



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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Home and Crematory



Summertime and Grieving May 2022

Summer is a season of mixed emotions for many families in grief. The end of school and after-school activities can be a relief for some, especially if they struggled with having enough energy and concentration for class and homework. Others will miss the structure and social time that school and sports provide. For adults, summer might mean a less demanding schedule, but could also add the stress of finding childcare or having enough financial resources for camps and trips. Families may also wrestle with whether to continue summer traditions they shared with the person who died. These can range from special vacations they took each year to memories of simple things, such as watching the person mow the lawn or wear their favorite t-shirt. Similar to the approach of winter holidays, summer provides a great opportunity for families to discuss their hopes and expectations for the season. Everyone might have different needs, which can require some negotiating and group problem solving. Reassure yourself and others that there is no right way to do summer and that it's okay to figure it out together.

Here are some summer activities that grieving people of any age might find helpful:

Bubble Messages

Bubbles are a great way to share memories and messages in a group or on your own, while also being outside. As a group, invite people to say a memory or a message to the person who died out loud or to themselves while they blow a bubble. This is also a good option for children to do on their own whenever they want to say something to the person who died.

Sidewalk Chalk Memories

For this activity all you need is a sunny day, some chalk, and a sidewalk or driveway. Whether as a family or individually, people can draw pictures of summer memories with the person who died or write messages. For those who struggle with painful images or regrets, they can write or draw those and then use a hose or a bucket of water to wash them away. Acknowledging and then intentionally erasing those images and regrets may help lessen their intensity.

Start a Garden

"Where flowers bloom, so does Hope." Lady Bird Johnson

Gardening provides an activity in which you can gently move forwards and experience the best of the world, as you plant seeds, watch things grow, work with the changing seasons, and see the life and death cycle within the natural world.

Gardening will improve your emotional wellbeing and your physical health — both of which will help you to positively work through your grief. You can choose to garden alone if you feel that you need to take a break from other people, or you can include friends and family in your gardening tasks if you need company or support. (At a Loss.org) The local Green Bay Botanical Garden has many classes on gardening, and they also love volunteers if you just want to dig in the dirt.

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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!

February 14: Mary Kohlback

March 17: Pat Wertel

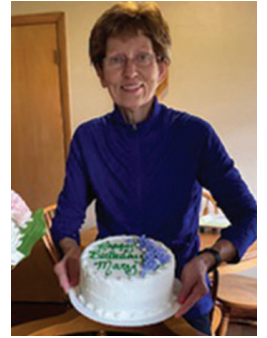
April 28: Mary VanLangendon



Mary Kohlback



Pat Wertel



Mary VanLangendon

BBPA Award

Bob Walczyk, Jr. was presented the Bellevue Business & Professional Association award.

Steve Soukup, Village of Bellevue President, presenting award to Bob, Jr.



Left to right (all Walczyks): Rosie and Bob Sr. (Bob's parents and founders), Bob, Jr. and Annette

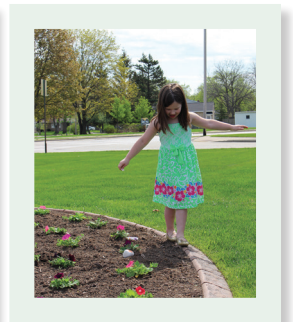
Volunteer Awards, April 21st

Peggy George, Proko-Wall AfterCare Coordinator and daughter Kate Hess from Unite Us attended the volunteer Award presentation April 21st at the KI Center. Nearly 500 volunteers were in attendance. Hearing the accomplishments of the recipients was both humbling and inspiring. Many of the honorees and nominees are supported by Proko-Wall. I am proud of the commitment to the community Proko-Wall has demonstrated since the company was formed over 50 years ago.



Spring Planting, May 14th

Proko-Wall's annual Spring Planting was May 14th. The weather was perfect and families gathered to celebrate the memory of their loved ones. A reflection was offered by Jennifer Boeckman, the Grief Services Director at Unity Hospice Education and Grief Center. Rock Painting, Flower planting, cookies and lemonade were enjoyed by all.



By Cheryl Young, Brown County Register in Probate

- When a financial institution holding assets of the decedent requires “Letters of Authority”, or “Letters of Testamentary” to transfer assets. In Wisconsin, these Letters are referred to as Domiciliary Letters.
- When the decedent had solely owned assets, or the assets were titled in such a way that they must be transferred to the decedent’s estate.
- When proper beneficiary designations have not been completed.

- If an asset has a transfer on death designation
- If an asset is titled jointly with another individual
- If the decedent's assets are placed in a revocable living trust
- If an asset has a beneficiary designation other than the deceased person's estate

Summary Settlement

Summary Assignment

Special Administration

- There is no estate to be administered and an act needs to be performed on behalf of the decedent
- A previous estate was concluded, and an act remains unperformed, or unadministered assets are located

- ## Transfer by Affidavit

Informal Administration

Formal Administration

Even though you might be able to identify which procedure seems appropriate, it is always advisable to seek the guidance of an experienced probate attorney. In part three of Understanding Wisconsin Probate, I will address common misunderstandings as well as answer frequently asked questions.

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



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) 497-4672 • 300 Adams St., Green Bay. Accurate, unbiased information on all aspects of life related to aging or living with a disability.

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 June 20-24 from 8:30 am-4:30 pm for grieving children, ages 7-16. Registration forms are available at Proko-Wall or contact Illene Cupit at cupiti@uwgb.edu or register online at www.uwgb.edu/camp-lloyd/camperregistration

THE CARE COMMUNITY

In-Sight Books, Inc. website for Grief's Safe Place. Visit Insightbooks.com for those who have experienced a loss.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 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.

CIRCLE OF FAITH GRIEF SUPPORT

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

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 pm. First United Methodist Church, 501 Howe St. compassionatefriendsgb@gmail.com; www.compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

(920) 819-8174 • 2960 Allied St., Green Bay. Contact Kacie Duxtator. In-person support groups will resume starting April 2022. Green Bay Drop-In Every Tuesday 5-6 pm.

DE PERE COMMUNITY CENTER

(920) 339-4072 ext. 2230 • 600 Grant St., De Pere. Contact abaker@deperewi.gov for information on Senior programs.

FROM MOURNING TO HOPE

(920) 737-2790 • 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. Contact Curtis griefinfo@gmail.com

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

Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay. Mondays, 6:30 pm. Does not meet in the summer; will pick up in the fall.

Pilgrim Lutheran Church

(920) 965-2233. 1731 St. Agnes Dr., Green Bay. Mondays, 6:30 pm

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

Spring Lake Church

(920) 241-1227. 302 N. Adams St. #110, Green Bay. Call Rene Lubinski 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

HAYLOS (Hope After Your Loved One's Suicide)

(920) 737-2790 • Central Church 831 Schoen St., Green Bay. Faith based, peer led support group meeting the second Thursday of every month and the fourth Thursday during January through May, September and October at 6:30 pm. Contact Curtis at griefinfo@gmail.com

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr., Green Bay. Contact Ann Froelich at (920) 435-6811 or annfroelich@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) 278-3478 • 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.

HELPGUIDE.ORG

Website offering tools and advice for stress relief. Click on the to <Therapy & Medication> then <Support Groups> link.

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 Catholic Church, 333 Hilltop, Green Bay.

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087 Kellogg St., Room 105. Grief Support groups suspended until restrictions due to the pandemic are lifted. Call Sr. Pat Clement to register; pclement@quad-parish.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

B.C.S.O.S. (Brown County SURVIVORS OF SUICIDE)

(920) 339-8952 • Unity Hospice Education Center 2079 B Lawrence Dr., DePere. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:00 pm. Contact Anthony 920-339-6700 bereavement@unity.org. Survivor and facilitator Mary Doeml (920) 339-8952.

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 at 7:00pm Central Time. Contact Keegan McKeown at keegan.mckeown@hshs.org

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 bereavement@unityhospice.org. Visit Unity's website for up-to-date information: www.unityhospice.org/grief-support/

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. Upcoming sessions include: Tuesday, August 30 - Tuesday, October 4 (6-7:30 pm) and Tuesday, July 12 - Tuesday, August 16 (1:30-3 pm).



Support Groups

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 (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.

Proko - Wall News

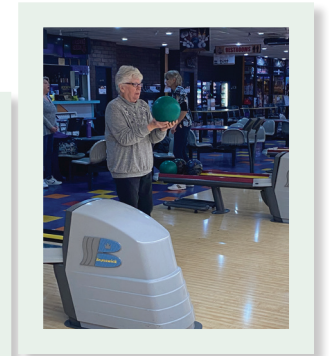
Memory Cafe, April 12th

Kim from the Green Bay Wildlife Sanctuary brought Shakespeare the Barred owl and shared his history, what he eats, along with other interesting facts. Kim also brought a pine snake, Harry, the twin brother of Houdini, and a skunk, Dori. The Memory Cafe provides a safe and comfortable environment where people with early-stage memory loss, along with their caregiver or companion, can socialize, engage, relax, and have fun while enjoying the company of others who are on the same journey.



Memory Cafe Bowling, February 23rd

On February 23rd, the Annual Bowling Outing & Pizza Party was held at Ashwaubenon Bowling Alley. An afternoon of good conversation, great pizza, some good activity and a chance to get out of the house were welcomed by those in attendance.



“ I feel Proko-Wall is extremely professional, home based and family oriented. You helped us through the process very well. The staff is kind and caring. Thank you for taking care of my grandfather and family.
–Marcus Laurant”

Join us to honor the people who keep us safe!

AMERICAN

COURAGE

COOKOUT

& Recognition Ceremony

WESLEY
HEATING & COOLING

Biebel's
CATERING & RENTAL

VanRITE
PLUMBING INC.

Proko-Wall
FUNERAL HOME & CREMATORY

This **FREE** Community Event honors active & retired:
VETERANS, POLICE and FIRST RESPONDERS

Saturday Sept. 10th
11:00am-2:00pm
Josten Park
2280 Town Hall Road, Green Bay

Hamburgers, hot dogs, potato salad, cake and more!

LIVE ENTERTAINMENT: from the Jerry Voelker Polka Band.

Presentation begins at 12:30pm.
RSVP by Sept. 1st at: prokowall.com

AseraCare
HOSPICE
an Amedisys company

Local Activities

Farmer's Markets: Green Bay Area

Farmer's Market on Broadway

North Broadway. (920) 437-2531.
Wednesdays, May 25 – Sep. 28, 3-8 pm
Wednesdays after Labor Day, 3-7 pm

East DePere Farmer's Market

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

Green Bay Farmer's Market

South Washington St., (920) 437-5972.
Saturdays, May 28 – Oct. 29, 7 am-Noon

Market on Military

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

Oneida Farmer's Market

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

West DePere Farmer's Market

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

Orchards

Apple Store

1502 W. Mason, Green Bay. (920) 499-6671.
Monday – Saturday, 9 am-5 pm

Apple Valley Orchard – Apples and Pumpkins

1670 Mar-El Road, DePere. (920) 336-0667.
Fridays, May 27 – Sep. 30. 8 am Noon

Blaser's Acres

2556 School Lane, Green Bay. (920) 655-0483.
Call for hours

Cherry Lane Orchards – Apples and Cherries

7525 Cherry Ln., Sturgeon Bay.
(920) 856-6854. Open daily 8 am-5pm Cherries available mid-July – mid-August

Lautenbach's Orchard Country Winery/Market

9197 WI-42, Fish Creek. (920) 868-3479. Friday – Monday, 10 am-4 pm. Saturday until 5 pm

Moder's Gardens

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

Oneida Apple Orchard

3976 W. Mason St., Oneida (920) 869-2468.
Tuesday – Friday, 9 am-5:30 pm. Saturday, 9 am-3 pm

Sequist Orchard

11482 WI-42, Sister Bay. (920) 854-4199.
Monday – Saturday, 9 am-5 pm.
Closed Sunday



Sunny Hill Farm

1922 Oak Road, Suamico. (920) 434-9009.
Summer: Sunday – Friday, 8 am-5 pm

Wood Orchard

8112 WI-42, Egg Harbor. (920) 868-2334.
Beginning Saturday, April 30, daily, 9 am-5 pm

Parish Picnics

St. Francis Xavier, DePere

Saturday, June 4, 5-7 pm, Pasta and Bake Sale.
Sunday, June 5, 8 am-1 pm Booyah and Bake Sale (until gone). (920) 336-1813;
office@stfrancisdepere.org

St. Nicholas, Freedom

Friday, June 10, 6 pm-midnight, Country Fest w/Joe Nichols. (920) 788-1492; parish@stnicholasfreedom.org

St. Willebrord

Sunday, June 12, 10:45 am-4 pm, Mass and food.
(920) 435-2016; cruz@stwilys.org

Holy Cross, Bay Settlement

Sunday, June 26, 10 am-5 pm, Polka Mass.
(920) 468-0595; blsholycross@gmail.com

Holy Name of Mary, Sturgeon Bay

Sunday, July 17, 9 am-3 pm, Picnic and Car Show; 9 am Mass, 10:15 am Bingo. 7491 County Rd. H. (920) 856-6440;
office@holynamemary.church

St. Louis, Dyckesville

Sunday, July 31, Summer Festival.
(920) 866-2410;
parishleader@stlouisdickesville.com

St. Agnes, Green Bay

Sunday, Aug. 7, Summer Festival Drive-Thru.
(920) 494-2534; stagnesparishoffice@netnet.net

St. Philip, Green Bay

Sunday, Aug. 7, 12-3 pm, Parish Picnic/San Felipe. (920) 468-7848; Sr. Helen Keyzer.
hkeyzer@stphilipcong.org

Annunciation, Green Bay

Sunday, Aug. 14, 11 am-3 pm. (920) 496-2160;
LVerHeyden@quad-parish.org

Prince of Peace,

Sunday, Aug. 14, after 10 am Mass.
(920) 468-5718; parish@popgb.org

St. Benedict, Suamico

Sunday, Aug. 14, 10:30 am-5:30 pm, Picnic and Car Show, Live Music by ROCKER.
(920) 434-2024; sbasp@wi.twcabc.com

DePere Community Center, DePere

Saturday, Aug. 27, Senior Picnic. 10:30 am Cards, 12 pm Lunch. (920) 339-4062;
deperecc@mail.de-pere.org



St. Clare, Wrightstown

Sunday, Aug. 28, 10 am-3 pm. Greenleaf Fireman's Park. (920) 864-2550;
office@stclareagw.org

June

Date Night with Mark Gungor!

Thursday, June 2. Cup O' Joy, 525 N. Taylor St., Green Bay. 5 pm snacks/seating; 6 pm solo-artist Fernando's Music; 7 pm International speaker Mark Gungor will present a live event. While the content is family-friendly, the intended audience is 18 and older. Tickets \$25 @ CupOJoy.com/GraceFR. Proceeds to benefit Grace Christian Academy Capital Campaign.

Fox Cities Performing Arts Center

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

Thursday, June 2

Celtic Woman • 7:30 pm

Friday, June 3

Hotel California - A Salute to the Eagles • 7:30 pm

Saturday, June 18

An Evening With Jackson Browne • 8 pm

Weidner Center for Performing Arts

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

Sunday, June 5

Riverdance • 7 pm

Booyah

Sunday, June 12. St. Mary of the Angels Parish, 650 S. Irwin Ave., Green Bay. Drive-thru booyah/brats/bake sale in the school parking lot. All orders must be pre-ordered. Forms in the office, or call the office at (920) 437-1979 several weeks before the event. Event time: 9:30 am-12 pm.

July

Fox Cities Performing Arts Center

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

Friday, July 22

Gary Allan • 8 pm

August

Booyah, Sloppy Joes & Cinnamon Rolls

Sunday, Aug. 13. 8 am-2:30 pm or until gone. Half price sale Sunday, Aug. 14, 9 am-11:30 am. Our Saviour Lutheran Church 120 S. Henry St., Green Bay. (920) 468-4065.

Brown County Fair

Wednesday, Aug. 17-21. Brown County Fairgrounds. (920) 336-7292

Artstreet

Friday-Sunday, Aug. 26-28. Ashwaubomay Lake, 2881 S Broadway, Green Bay.
(920) 435-5220

Fox Cities Performing Arts Center

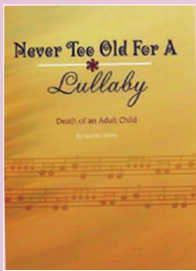
400 W. College Ave., Appleton.
(800) 840-9227. foxcitiespac.com

Thursday-Sunday, August 25 - August 28

Mean Girls • see website for show times

Book Review: Never Too Old for a Lullaby

– By Juanita White



Somehow, we hold the mistaken notion that death is reserved for the seriously ill or the aged. Death of an adult child seems so contrary to the rhythms of life, yet, it happens. The mystery of “why” will forever plague the minds and hearts of all who are dealt this blow.

After extensive research, grief meetings and interviews with parents, Juanita White, in *Never Too Old for a Lullaby*, offers wisdom, comfort and emotional connections for parents who face this heart-wrenching experience. She does this in a mere twenty-four pages, which are so easily readable.

Slowly, so slowly you begin to heal.

The sick feeling brought on by grief plays tricks with the mind. It's hard enough to deal with the loss, let alone a prolonged feeling of sickness. Juanita shares an insight of Kelly Osmont – another writer of books on surviving loss – which we would do well to ponder. “Grief is a natural, healing response to loss. It's not a pathological illness; it's part of being human. You hurt for a long time. It's like an actual wound inside your body.” Like all physical wounds, emotional wounds are healed gradually, and only with sufficient tender loving care.

The single greatest thing you can do to honor your dead child is to take care of yourself.

Remember:

- Pain does not bring or keep you closer to your child.
- Cry when you need to cry. It lets the pain out.
- Talk to someone who will listen and not try to make you feel better.
- Rest when you can
- Make a list of happy memories.

Realizing that burdens are lessened when shared with others, attention is given in this book to other people in your family affected by this same loss, namely, your partner, other children, grandchildren or your child's partner. Healing is a family affair lived out in memory of a lost loved one. Holidays, anniversaries, memory books and memory trees offer occasions and ways to remember with love and to ‘grieve healthy’.

When tragedy strikes, we humans cling to every thread of hope available. Juanita White has woven many threads of hope and healing into this 24-page security blanket. Treat yourself to the comfort of her compassion. You deserve it.

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.

Continued from page 1 — *Summertime and Grieving* May 2022

Who plants a seed
beneath the sod
and waits to see,
believes in God.

Make a Summer Calendar

Whether you are eagerly anticipating or dreading the approach of summer, start with thinking through what's important to you and your family. Being aware of how structure, or the lack of it, affects children and teens is helpful. If you like structure and the free time of summer is difficult, work together to come up with a daily schedule everyone can follow. Consider creating a ‘Summer Days’ calendar each person can write or draw upon and put in all the scheduled events for summer. This visual reminder of what is coming up can help everyone to feel more at ease.

Scavenger Hunt Nature Walk

Just breathing the forest air brings a sense of calm and peace. Sometimes the solace of the wind in the trees is like a balm for an aching heart. Sometimes having an activity to do helps to look outward rather than inward. Bring a kid! Make a list of things to see in the forest... a nest, two birds on one branch, a spider web, a chipmunk (because a squirrel is too easy). The scavenger hunt is a way to be together without talking about the grief. There may be natural opportunities for conversations or sharing of memories, but the walk in nature is really just time spent together. There are forest trails at Barkhausen, The Wild Life Sanctuary, The Reforestation Camp and numerous trails and old forests all our around the great state of Wisconsin.

It seems this year we've waited a long time for summer to arrive. There were still snowflakes at the end of April! Those of us grieving, welcome the coming warmth of the sun and the longer days as we prepare for these months without our loved one. Having some activities to go to or taking a walk with Mother Nature are steps toward healing. Buy some bubbles – break out some sidewalk chalk – dig in the dirt – or just breathe deeply the forest air.

May the sun bring you
new energy by day.
May the moon softly restore you
by night.
May the rain
wash away your worries.
May the breeze blow
new strength
into your being.
May you walk gently
through the world
and
know its beauty
all the days of
your life.

Apache Blessing.

Excerpts taken from: SUMMERTIME AND GRIEF The Dougy Center: The National Center for Grieving Children & Families The Dougy Center 503.775.5683 Visit online at: dougy.org

Recipe: Inside out BLT – Summertime Deliciousness!

Recipe by: Peggy George

This is one of my favorite summer meals. Versatile enough to make small portions or feed a crowd. A few simple ingredients can transform an ordinary meal into something truly delicious. If you skip the breadcrumbs this meal is gluten free! Also a fun meal to serve buffet style. Line up all the ingredients and let your friends and family get creative.

Key Ingredients:

Bacon – any kind you like; even the precooked bacon works because it will be crumbled

Lettuce – Romaine, arugula, spinach, spring mix, fresh basil

Tomato – Roma, beefsteak, or sliced cherry/grape tomatoes

No surprises here!

Extras:

Parmesan cheese, blue cheese, mozzarella cheese, green onions, avocado, lemon juice, breadcrumbs, or croutons (maybe flavored)

Dressings:

Ranch dressing, balsamic vinegar, Greek yogurt, mayonnaise (I usually thin with milk)

Directions:

Spoon the desired dressing on the plate. Top with half of the lettuce. Quarter slice or chop the tomato in bite size pieces or cut it in half, scoop out and throw away the insides and pepper the shells. In a small bowl add your favorite fillings. Crumbled bacon, lettuce, cheese, green onions, breadcrumbs, etc. and fill or top the tomato. Drizzle with your favorite dressing.... Enjoy!! On particularly lazy summer days, I put it all in one bowl and call it BLT salad!

Hint:

Broiling the filled tomatoes before you plate them adds another layer of gorgeousness and goodness!

