If you have not been to The Automobile Gallery yet, check it out! It truly is a gem right here in Green Bay.



Retirement Party, July 29th

Our team got together at Mackinaws recently to honor our three retirees: Office Manager Kelly Wiegand, Aftercare Specialist Peggy George, and Office Staff Amy Naniot, who all retired earlier this summer. They will be missed! Join us in wishing them well!



Prince Peace Picnic, August 13th

Assisting in the beverage tent at Prince of Peace Church on August 14th are Proko-Wall funeral directors Alex Bahrke, and Bob Walczyk and Bonnie Sabo, office staff.



Understanding Wisconsin Probate (Part 3)

By Cheryl Young, Brown County Register in Probate

Part 1 of this series addressed what happens after the loss of a loved one, what probate is, and how the Brown County Register in Probate's office can assist a family during an extremely difficult time. Part 2 focused on when probate is necessary, and what probate procedure should be considered. Parts 3 and 4 will answer many frequently asked questions, which will hopefully address additional concerns, remove some stress and confusion, and provide guidance in making the best decision for your unique situation.

Do I Need a Will?

If you want control over how your estate is distributed after you pass, and who will manage your estate, you should absolutely have Will. If you pass away without a Will, your estate is "intestate" and it will be up to Wisconsin law to determine how your estate will be distributed. You should have a Will prepared by an estate planning attorney, who knows the legal requirements in preparing a valid Last Will and Testament. Depending upon the complexity of your estate, it may not be a long or expensive process. Having a Will gives you and those who survive peace of mind and a better understanding of your wishes.

Where Should I Keep My Will?

If possible, avoid storing your original Will in a location that is difficult for your designated personal representative to locate. You can file your original for safekeeping with the Register in Probate's office for a small fee of \$10.00, or in a fireproof safe in your home. Make sure your personal representative and other family members know the location of your original Will, and how to access it. Wisconsin law requires that when an individual passes, their ORIGINAL Last Will and Testament must be filed with the Register in Probate of the county in which they resided.

Do I Need Probate If I Have Created a Will?

Your Last Will and Testament must be admitted by the probate court to be effective. It must first be determined that the decedent was of sound mind, that there was no undue influence when the Will was created, and that the Will was properly executed according to Wisconsin Law. Having a Will may not avoid probate – but it does provide the decedent with the ability to make decisions concerning their estate.

Is Probate Required?

If the total value of a decedent's estate assets is greater than \$50,000, then Wisconsin law requires a full probate procedure. If

the total value of a decedent's estate is less than \$50,000, this does not mean probate is not required. There may be other, less lengthy probate processes, which can be used.

What Assets Go Through Probate?

Not all assets need to go through probate. Assets that transfer to another person without a court order is not a probate asset. This includes joint accounts, assets with a proper and valid beneficiary designation or transfer on death designation, or a properly funded trust.

Informal Administration

Informal probate is a full administration of a deceased person's estate supervised by the Probate Registrar. All required probate documents are filed with the court and are considered public record. Although consulting with a Wisconsin probate attorney is recommended, doing so is not required.

How Long Does Probate Take?

The entire probate process can take as little as six months. Many complicated or contested estates can take up to two years or longer, depending upon the circumstances. The probate court will grant extensions of time to close the estate if the requesting party can show good cause as to why the estate should remain open.

Cheryl A. Young has been the Brown County Register in Probate since May, 2014. The Register in Probate is located at the Brown County Courthouse, 100 S. Jefferson Street, Green Bay, WI. Please call our office at 920-448-4275 with any questions.

Past and future issues of the Tomorrow newsletter can be found at [www.Prokowall/resources/our newsletter](http://www.Prokowall/resources/our%20newsletter).



Our sister business...

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FRIENDS

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Support Groups

A TO SZE

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

ADRC

(920) 448-4300 • 300 Adams St., Green Bay. adrcofbrowncounty.org Accurate, unbiased information on all aspects of life related to aging or living with a disability.

ALZHEIMER AND DEMENTIA CAREGIVER SUPPORT GROUP

(920) 865-7844. SS Edward and Isidore Parish, 3667 Flintville Rd., Suamico. Meets at the parish each 3rd Monday of the month at 10 am, contact Carol Mueller for additional information.

AURORA AT HOME

(920) 838-1886. Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Contact Lisa Falk to register lisa.falk@aah.org

CAMP LLOYD

920-465-2703 or 920-465-2775 • 2420 Nicolet Dr., Green A week-long day camp for grieving children, ages 7-16. held at UWGB during the summer. Watch future issues for registration info.

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) 337-4571. 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 for all family members. Contact Joanna O'Donnell for more information, (414) 337-4571 or joannell@chw.org

CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • Grief support meeting at St. James Parish, Cooperstown, 18228 County R, Denmark. Online or in person. Contact Tom Bekkers for information.

THE COMPASSIONATE FRIENDS

(920) 370-3858. 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 6-7:30 pm. First United Methodist Church, 501 Howe St., Green Bay. compassionatefriendsgb@gmail.com; www.compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

(920) 819-8174 • 2960 Allied St., Green Bay. Green Bay Drop-in Group, every 4th Tuesday, 5-6 pm, at the Allied St. location, no pre-registration required. Marinette Drop-In Group, every 4th Thursday, 1:30-2:30 pm, at the Marinette Senior Center, 1603 Ludington St., Marinette, no pre-registration required. Contact Kacie Doxtator for additional information.

DE PERE COMMUNITY CENTER

(920) 336-6054 • 600 Grant St., De Pere. Contact abaker@deperewi.gov for information on Senior programs.

FROM MOURNING TO HOPE

(920) 288-2217 • Central Church, 831 Schoen St., Green Bay. www.FromMourningToHope.com for upcoming classes. All sessions are faith based but membership of Central church or any church is not necessary to participate. Visit www.FromMourningToHope.com for upcoming classes. Contact Curtis griefinfo@gmail.com
Hope Beyond Tomorrow • Meets on Mondays, October 3, 10, 17, 24, November 7, 14, 21, 6:30 pm.

Recovering From the Losses In Life •

H. Norman Wright DVD Seminar, Saturday, November 4, 9 am - 2 pm, lunch included, reservation deadline: Tuesday, November 1.

GAMBLERS ANONYMOUS

(920) 676-9498 • Annunciation, 1087 Kellogg St., Rm 105, Green Bay. www.greenbaywisconsin.org. Tuesdays 5:30 pm, Thursdays 7 pm, Saturdays 9 am. Call Brandon for more information.

GRIEF SHARE

GriefShare is for people grieving the death of a family member or friend. Attendance may begin at any time. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next 13-week cycle and view any of the videos you have not seen. This is a national program that is found locally at congregations listed below. Griefshare.org for additional information.

Beautiful Savior Lutheran Church

(920) 499-7405 • 2160 Packerland Dr., Green Bay, Thursdays. Program will resume this year, call for dates and times.

Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay. Mondays, 6:30-8:30 pm. Next session held September 12-December 5. Call Marilyn Bazett-Jones for more information, 920-492-0001.

Pilgrim Lutheran Church • (920) 965-2233.

1731 St. Agnes Dr., Green Bay. Mondays, 6:30 pm Next session begins September 12. Contact Carol for additional information.

St. Bernard Catholic Church

(920) 468-4811 • 2040 Hillside Ln., Green Bay. Contact Dcn Bernie (920) 301-3275.

St. John Evangelical Lutheran Church

(920) 973-0828 • 14311 Maribel Rd., Maribel. Wednesdays, 6:00 pm-8:00 pm. Next session begins September 7. Contact Nicole for additional information.

Spring Lake Church

(920) 983-9090. 302 N. Adams St. #110 and 2240 Klondike Rd., Green Bay. Thursdays, 5-7 pm. Next session held September 22-December 15. Call Rene Lubinski at 920-241-1227 for information

GRIEVING WITH GREAT HOPE

(920) 737-1805. Five-week session. St. Thomas the Apostle, 5930 Humboldt Rd., Luxemburg. Call Molly Gallagher for dates and times. Parish.ministries@threecatholicchurches.com

GRIEF YOUR WAY

An online grief program featuring different pathways for a fee. Free online grief resources also available. www.griefyourway.com

HAYLOS (Hope After Your Loved One's Suicide)

(920) 288-2217 • Central Church, 831 Schoen St., Green Bay. Faith based, peer led support group. Contact Curtis at griefinfo@gmail.com or visit haylos.org for more information.

Hope for Your Tomorrow • Meets Thursdays, September 8, 22, October 13, 22, at 6:30 pm.

Hope for Your Holidays • Thursday, November 10, at 6:30 pm.

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr., Green Bay. Contact Ann Froelich at (920) 435-6811 or annrfroelich@gmail.com or Sheila De Luca at (920) 217-6259 or sheiladeluca63@gmail.com to register. A five-week program for those who have lost someone through death. 6:30-8:00 pm at Resurrection Parish, 333 Hilltop Dr., Green Bay. (Please park in lot off of Delahaut.)

HEARTLAND HOSPICE SUPPORT GROUP

(920) 278-3479 • 1145 W. Main Ave., De Pere. Heartland Hospice offers a variety of support group activities and memorial opportunities throughout the year. Call or email Patricia Hovde BCC at Patricia.Hovde@ProMedica.org for more information on dates, locations and to register for current support group programming. Current Programming: "Finding Hope" Grief Circle, Wednesdays, Gallagher's Pizza, 330 Reid Street, De Pere; seating is limited, RSVP by calling Patti.

HELPGUIDE.ORG

Website offering tools and advice for mental health and wellness. A section called Grief & Loss includes bereavement guides for spouses, family members, including pets and children, along with guides to help cope with terminal illness, diagnoses and hospice care.

HOLIDAY GRIEF SUPPORT

(920-973-0828) St. John Evangelical Lutheran Church, 14311 Maribel Rd., Maribel. A two-hour session focusing on navigating grief during the holidays will be offered mid-November. Contact Nicole for additional information.

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. Fall session held October 12, 19, 26 from 3-4:30 pm. Please call to register.

MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • Resurrection Catholic Church, 333 Hilltop, Green Bay.

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

SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent, 835 S. Van Buren, Green Bay. For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death. Currently, meetings are offered virtually at NationalShare.org on Tuesdays from 7-9 pm Central Time. National Facebook groups are also available by visiting facebook.com/NationalShare/group. Contact Keegan McKeown at keegan.mckeown@hshs.org for additional information.

SUICIDE LOSS SUPPORT GROUP, (formerly known as B.C.S.O.S. Brown County SURVIVORS OF SUICIDE)

(920) 339-8952 • Unity Hospice Education Center 2079 B Lawrence Dr., De Pere. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:00 pm. Contact Anthony (920) 655-5460, survivor and facilitator Mary Doeml at (920) 339-8952 and/or griefcenter@unityhospice.org for additional information.

UNITY GRIEF AND EDUCATION CENTER

(920) 339-6700 • 2079 Lawrence Drive, Suite B, De Pere. Registration required for all groups by calling Unity Grief and Education Center at (920) 339-6700 or emailing griefcenter@unityhospice.org. Visit Unity's website for up-to-date information:

www.unityhospice.org/grief-support/

Hope and the Holidays: A six-week support group for adults who have experienced a death. Groups are held for six consecutive November and December Tuesday afternoons or evenings either virtually or at Unity Grief and Education Center. Meetings will include topics such as grief around the holidays, traditions, self-care and finding hope. November 15 – December 20 (virtual OR in person), Afternoon Session held from 1:30-3 pm and Evening Session held from 6-7:30 pm.

Navigating the Waters of Grief: A six-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. Upcoming sessions: Tuesday, August 30 – Tuesday, October 4 (6-7:30 pm) and Tuesday, September 20 – Tuesday, October 25, from 1:30-3 pm.

Grief Connection: This group provides discussion opportunities on grief related topics relevant to those attending. Virtual Grief Connect. Meets the 1st and 3rd Thursday evening from 6-7:30 pm of every month virtually via Zoom.

Healing Thru the Arts: A hands-on creative workshop for adults who have experienced a death. The monthly workshop will guide participants to process and incorporate memories and their loved one through a creative project. Participants need not have any prior art or crafting experience.

Generations – Hope for Grieving Families: Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Children and adult groups run concurrently. Held the second and fourth Thursday evening of the month in the Green Bay area during the school year and the second Thursday in the months of June, July, and August.



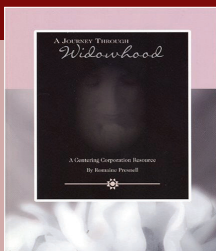
“ Thank you for your help and guidance through a difficult time and unfamiliar situation. You took care of everything which eased our minds. Everything was perfect, just how mom would have wanted it.

—Anonymous

”

Book Review: Taking the Trip – *A Journey through Widowhood*

– By Romaine Presnell



Loss of a partner — unexpectedly or through prolonged suffering — rarely puts us in a writing mood. Trying to keep thoughts in any semblance of order expends far more energy than we can or care to muster.

Hard as it is to believe, writing — in journal or diary form — is a highly recommended and proven form of self-care during the grieving process. Romaine Presnell is one who has been there, having lost her husband to bladder cancer in less than two years from the time of diagnosis. She used the writing of a journal to bring her from desperation to hope. Her journal she shares in a book entitled Taking the Trip.

In a mere thirty pages of easy, yet heart-warming reading, we see and feel our own emotional rollercoaster and feel supported by virtue of taking this trip of sadness in solidarity with Romaine and many other grief-stricken friends who have walked this path before us.

*The journey of grief is a solitary one;
but the presence of friends is essential.*

Try as we might to accept the frequently heard advice that “time is a great healer”, those words are slow in sinking into the fiber of a hurting heart. Romaine is proof of the truth of this advice. Her journal aids each reader to the following realization of grief. “You will do it your own way. You will do it in the time that it takes you.” Don’t deprive yourself of the *PROCESS* of grieving which results in the gift of healing.

The late Joan Faltynski, a lifelong elementary and middle school teacher, reviewed this book in 2001. Her review and the message in this book are still relevant today. A copy of this and many other titles are available in our library.

Local Activities

Farmer's Markets: Green Bay Area

Farmer's Market on Broadway

North Broadway. (920) 437-2531. Wed., Now – Sept. 28, 3-8 pm; Wed. after Labor Day, 3-7 pm

East DePere Farmer's Market

101 N. Broadway – George St Plaza.
(920) 403-0337. Thurs., June 9 – Sep. 22, 3-8 pm;
Thurs., September only, 3-7 pm

Green Bay Farmer's Market

South Washington St. and Doty St.
(920) 437-5972. Sat., Now Oct. 29, 7 am-Noon

Market on Military

Green Bay Plaza (Old Sears lot). (920) 544-9503.
Thurs., May 5 – Oct. 26, 3-7 pm; No Market July 4th

Oneida Farmer's Market

N7332 Water Circle Pl. (920) 496-5649. Thurs.,
June 16 – Sept. 29, Noon-6 pm

West De Pere Farmer's Market

Festival Foods parking lot. (920) 437-8704. Tues.,
late July – mid Oct., 7 am-Noon

Orchards/Pumpkin Patches

Apple Store

1502 W. Mason St., Green Bay. (920) 499-6671.
Mon. – Fri., 9 am-5 pm; Sat., 9 am-4 pm

Blaser's Acres – Produce and Pumpkins

2556 School Lane, Green Bay. (920) 655-0483.
Daily 9 am-6 pm

Champion Produce – Pick-your-own and pre-picked pumpkins

6503 County Road K, New Franken,
(920) 866-2401. Mon.-Fri., 9 am-4 pm

Heritage Orchard – Apple

N2963 Lakeshore Dr., Chilton. (920) 849-2158.
Call for hours.

Cherry Lane Orchards – Apples and Cherries

7525 Cherry Ln., Sturgeon Bay, (920) 856-6854.
Daily 8 am-5 pm

Hillside Apples

E2237 Hwy 54, Casco, (920) 837-7440. Mon. –
Sat., 9 am-5 pm, Sun., 10 am-3 pm, Sat. after
Halloween, 9 am-3 pm

Hyline Orchard – Cherries, Apples, Farm Stands

8240 WI-42, Fish Creek, (920) 868-3067. Call
for hours.

Krowas Orchards

7591 Logerquist Rd., Baileys Harbor,
(920) 839-9022. Call for hours.

Lautenbach's Orchard Country Winery/Market

9197 WI-42, Fish Creek. (920) 868-3479. Fri. –
Mon., 10 am-4 pm; Sat. 10 am-5 pm

Malvitz Bay Farms – Berries, Produce, Pumpkins

8678 County Road C, Sturgeon Bay,
(920) 824-5625. Call for hours.

Moder's Gardens – Produce, Pumpkins

3439 Lineville, Green Bay. (920) 434-0730.
Daily, 7 am-6 pm

Oneida Apple Orchard – Produce, Apples

3976 W. Mason St., Oneida. (920) 869-2468.
Call for hours.

Polly's Pumpkin Patch – Produce, Pumpkins

N4367 Highway 57, Chilton, (920) 849-4819.
Call for hours.

Seaquist Orchard

11482 WI-42, Sister Bay. (920) 854-4199. Mon. –
Sat., 9 am-5 pm

Sunny Hill Farm – Produce, Pumpkins

1922 Oak Road, Suamico. (920) 434-9009.
Call for hours.

Whispering Orchards and Cafe – Apples, Pumpkins

W1650 Cty MM, Cleveland. (920) 693-8584.
Tues. – Sat., 6 am-1 pm; Sun., 6 am-Noon

Wood Orchard

8112 WI-42, Egg Harbor. (920) 868-2334.
Daily, 9 am-5 pm

September

Holistic Mystic: Sound Bath Meditation

Wed., Now – Sept. 28, 5:30-6 pm.
The Artemystic, LLC.

Walk Off Your Worries

ADRC of Brown County. Every Fri., 9 am
(meet at 8:50 a.m.). ADRC, 300 S. Adams St.,
Green Bay. Will walk for approx. 30 min., low
& moderate-intensity walking. We plan to walk
the Fox River Trail, near downtown Green Bay,
and in close proximity to ADRC. Registration
is required to notify participants of cancellations
due to inclement weather.

2022 Bluegrass Under the Pines & Vendor Show

Sun., Sept. 4, 11 am-4 pm, 1919 State Highway
147 W, Mishicot.

Antigo Labor Day Craft and Vendor Show

Mon., Sept. 5, 10 am-4 pm, Heinzen Peaceful
Valley Park Pavilion, 420 Field St., Antigo.

Rummage Sale

Sept. 9-11, Fri. 10-5, Sat. 8 am-4 pm, Sun. 9am.
Annunciation Church, 401 Gray St., Green Bay,
Handicapped accessible. www.quad-parish.org.
(920) 496-2160, lverheyden@quad-parish.org

American Courage Cookout

Sat., Sept. 10, 11 am-2 pm, Josten Park, Bellevue.
Free community event to honor our veterans and
local emergency services personnel, recognition
ceremony at 12:30 pm, event hosted by Proko-
Wall and sponsors.

Be the Light Walk

Sat., Sept. 10, registration, resource fair and live
music begin at 5 pm, speaker 7:30 pm, walk
begins at 8:30 pm, KI Convention Center,
333 Main Street, Green Bay, bethelightwalk@
gmail.com, Brown County Coalition for Suicide
Prevention.

Church Picnic

Sun., Sept. 11, St. Joseph Catholic Church, 5996
County Road K, New Franken, 920-863-6113.

Golfing for Hope

Fri., Sept. 16, 4-7 pm & Sat., Sept. 17, 10 am-
2 pm, Broadway District, Green Bay. A joint
effort by Green Bay non-profits to raise
donations to House of Hope Green Bay, Inc.
and Literacy Green Bay. Child: \$5, Adult: \$10,
houseofhopegb.salsalabs.org/golfingforhope

Fall Fest

Sat., Sept. 17, 10 am-3 pm. Chili, Food, Kids
games, Raffles, Pie Booth, Grandma's Attic,
Grandpa's Workshop, Sports Emporium, Music.
St. Joseph Church, 936 9th St., Green Bay.
www.quad-parish.org, (920) 496-2160
lverheyden@quad-parish.org

Egg Roll Sale

Sat., Sept. 17, St. Jude, 1420 Division St. Pre-
orders: (920) 857-9201, www.quad-parish.org,
(920) 496-2160, lverheyden@quad-parish.org.
Order forms & payment are due Tues., Sept. 13,
pork or veggie, \$15/doz.

2022 Volunteer Expo

Tues., Sept. 20, Resch Expo, 3-6 pm,
(920) 429-9445. Hosted by the Volunteer Center
of Brown County; connect with non-profits and
find volunteer opportunities to give back to our
community.

Fall Family Festival

Sat., Sept. 24, Green Bay Botanical Garden,
2600 Larsen Rd., Green Bay, 9 am-4 pm, free
admission.

2nd Annual Fall Craft/Vendor Show

Sun., Sept. 25, 10 am-3 pm, The Rock Garden
Weddings & Event Venue, 1951 Bond St., Green
Bay.

Harvest Festival

Sat., Sept. 25, Hillside Apples, E2237 Hwy 43,
Casco, (920) 837-7440.

Fox Cities Performing Arts Center

400 W. College Ave., Appleton, (800) 840-9227.
foxcitiespac.com

Fri., Sept. 16: *Kevin James* • 7 pm & 9:30 pm

Sun., Sept. 25: *Amy Grant* • 7:30 pm

The Meyer Theater

117 South Washington St., Green Bay,
(920) 494-3401 or 800-895-0071,
ticketstaronline.com

Wed., Sept. 7: *Tommy Pine* • 7:30 pm
(Backstage at the Meyer)

Fri., Sept. 9: *the Ultimate Queen Celebration*
• 8 pm

Sept. 16-17, 22-24, 29-30: *The Manitowoc
Munsters*, Let Me Be Frank Productions •
7:30 pm

Weidner Center for the Performing Arts

2420 Nicolet Dr., Green Bay,
(800) 840-9227, weidnercenter.com

Wed., Sept. 7: *Mike + Bone* • 7:30 pm

Tues., Sept. 20: *Zach Williams Fall '22 Tour*
• 7 pm

Sat., Sept. 24: *Weidner Philharmonic Women's
Work* • 7:30 pm

October

St. Joseph 160th Anniversary

Sun., Oct. 2nd, following 9 am Mass at St. Joseph
Catholic Church, 5996 County Road K, New
Franken, 920-863-6113.

The Great Pumpkin Train

Sat. Oct. 8 & 15, National Railroad Museum,
2285 S. Broadway, Green Bay, (920) 437-7623.
Call for availability.

grief – experiencing the pain of grief for a brief time, and then using coping tools like distracting to distance ourselves from our grief.

3. Remember the person who died – There are many misconceptions about grief. The idea that we should “move on,” “let go,” or “detach” from our deceased loved ones is misguided and not helpful. It is important to maintain the bond and relationship we have with the person who died. Yes, the relationship will look and feel different; however, we must find ways of continuing to love and connect with the deceased. According to Dr. Wolfelt, “your future will become open to new experiences only to the extent that you embrace the past.”

4. Develop a new self-identity – How we see ourselves often changes after a loved one dies. We move from spouse to widow or widower, from parent to bereaved parent and so on. Roles and responsibilities that we shared with others become ours. There is no replacing the person who died, but we must find ways of functioning (and in the long-term, living and thriving). You may feel helpless, inadequate, frustrated, or fearful as you struggle with your changing identity; have patience with yourself, and you may discover renewed confidence in yourself.

5. Search for meaning – Grief can disrupt our worldview and upend the meaning and purpose we once had in life. Finding continued meaning and purpose in life is crucial; however, it is often difficult – especially when we are early on in our grief. Be gentle with yourself as you reestablish and reinvent your life after the death of a loved one.

6. Receive ongoing support from others – Grief is a difficult journey, and it is best not to take it alone. Find people with whom you feel safe sharing your grief. This could be a friend, family member, spiritual leader, or professional counselor.

The depth of our grief is a reflection on how deeply we loved. The journey through grief is difficult and unique to each person's loss. Understanding what your internal grief experience looks and feels like could shed light on how mourning can unfold in your life. Using the six needs of mourning as a guide on your journey can calm the stormy waters of grief.



Local Activities *cont.*

Seymour EMS Craft Fair Fundraiser

Sat., Oct. 8, 10 am–2 pm, Seymour Community High School, 10 Circle Dr., Seymour.

Wrightstown Fall Craft Sale

Sat., Oct. 8, 9 am–2 pm, Wrightstown High School, 600 High St., Wrightstown. Tickets \$2.

Candy Bar Bingo

Wed., Oct. 12, 6–7:30 pm, De Pere Community Center, Spruce Room, 600 Grant St., De Pere, (920) 339-4097. Admission: one full-size candy bar for each bingo card; maximum of 3 per person. Watch their Facebook page for any updates. Features prizes for best Halloween costumes. RSVP appreciated but not necessary.

St. Joseph 160th Anniversary

Sun., Oct. 2, following 9 am Mass at St. Joseph Catholic Church, 5996 County Road K, New Franken, (920)863-6113.

Fox Cities Performing Arts Center

400 W. College Ave., Appleton, (800) 840-9227

Fri., Oct. 14: *Charlie Berens* • 7 & 9:30 pm

Tues., Oct. 18–22: *Jesus Christ Superstar* • 7:30 pm

Sat., Oct. 22: *Jesus Christ Superstar* • 2 pm

Sun., Oct. 23: *Jesus Christ Superstar* • 1 & 6:30 pm

The Meyer Theater

117 South Washington St., Green Bay, (920) 494-3401 or 800-895-0071, ticketstaronline.com

Oct. 1, 6 & 8: *The Manitowoc Munsters*, Let Me Be Frank Productions • 7:30 pm

Oct. 6 & 8: *The Manitowoc Munsters*, Let Me Be Frank Productions • 1 pm

Tues., Oct. 11: *Get the Led Out, A Celebration of “The Mighty Zep”* • 7:30 pm

Fri., Oct. 14: *Steely Dane, A Tribute to Steely Dan* • 7:30 pm

Sat., Oct. 15: *Blackhawk* • 17:30 pm

Wed., Oct. 19: *Craig Morgan-God, Family, Country Tour 2022* • 7 pm

Thurs. Oct. 20: *John Caparulo* • 8 pm

Fri., Oct. 21: *The Fabulous Thunderbirds* • 7:30 pm

Thurs., Oct. 27: *The Lettermen* • 7:30 pm

Weidner Center for the Performing Arts

2420 Nicolet Dr., Green Bay, (800) 840-9227, weidnercenter.com

Fri. & Sat., Oct. 21 & 22: *Unbinged* • 7 pm

November

Bay Port Craft Fair

Sat., Nov. 5, 9 am–3 pm, Bay Port High School, 2710 Lineville Rd., Green Bay.

Arts and Crafts Fair

Sat., Nov. 13, 9 am–1 pm, Bay Beach Wildlife Sanctuary.

Candy Making Workshop

Tues., Nov. 15, 6–8pm, De Pere Community Center, Spruce Room, 600 Grant St., De Pere, (920) 339-4097. All supplies provided; no experience necessary! Registration per person: 5+ yrs. – adult; 12 yrs. & younger must be accompanied by an adult. Fee: \$13 Res / \$26 Non-Res / \$10 Senior Res.

Redbird Holly Craft Faire

Sat., Nov. 26, 9 am–3 pm, 1700 Chicago St., De Pere

Collectorabilia 2022

Sat., Nov. 26, Resch Center, 820 Armed Forces Dr., Green Bay. A collector toy show, tickets \$5.

Holiday Gift and Craft Show & Everybody's Rummage Sale

Sat., Nov. 26, 8 am–5 pm, Resch Expo, 840 Armed Forces Drive, Ashwaubenon, for tickets call (715) 526-9769.

3rd Annual Holiday Craft/Vendor Show

Sun., Nov. 27, 10 am–3 pm, The Rock Garden Weddings & Event Venue, 1951 Bond St., Green Bay.

Fox Cities Performing Arts Center

400 W. College Ave., Appleton. (800) 840-9227. foxcitiespac.com

Wed., Nov. 2: *Straight No Chaser* • 7:30 pm

Th., Nov. 17: *Yesterday and Today: The Interactive Beatles Experience* • 3:30 & 8 pm

Sun., Nov. 27: *All Is Calm* (Based on true events of Christmas 1914 during WWI) • 6:30 pm

The Meyer Theater

117 South Washington St., Green Bay, (920) 494-3401 or 800-895-0071, ticketstaronline.com

Thurs., Nov. 3: *George Winston* • 7 pm

Fri., Nov. 4: *Jen Fulwiler, Minivan Fabulous* • 7 pm (Backstage at the Meyer)

Sat., Nov. 5: *Pam Tillis* • 7:30 pm

Fri., Nov. 11: *The Buckingham's and The Grass Roots* • 7:30 pm

Nov. 25 & 26

A Frank's Christmas, Let Me Be Frank Productions • 7:30 pm

Weidner Center for the Performing Arts

2420 Nicolet Dr., Green Bay, (800) 840-9227, weidnercenter.com

Tues., Nov. 1: *Supaman* • 7:30 pm

Frid., Nov. 2: *Step Afrika!* • 7:30 pm

Tues., Nov. 8: *Joe Bonamassa* • 8 pm

Sat., Nov. 19: *John Mulaney From Scratch* • 7 pm

Fri., Nov. 25: *The Nutcracker* • 7:30 pm

Sat., Nov. 26 & Sun., Nov. 27: *The Nutcracker* • 2 pm

Recipe: Easy Microwave Apple Crisp in a Mug

Recipe by: <https://www.yellowblissroad.com/microwave-apple-crisp-in-a-mug/>

Easy Microwave Apple Crisp in a Mug is the perfect fall dessert, with cinnamon apples & oatmeal crisp topping!

For the apple filling:

- 1 apple peeled and sliced thin
- 1/2 tablespoon of melted butter
- 1/4 teaspoon cinnamon
- 1 teaspoon brown sugar
- 1 teaspoon flour

Directions:

1. Mix apple filling ingredients in a small bowl.
2. Mix together crisp ingredients. Work in the butter with a fork.
3. Layer half the apples in a microwave safe bowl, mug, or ramekin. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for 3 minutes.
4. Careful, it will be very hot when removing from the microwave! Serve warm with whipped topping or vanilla ice cream.

Nutrition:

Calories: 512kcal
Carbohydrates: 61g
Protein: 4g
Fat: 30g
Saturated Fat: 18g

Polyunsaturated Fat: 2g
Monounsaturated Fat: 8g
Trans Fat: 1g
Cholesterol: 75mg
Sodium: 233mg
Potassium: 304mg

For the crisp topping:

- 2 tablespoons of softened butter not melted!
- 1 tablespoons flour
- 3 tablespoons old fashioned oats
- 1 tablespoons brown sugar
- 1/4 teaspoon cinnamon

Notes:

- You may also bake in an oven-safe ramekin for 10-12 minutes at 375 degrees.
- You can add more/less cinnamon and brown sugar to taste.

