



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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Loss Following Addiction: A Complex Loss That Doesn't End with Death

— By Tina Marie Baeten, LCSW, CSAC, ICS, Clinical Supervisor, Jackie Nitschke Center

The loss of a loved one is always difficult. A common feeling that arises from most loss is sadness about not having that person in our lives. Similar to the loss of a loved one to suicide, there are very complicated aspects to the loss of a loved one who struggled with a substance use disorder. Particularly, if the loved one died as a result of their addiction.

Many, if not all of us have been impacted by addiction in some way, shape or form. Personal impact can often be significant and can range from feeling obligated to take on extra duties left undone by an addicted co-worker to feeling 2nd rank to a spouse's or parent's love affair with a bottle. Active addiction makes it impossible for the individual suffering with the addiction to be present or meet many needs of their loved ones, which causes a domino effect of suffering, resentment and pain. Often, this causes loved ones to feel as if they lost their addicted family member well before their actual physical death. As a result, there are layers of grief.

A Complex Loss That Doesn't End with Death

When someone we love dies while they had been active in their addiction, there is often many unanswered questions, unmet needs, and many unresolved feelings. Questions like "Why couldn't they just quit drinking?" "How could they put their drug/drink before me, before their children... before their will to live!" Many individuals with substance use disorder have had warning that their health was being impacted or learned about the risks. The truth is that many loved ones affected by addiction-related death is that their grief often started well before their loved one died. The substance of addiction often changed their loved one's behavior, priorities, communication, overall ability to function in ways. The ability to connect on the same level with their loved one changes as the addiction progresses.

There is a unique type of grief and healing that goes with this loss. The relationship with the deceased might have been distant or even estranged. A loved one might experience a sense



Continued on page 7



BIRTHDAY CAKE WINNERS

Birthday Cake winners registered at the Proko-Wall booth at the Senior Expo for a FREE birthday cake.

Happy Birthday Steve, Phyllis & Nancy!

August 25: Steve Fermanich

September 15: Phyllis Rhoads

October 7: Nancy Meyers



Steve Fermanich



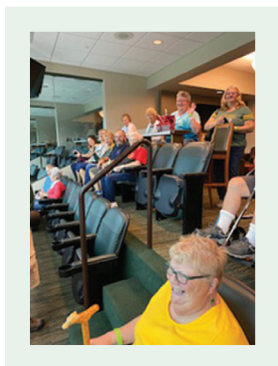
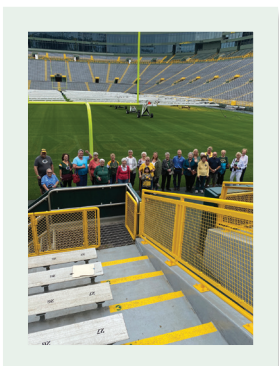
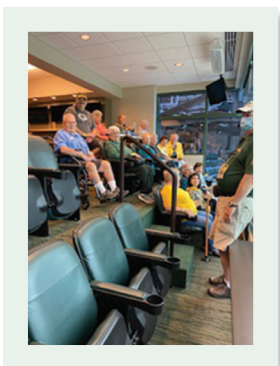
Phyllis Rhoads



Nancy Meyers

Recognition Ceremony – Honoring Active & Retired Veterans, Police, and First Responders, September 11th

This picnic for the community honors Veteran/Police/Firefighter/EMT and was held at Prince of Peace Catholic Church. The weather was fantastic and about 200 people enjoyed the day. Special thanks to our sponsors: AseraCare, Westley Heating and Cooling and Biebel's Catering for their support. Also thank you to those businesses and individuals who donated to our raffle (Fleet Farm, Mike and Beanie Dahlke, Ralph Hoerchler, American Legion Post 539, Carol Sippel, Kwik Trip, Happy Joe's, U-Bake, Cranky Pats, Kiley's Preble Motors, Schroeder's Flowers, Robyn's Nest, Mackinaw's, The Rite Place, Clifton-Larson-Allen Accounting), the Fire Department of Green Bay for bringing the ladder trucks to welcome guests, the Honor Guard, Mike Dickinson-bagpiper, Pastor Rick Parker, Jerry Voelker and the Jolly Gents Polka Band, Preble Hornet's Softball Team, Prince of Peace Catholic Church and the crew who set up the tents and tables, Jackie Krull our volunteer photographer and John Maino for sharing his love of those who protect us every day and his dedication to our nation's patriots.



Fall Bus Trip, October 9th

Lambeau Field was the destination for Proko-Wall's Fall "Bus Trip" for widows and widowers this year. Sixty people enjoyed a tailgate style lunch, ice cream buffet, tour of the stadium including a walk down the player's tunnel onto Lambeau Field and a tour of the Hall of Fame. There were 8 televisions set up where we enjoyed our lunch and the Packer victory in Cincinnati made the day especially enjoyable.



Angel Light

Although you may not see them,
You are always in their sight.
They bring the gift of love and guidance,
It is called the Angel Light.
You know they always hear you,
To them our voice is dear.
With the comfort they bring to you,
You need not ever fear
So here's a place for to come,
To do with angels what must be done.
To make our world whole and bright
And share with all, the Angel Light.

Support Groups

A TO SIZE

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

ADRC

(920) 497-4672 • 300 Adams St., Green Bay.
Healing Through Grief—Life After Caregiving
Third Wednesday of each month. 4:00-5:30 pm.
Free and open to the public. Contact Beverly Bartlett at (920) 448-4300

ASERACARE Hospice Support Group

(920) 339-9065. Meets at ADRC, 330 Adams St., Green Bay. **Group meetings on hold until restrictions are lifted.** 2nd Wednesday of the month at 2:00 pm. Free and open to the public. Contact Mandy Sarazen at Amanda.Sarazen@aseracare.com

AFFINITY VISITING NURSES HOSPICE

(920) 727-2000 or 1 (866) 236-8500 • Appleton Fox Point Plaza, 816 Winneconne Ave., Neenah
A Time To Mourn: Six-week grief support for adults who have lost an adult loved one. Co-led by professionals trained in grief support. No fee. Advance registration required. Offered 3 times yearly. Call Angie Schuldt, angela.schuldt@ahah.net
Men Journeying Through Grief: Meeting 1st Wednesday of every month 6:00-8:00 pm in Neenah. For men only.

ALZHEIMER/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) 838-1886. Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Call Lisa Falk to register.

CAMP LLOYD

920-465-2703 or 920-465-2775 • 2420 Nicolet Dr., Green A week-long day camp from 8:30 am - 4:30 pm for grieving children, ages 7-16. Registration is open in January for the following summer camp. 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.charwisconsin.org for a complete listing of grief support and bereavement resources.

CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 18228 County R, Denmark. Grief support meeting at St. James Parish, Cooperstown. 12:00-2:00 pm. Contact Tom Bekkers

THE COMPASSIONATE FRIENDS

(920) 370-3858. www.compassionatefriendsgb.org
For bereaved parents, grandparents or adult siblings grieving the loss of a child (of any age), grandchild, or sibling. Green Bay: Meetings 3rd Tuesday of the month at 6:00 pm. First United Methodist Church, 501 Howe St. info@compassionatefriendsgb.org

COMPASSUS HOSPICE

(920) 321-2004 • 2960 Allied St., Green Bay. In-person Grief Support Groups. Contact Kacie Duxtator, Kacie.duxtator@compassus.com to join a virtual support group by dialing 312-626-6799, Meeting ID 95075251394#

DE PERE COMMUNITY CENTER

(920) 339-4072 ext. 2230 • 600 Grant St., De Pere. Contact Cindy Lee, clec@deperewi.gov

FROM MOURNING TO HOPE

(920) 737-2790 • Central Church, 831 Schoen St., Green Bay. Contact Curtis, griefinfo@gmail.com. Faith based peer led support group providing hope, emotional support and assistance to survivors of suicide. Carrie, the lead facilitator is a double suicide survivor since childhood and received her training through the American Foundation for Suicide Prevention. Meetings are held the second Thursday of each month at 6:30 pm. This group meets virtually – at least 24 hours prior; email griefinfo@gmail.com or call (920) 664-2685 to ensure that the link is received.

GRIEF SHARE

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

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. Mondays, 1:30 - 3:30 pm.

GRIEVING WITH GREAT HOPE

(920) 217-8164. Five-week session. St. Thomas the Apostle, 5930 Humboldt Rd., Luxemburg. Call Cheryl Maricque for dates and times. Parish. ministries@threecatholicchurches.com

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr., Green Bay. Contact Ann Froelich at (920) 435-6811 or annfroelich@gmail.com. A five-week program for those who have lost someone through death. 6:30-8:00 pm. New session starting November 7. (Please park in lot off of Delahaut.)

HEARTLAND HOSPICE SUPPORT GROUP

(920) 241-4593 • 1145 W. Main Ave., De Pere. Heartland Hospice offers a variety of support group activities throughout the year. Call or email Melissa Shea, Melissa.Shea@hcr-manorcare.com for more information on dates, locations and to register for current support group programming.

HELPGUIDE.ORG

Website offering tools and advice for stress relief. Click on the to <Mental Health> then <Grief & Loss> link.

LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • SS Edward & Isidore Parish, 3667 Flintville Dr., Suamico. Contact: Carol Mueller, Parish Nurse, cmueller@stedwardisidore.org or Lori Flanagan, Pastoral Associate, lflanagan@stedwardisidore.org

MISCARRIAGE AND INFANT LOSS MEMORIAL

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

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

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay

SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 209 • St. John the Baptist Church, 2597 Glendale Ave., Green Bay. Contact: Ruth Holloway, rholloway@sjbh.org

S.O.S. (SURVIVORS OF SUICIDE)

(920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave., Green Bay. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:30 pm virtually.

SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent, 835 S. Van Buren St., Green Bay. For parents who have lost a baby through miscarriage, still birth, SIDS or neo-natal death. Currently, meetings are offered virtually at NationalShare.org on Tuesdays at 7:00pm Central Time. Contact Mary Salam, mary.salam@hshs.org

UNITY HOSPICE BEREAVEMENT

(920) 338-1111 • 2366 Oak Ridge Cr., De Pere

Unity Hospice Grief Support: Registration required for all groups. **Registration required for all groups. Registration required. Groups on hold while COVID-19 restrictions are in place. Please call with interest or to inquire about current grief support options.**

Navigating the Waters of Grief: A 6-week support group meeting on Tuesdays in De Pere open to any adult member of the community who has experienced the death of a loved one. Multiple offerings throughout the year in the afternoon and evening.



Support Groups

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.

Understanding Grief: Meeting monthly on Wednesdays.

Marinette Area:

1st Wednesday of every month 12:30-2:00 pm

Sturgeon Bay Area:

2nd Wednesday of every month 12:00-1:30 pm

Sister Bay Area:

3rd Wednesday of every month 1:00-2:30 pm

Gillett Area:

4th Wednesday of every month 12:00-1:30 pm

Women's Luncheon: Meets the 3rd Wednesday of every month from 1:30-3:00 pm at a local restaurant for conversation & support. Lunch may be purchased off the menu.

Healing Thru the Arts: A hands-on creative grief workshop for adults offered the 4th Thursday of the month from 2:00-3:30 pm or 6:00-7:30 pm. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.

Virtual Generations – Hope for Grieving Families:

Virtual Generations is designed to provide grieving families with children and teens ages 4-18 a safe place to explore and share their grief experience and is held on the 2nd and 4th Thursday of the month from 5:45-7:30 pm. The group is hosted on Zoom—a free, safe, and user-friendly platform allowing members to connect virtually “face to face.” Parents and guardians meet from 5:45-6:30 pm and share their grief experience. Children and teens meet from 6:45-7:30 pm for activities tailored to their age specific group. Registration is required. To register, call 800-990-9249. We will be happy to set up an information session with you to share more about the group and the technology. Event Contact Name: Theresa. Event Contact Email: bereavement@unityhospice.org



A Note Instead of a Card

You may wish to use this letter or something similar this year with your own friends and family. You might also want to add a picture of your loved one.

Dear Friends and Family,

I am sending you a note instead of a Christmas card this year.

As you may have guessed, the death of my loved one has made it hard for me to feel like celebrating this year. I couldn't bring myself to look for a card that might fit this season.

The death of my loved one has not changed the way I feel about any of you. You are the special people in my life that I continue to care about and need.

So many things in my life have changed and I find that hard and confusing. I have a lot less energy than I used to and have a hard time deciding what to do much of the time. Some days are better than others but I never know when I first wake up which one it will be.

There may be many things I always did in the past during the holidays that I may not be able to do this year. I am trying to make good choices but it isn't easy and I often feel unsure. Please be patient with me as I refind my way. With your love, support and understanding, I know I will be able to do that in time. Thank you for giving me the time that I need.

May God's love fill you this holiday season and the love of your family and friends be a gentle reminder of how precious life and love are.

Peace and Love,

Please call (920) 468-4111 or email Peggy (peggy@prokowall.com) if you would like a copy of this letter emailed to you.

Written by Deb Kosmer: KosmerD@ministryhomecare.org



Local Activities

November/December

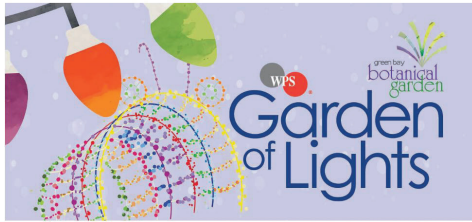
Thursday, November 18 – Sunday, January 2

2021 Festival of Trees • Monday – Saturday, 9:00 am – 5:00 pm; Sunday, 11:00 am – 5:00 pm. National Railroad Museum, 2285 S. Broadway, Green Bay, (920) 437-7623 (Closed Thanksgiving Day, Christmas Eve, Christmas Day and New Year's Day)



Friday, November 26 – Thursday, December 23

WPS Garden of Lights • 4:30–9:00 pm
Thursdays, Fridays, Saturdays & Sundays Before Christmas Eve; November 26–December 23; Sunday, December 26–Thursday, December 30, & Saturday, January 1. Dated and timed entry tickets purchased in advance are required. Green Bay Botanical Garden, 2600 Larsen Rd., Green Bay, (920) 490-9457, gbbg.org



Friday, November 26 – Sunday, December 5

Greetings! • Green Bay Community Theater, 122 N. Chestnut Ave., Green Bay, (920) 435-6300. Visit gbcommunitytheater.com for times

Saturday, December 11 – Saturday, December 18

Christmas Through the Decades at Hazelwood Historic House • 12:00 pm–5:00 pm. \$6/Person, \$5/Seniors, \$4/Children (5–17), Members/Free. Contact: Ana Olp, 920-437-1840. Hazelwood Historic House Museum, 1008 S. Monroe Ave., Green Bay, (920) 437-1840

Friday, November 26 – Thursday, December 23

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

Sunday, December 12

Candle Lighting Ceremony • 1:00 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 9, 10, 11

Daddy D's Christmas Review • Stadium View, 1963 Holmgren Way, Green Bay, (920) 544-4244. Visit daddydproductions.com for show times.

December 15, 16, 17, 18

Daddy D's Christmas Review • Noon Matinee – Dec. 18. Riverside Ballroom, 1560 Main St., Green Bay, (920) 544-4244. Visit daddydproductions.com for show times.

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

Saturday, December 4; Sunday, December 5

The Nutcracker • foxcitiespac.com for times

Saturday, December 11

Boogie and the Yo Yo's • 7:30 pm

Tuesday, December 14 – Sunday, December 19

Hadestown • foxcitiespac.com for times

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

Tuesday, December 7

Mannheim Steamroller • 7:30 pm

Friday, December 10

The Price is Right • 7:30 pm

Sunday, December 11

Holiday Pops • 2:30 pm

Thursday, December 16

Swing for the Holidays • 6:30 pm

Saturday, 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

Saturday, December 11

Soup Supper • Presentations at 5:00–7:00 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 14 – Saturday, January 15

Cornerstone Jazz Orchestra • 7:30 pm

Tuesday, January 18 – Wednesday, January 23

Mean Girls Musical • foxcitiespac.com for times

Saturday, January 29

Fox Valley Symphony • 7:30 pm

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

Saturday, January 15 – Sunday, February 13

Exhibit – "The Bias Inside Us" • Wednesday–Friday, 3–7 pm; Saturday, 9:00 am – 2:00 pm

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 5

It Gets Better • 7:30 pm

Tuesday, February 15 – Sunday, February 20

Hairspray • foxcitiespac.com for times

Wednesday, February 12

Russian National Ballet's Cinderella • 7:30 pm

Friday, February 25

Don't Let The Pigeon Drive The Bus • 6:00 pm

Sunday, February 27

Small Island Big Song • 6:30 pm

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

Saturday, January 15 – Sunday, February 13

Exhibit – "The Bias Inside Us" • Wednesday–Friday, 3–7 pm; Saturday, 9:00 am – 2:00 pm

Thursday–Sunday, February 10–12,

February 16–20

The Gentleman Clothier • Green Bay Community Theater, 122 N. Chestnut Ave., Green Bay, (920) 435-6300. Visit gbcommunitytheater.com for times

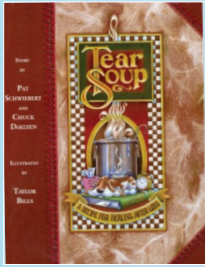
3rd & 5th Thursday

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: Tear Soup

– By Pat Schwiebert and Chuck Deklyen



Tear Soup, a recipe for healing after loss, is a family story book centering around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss. Tear Soup gives you a glimpse

in Grandy's life as she blends different ingredients into her own grief process. Her tear soup will help to bring her comfort and ultimately help to fill the void in her life that was created by her loss.

Additional information can be found at <http://www.griefwatch.com/tear-soup-home.html>.

Taken from website for Circles of Faith Grief Support, Tom Bekkers

Continued from page 1 — Loss Following Addiction: A Complex Loss That Doesn't End with Death

of relief from the end of their own worry, fears, frustration. Knowing that the fear of anticipated loss is now here and final can, for some, provide an ability to move on. This is a normal human reaction to the end of such stress. Often adult children of addicted parents are left with many feelings of guilt, shame, resentment, and anguish that doesn't simply go away because their loved one is gone. Scars of growing up with an addicted/alcoholic parent can last a lifetime and often require working through the many challenges of navigating relationships, boundaries, conflicts, feelings and responsibilities in search of what is healthy or normal.

How to Heal and Move On

Knowing how to process through this unique loss can be quite overwhelming and complex. The healing process can be significantly slowed and even halted by unhealthy coping such as avoidance of/stuffing emotions, using mood altering substances, and not talking about this experience. For many, seeking support can be the most helpful. Getting out of hiding is the most important. Breaking the stigma related to having addiction in the family can be challenging but once revealed, most are surprised by how many people experience this and support is so vital in releasing shame and pain. A common saying in NAMI (National Alliance on Mental Illness) (and recovery programs for families is "You Didn't Cause It, You Can't Control It and You Can't Cure It" and we believe this to be true. Often children of parents with addictions feel as if they "should have, would have, could have" done something to prevent the devastating loss that is affecting so many. Many children feel to blame for the related behaviors of the addicted person and suffer post traumatic stress symptoms with related trauma. What is important to remember is that hope, healing & recovery exists for both individuals suffering a substance use disorder and loved ones who are impacted by their use. Reach out. It is so vital to work through and let go of resentments. Resentments are like drinking poison, expecting that another who has hurt you will feel it. Resentments are harmful and usually only cause harm to the individual who holds the resentment. Loved ones can work through these feelings by being honest and open with a trained professional or support group. Check into one of the following resources for more support and information.



Resources for Those Struggling with Substance Addiction

Jackie Nitschke Center: www.jackienitschkecenter.org (920) 435-2093. Contact: Michelle Pierquet or Tina Marie Baeten to speak to someone who can provide guidance, information, and local resources.

Adult Child of Alcoholics/Dysfunctional Families: www.adultchildren.org. A support group for individuals who were raised by caregivers who had substance abuse issues or dysfunctional behaviors. The support helps adult children learn how to find out what is healthy behavior, learn boundaries, and be freed of the unhealthy messages they received while growing up.

Al-Anon: www.al-anon.org. Al-Anon members are people who are worried about someone with a drinking problem. There are support groups held both in person and virtually.

Alateen: www.al-anon.org. (Teen Corner) is a group/resource for youth aged 13 to 18 who have been affected by someone else's drinking or using.

Nar-Anon: www.nar-anon.org. This is a 12-step support program for families and friends who are affected by someone else's addiction.

Recipe: Easy Chicken Noodle Soup for One

Recipe by: Tracy, Baking Mischief

One pot and twenty minutes are all you need to make this quick and easy chicken noodle soup for one.

<https://bakingmischief.com/chicken-noodle-soup-for-one/>

2 cups (1 14-ounce can) chicken broth
1 medium carrot *sliced 1/2-inch*
1 medium celery rib *sliced 1/2-inch*
1/4 cup diced onion

3/4 cup egg noodles
3/4 cup (3 oz.) diced or shredded cooked chicken
1/8 teaspoon poultry seasoning

1/8 teaspoon basil
Salt and pepper

Directions:

1. In a medium pot (with a lid), combine vegetables and chicken broth. Cover and bring to a simmer. Cook for 10 minutes.
2. Add noodles, chicken, and spices. Re-cover and cook according to noodle package instructions, until noodles are al dente. If broth level looks low, add 1/4 to 3/4 cup of filtered water. Salt and pepper to taste.
3. Serve and enjoy!

Notes:

If starting with uncooked boneless skinless chicken breast:

Sprinkle both sides of your chicken with salt and pepper.

Heat your soup pot over medium heat. Spray with cooking spray or drizzle on a bit of your favorite cooking oil. Once hot, add chicken to the pan and cook until browned, 3 to 4 minutes.

Flip and repeat. Once browned, add about 1/2 inch of water to the pan, cover and cook for 5 to 8 minutes, until an instant-read thermometer inserted into the center of the breast reads 165°F—time will vary depending on the size of the piece of meat.

Remove from heat and allow to cool for 5 minutes before shredding or dicing.

Keep any remaining cooking liquid at the bottom of your pan (it will help flavor your soup) and continue to make your soup from step 1.

