

Tomorrow™

Published quarterly since 1996 for those left behind.

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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Home and Crematory



Transitions

— By Peggy George

AfterCare in the funeral business was not something I was aware existed or thought about as a career choice. And yet, I have been the Aftercare Coordinator at Proko-Wall for the past six years. Formerly, event planning was my business, mostly weddings—helping people prepare for the happiest day of their lives. Transitioning to helping people deal with arguably, the worst day of their life, seemed a complete role reversal. Oddly enough—it's not. Both weddings and funerals are planned, monumental places in family history, events where family and friends gather, opportunities to give thanks, and celebrate life.

Funerals are a different kind of celebration. During the planning process, stories are told, memories are shared, some smiles and happy tears are shed as the events of the coming days take shape. The act of honoring a person's life is healing, soothing and a necessary step in the journey of grieving. I step in the days following the funeral. Helping people on their journey through grief is both humbling and rewarding.

Families at Proko-Wall benefit from our AfterCare programs for about a year after the death of their loved one. Recognizing that no two griefs are the same—we provide several opportunities to try to meet people where they are on their journey.

Our first opportunity is the Spring Planting Program, historically held the second weekend in May—the event consists of a prayer service, flower planting, rock painting and light refreshments. Because Wisconsin Springs can be fickle, our original butterfly release has been replaced by doves. Very symbolic, elegant and serene, the doves have become many families' favorite part of the program. Mourners often stop at our gazebo for a time of reflection or prayer throughout the summer.

Our Holiday Program, held in December follows a similar format and ornaments are handed out to remember loved ones in a special way during the Christmas season. We light the Celebration of Life Tree in our gazebo for the first time that evening. The light from the tree is a symbol of hope and acknowledges to those struggling in our community—we see you and are praying for you. You are not alone.

Widows and widowers find the spring and fall bus trips particularly meaningful. When a spouse dies, oftentimes, getting back out into the community becomes difficult. The bus trips encourage and provide a safe environment for those to step out and rejoin activities. We invite the widow and a guest to come and enjoy a good time in the company of others walking the same journey.

Speaking of walking, I am always a little concerned about people falling. Some bring walkers, others, wheelchairs and we try to go where these can be accommodated. The only person to fall—Me! I was standing while the bus was moving talking to everyone and the driver had to stop suddenly. I fell backward but wasn't hurt at all (maybe my pride). You only make that mistake one time!



Peggy George

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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 7: Sally Jacobs

September 23: Donna Pieschek

October 2: Judi Schneider



Sally Jacobs



Donna Pieschek



Judi Schneider

American Courage Cookout, September 10th

The 2022 American Courage Cookout was held September 10th for the community to honor Veterans, Police, Fire Fighters and First Responders.



Senior Expo, October 5th

Our team had the opportunity to participate at the Senior Expo on October 5th at the Kroc Center. Pictured is Mike Jarzin our Pre-Planning Specialist. Many guests signed up for our birthday cake drawing.



“ I truly hope you don't have to plan a funeral (ever). but if you find yourself planning one or pre-planning your own, consider Proko-Wall. I cannot even list the many ways their service went above and beyond in our time of need. They took care of things we didn't even know need to be done and guided us through those we did. And they did it all with so much compassion! They take pride in their work with good reason.

Sincerely, Karen Kraus DeBaker

Understanding Wisconsin Probate (Part 4)

By Cheryl Young, Brown County Register in Probate

This is the final part of a 4 part series discussing the probate process in Wisconsin. The questions discussed today deal with issues directly related to the probate process once it has been determined that probate is necessary. It is not possible to address all questions and concerns that may occur during the probate process. It is always recommended to seek legal advice with any issues that may arise during the course of the probate action.

What Is a Personal Representative?

A Personal Representative (formerly known as an "Executor") is the person appointed by the probate court to manage the estate. This person is designated in the Last Will and Testament. If there is no Will, then a family member can ask to be appointed by the court.

What Are the Steps Involved in the Probate Process?

- Notify all beneficiaries, heirs and creditors that a probate process is being started
- Identify all of the assets and debts of the decedent
- Pay all funeral costs
- Receive and manage creditor claims against the estate
- Pay all debts, probate fees, and administrative expenses incurred by the estate
- Transfer property and assets to heirs and beneficiaries
- File individual outstanding tax returns and fiduciary income tax returns for the estate
- Distribute any remaining funds after payment of all debts, expenses and taxes to the beneficiaries

Do I Have to Hire an Attorney?

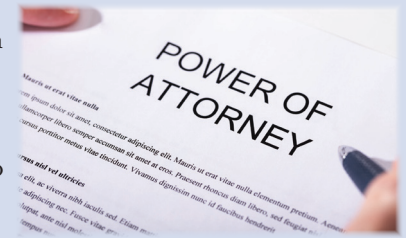
The probate process can be either formal or informal. Informal probate was designed to allow interested persons to probate a loved one's estate without the assistance of an attorney. In this situation, the family agrees with the disposition of assets, or there is a Last Will and Testament that clearly sets forth the decedent's wishes. The family works with the Probate Registrar to ensure that all legal probate requirements are met, including notice to all family members and creditors, and the wishes of the decedent are honored. The family is still encouraged to consult with an attorney if any questions or concerns arise. Formal probate requires the personal representative to hire an attorney to assist in the process. Formal probate is used when there are more complicated estate issues, when there is no Will, and when the family members or beneficiaries disagree on how the estate is to be handled.

Do I Have to Publish a Notice to Creditors in the Newspapers?

Even if you believe that the decedent had no debts, Wisconsin law requires publication to creditors. This publication is for two primary purposes. First, it establishes a final date that limits the time any potential creditor can come forward and ask for payment from the estate. That date is set by the Register in Probate, and is somewhere between 3 and 4 months after the probate process has been started. Secondly, it protects the estate from any future obligation required to pay unknown creditors. There have been many situations where family members were unaware of an outstanding debt. Publication allows a deadline for these creditors to come forward.

Why Do Family Members Have to Be Notified of a Probate if They Are Not Named in a Will?

The law requires that all heirs at law be notified when a probate has been started, even if they have not been named in a Will. This gives everyone that would stand to inherit, had there not been a Will, an opportunity to object to either the Will, or the nominated personal representative. The objection could address undue influence in the execution or the will, or the decedent's capacity to execute a Will at the time it was created.



What Is the Difference Between an Heir and a Beneficiary?

An heir is anyone who is entitled, by law, to an interest in property of a decedent. A beneficiary is any person, corporation, organization or entity that is named in a Will to receive an interest in property. An heir is not always a beneficiary, and a beneficiary is not always an heir. For example, a church could be named in a Will as a beneficiary, but they would not be an heir of the decedent. A decedent could leave three surviving children, but only leaves his estate to two of the children. All three children are heirs, but only the two named in the Will are beneficiaries.

Why Can It Take So Long to Get My Inheritance from the Personal Representative?

A personal representative needs time to gather asset and debt information, inventory all the assets, and publish notice to creditors. It is recommended that no money be distributed to beneficiaries until all debts of the decedent have been determined because all valid creditors are entitled to payment before the beneficiaries. In addition, all taxes and administration fees must be paid. If an unexpected expense or claim occurs, and the beneficiaries have already been paid, it is very difficult to get the money back.

It is important to understand that the probate process doesn't have to be a scary or challenging process during an already difficult period. Preparing a Last Will and Testament, communicating your wishes in advance to family and friends, and consulting with an estate-planning attorney are all effective ways of making the probate process easier to navigate. The Brown County Register in Probate's office is available to answer any questions you may have about the probate process. While we cannot provide legal advice, or tell you what to do in any given situation, we are happy to give you answers to your procedural questions. We can be reached at 920-448-4275 between the hours of 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m., Monday through Friday. I appreciate the opportunity to share this information with you.

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.

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 (Aging & Disability Resource Center)

(920) 448-4300 • 300 S. 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. Lisa Falk, lisa.falk@aah.org

CAMP LLOYD

920-465-2775 • 2420 Nicolet Dr., Green Bay. A week-long day camp for grieving children, entering grades 2-9 held at UWGB, June 18-23, 2023.

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 jodonnell@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. 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. Every 4th Tuesday, 5:00-6:00 pm. Contact Kacie Doxtator for additional information.

DE PERE COMMUNITY CENTER

(920) 336-6054 • 600 Grant St., De Pere. Contact Amanda Baker, 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 or griefinfo@gmail.com for upcoming classes. All sessions are faith based but membership of Central church or any church is not necessary to participate.

GAMBLERS ANONYMOUS

(920) 676-9498 • Annunciation Parish, 1087 Kellogg St., Green Bay. www.greenbaywisconsin.org. Tuesdays 5:30 pm, Thursdays 7 pm, & Saturdays 9 am.

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.

Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay. Call Marilyn Bazett-Jones for more information, 920-492-0001.

Pilgrim Lutheran Church • (920) 965-2233.

1731 St. Agnes Dr., Green Bay. 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. Contact Nicole for additional information.

Spring Lake Church

(920) 983-9090. 302 N. Adams St. #110 and 2240 Klondike Rd., Green Bay.

GRIEVING WITH GREAT HOPE

(920) 737-1805. St. Thomas the Apostle, 5930 Humboldt Rd., Luxemburg. Molly Gallagher. 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.

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.

PROMEDICA HOSPICE BEREAVEMENT SUPPORT & GRIEF EDUCATION

(920) 278-3478 • 1145 W. Main Ave., De Pere. Promedica Bereavement Coordinators facilitate grief support/education opportunities throughout the area and year round and are free to the public. Contact Patricia Hovde BCC patricia.hovde@promedica.org for details about dates, locations, or to register for a current support group opportunity.

HELPGUIDE.ORG

Website offering tools and advice for mental health and wellness.

JOURNEY THROUGH GRIEF

(920) 336-4033 • Our Lady of Lourdes Parish, 1307 Lourdes Ave., De Pere. Second Tuesday of each month 9:00-10:00am. Contact: Robin Therese.

LIFE LOSSES GRIEF SUPPORT

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

MISCARRIAGE AND INFANT LOSS MEMORIAL

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

ST. BERNARD GRIEF SUPPORT

(920) 468-4811 • 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

SHARE OF NORTHEAST WISCONSIN

(920) 431-3038 • 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 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 griefcenter@unityhospice.org. Visit Unity's website for up-to-date information: www.unityhospice.org/grief-support/



Support Groups

Hope and the Holidays: A 6-week support group for adults that offers the opportunity to connect with others who are grieving and covers topics such as grief around the holidays, traditions, self-care and finding hope.

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.

Grief Workshop—Coping with the Holidays: An interactive workshop for adults that offers the opportunity to connect with others who are grieving around the holidays. Held in De Pere, Oconto Falls, Sturgeon Bay, Marinette.

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

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.

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

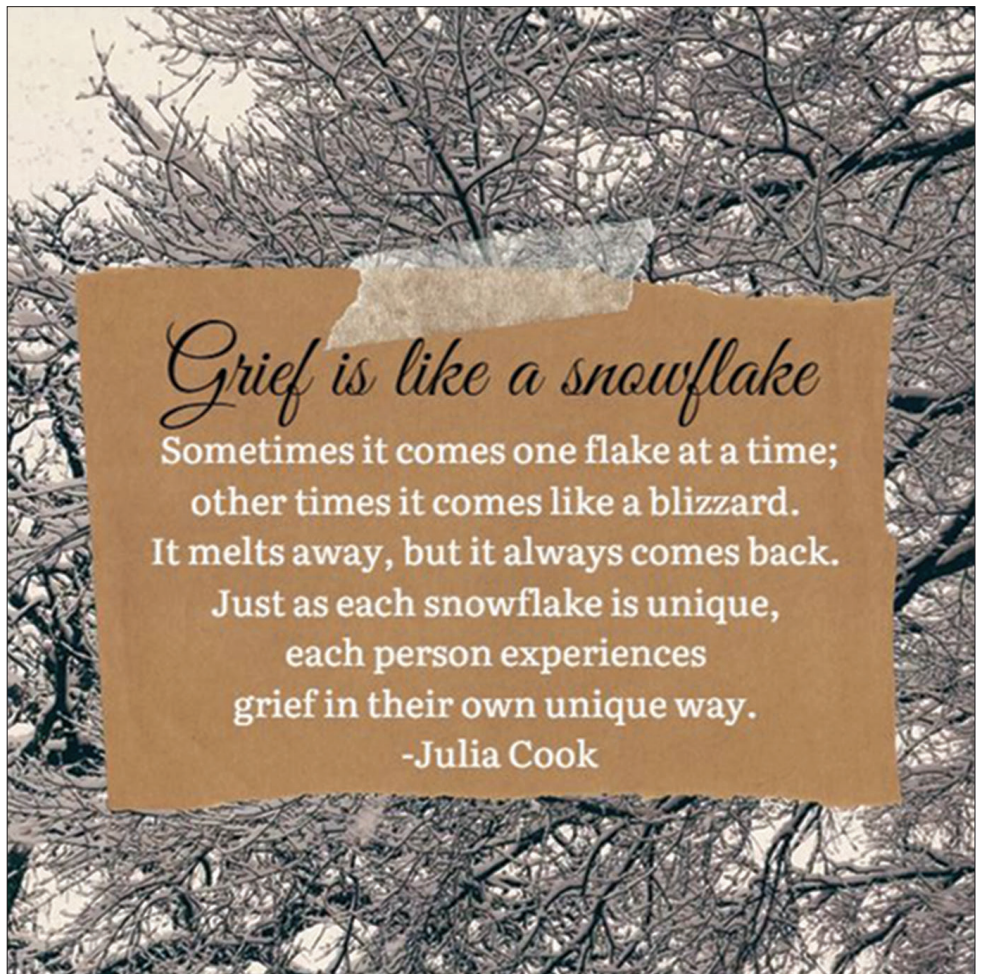
(920) 339-8952 • Unity Hospice Education Center 2079 B Lawrence Dr., De Pere. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:00 pm. Contact survivor and facilitator Mary Doeml at (920) 339-8952 and/or griefcenter@unityhospice.org for additional information.



Proko-Wall honors military veterans entrusted to our care in a very special way. Did you know the staff at Proko-Wall will help you obtain the military honors your loved ones have earned? Those honorable discharged are typically entitled to a flag, a flag presentation ceremony which may include taps and firing detail, a presidential certificate, and possibly a grave marker or medallion.

Also, on the one-year anniversary of a veteran's death, Proko-Wall will fly the American flag in their memory, display signage in the funeral home letting guests know who the flag is flying in honor of and send a presentation card to the family.

Photo is by Darryl Brooks



Local Activities

November/December

Saturday, November 12 – Sunday, January 1

Merry-Time Festival of Trees • Door County Maritime Museum, 120 N. Madison Ave., Sturgeon Bay, (920) 743-5958. Call for times.

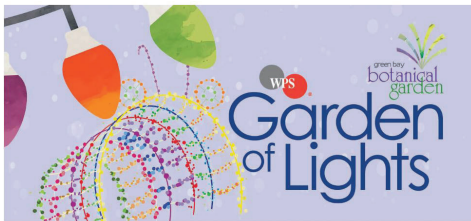
Thursday, November 17 – Sunday, January 1

2022 Festival of Trees • National Railroad Museum, 2285 S. Broadway, Green Bay, (920) 437-7623. See <https://nationalrrmuseum.org/festival-of-trees/> for dates and times.



**Friday, November 25 – Friday, December 23;
Monday, December 26–Friday, December 30**

WPS Garden of Lights • 4:30–9:00 pm
Thursdays, Fridays, Saturdays, & Sundays
4:30–9:00 pm. 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 25 – Friday, 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.

Wednesday, December 7

Holiday Gala • 5:00–9:00 pm. Riverside Ballroom, 1560 Main St., Green Bay.

Wednesday, December 7

8th Annual Honor a Life Holiday Gathering • 6:00 pm. National Railroad Museum, 2285 S. Broadway, Green Bay, RSVP Unity (920) 339-6700.

Thursday–Sunday, December 8, 9, 10

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

Friday, December 9

Fish Fry • Presentations at 5:00–6:30 pm. Our Savior Lutheran Church, 120 S. Henry St., Green Bay, (920) 468-4605.

Sunday, December 11

Soup Supper • 5:00–7:00 pm. Our Savior Lutheran Church, 120 S. Henry St., Green Bay, (920) 468-4605.

Wednesday, December 14

Live Nativity • Presentations at 5:30, 6:00 and 6:30 pm. Our Savior Lutheran Church, 120 S. Henry St., Green Bay, (920) 468-4605.

December 14, 15, 16, 17

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

Friday, December 16–Sunday, December 18

Jean Wolfmeyer School of Dance, The Nutcracker • Capitol Civic Center, 913 S. 8th Street, Manitowoc (920) 683-2184. Call for times.

Wednesday, December 21

Light for the Longest Night • 7:00 pm.
The Compassionate Friends, St. Anne's Episcopal Church, 347 South Libal St., De Pere, (920) 336-9571. In person or online www.stannes.us

Saturday, December 31

New Year's Event • Parallel 44, N2185 Sleepy Hollow Road, Kewaunee, (920) 388-4400.
1:00–4:00 pm

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

Tuesday, December 6–Sunday, December 11

Aladdin • foxcitiespac.com for times

Saturday, December 17

Boogie and the Yo Yo's: Christmas with You
• 7:30 pm

Thursday, December 22

Steve March Torme – For Kids 1 to 92
• 7:30 pm

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

Friday–Saturday, December 9–10

Holiday Pops • weidnercenter.com for times

Thursday, December 15

Swing for the Holidays • 6:30 pm

Wednesday, December 21

A Farewell to Arms (1932) Film Screening •
7:00 pm

3rd & 5th Thursdays

Bingo \$.50 per card. 1:00–3:00 pm. Community Center, 1811 Allouez Ave., Green Bay, (920) 468-5225. All are welcome.

1st, 3rd, & 5th Saturdays

Winter Market on Military. 9:00 am–1:00 pm.
1535 W. Mason St., Green Bay (920) 544-9503.
(Located in former Office Depot Building on Military Ave.)

January

Thursday, January 26–Sunday, January 29

RV & Camping Expo • Resch Expo, 840 Armed Forces Dr., Ashwaubenon

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

Tuesday, January 17 – Sunday, January 22

SLX • foxcitiespac.com for times

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

Saturday, January 28

Doctors in Recital • 7:00 pm

3rd & 5th Thursdays

Bingo \$.50 per card. 1:00–3:00 pm. Community Center, 1811 Allouez Ave., Green Bay, (920) 468-5225. All are welcome.

February

Friday, February 17

Film Favorites • St. Norbert College, Abbot Penning Hall of Fine Arts–Byron L. Walter Theatre, 315 3rd St., De Pere (920) 432-4676

Friday, February 17–Sunday, February 19

Boat Show • Resch Expo, 840 Armed Forces Dr., Ashwaubenon

Friday, February 24

Broadway's Rock of Ages Band • Capitol Civic Center, 913 S. 8th Street, Manitowoc, (920) 683-2184. 7:30 pm

Friday, February 24–Sunday, February 26

Hunting & Fishing Expo • Resch Expo, 840 Armed Forces Dr., Ashwaubenon

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

Tuesday, February 7

Ballet Hispanico • 7:30 pm

Tuesday, February 21 – Sunday, February 26

To Kill a Mockingbird • foxcitiespac.com for times

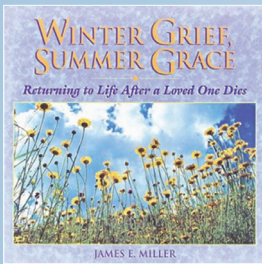
3rd & 5th Thursdays

Bingo \$.50 per card. 1:00–3:00 pm. Community Center, 1811 Allouez Ave., Green Bay, (920) 468-5225. All are welcome.



Book Review: Winter Grief, Summer Grace

– By James E. Miller



One of the fringe benefits of being a “Wisconsinite” is the luxury of experiencing the change of seasons. From the first glimpse of the blossoms of springtime to the last howling wind of winter, we see, we touch, we feel, and we learn life’s lessons tucked into each new season.

Lessons from death as well as from life can be gleaned from the autumn, winter, spring, and summer seasons of grief after the loss of loved one to death. James E. Miller, in Winter Grief, Summer Grace, does a masterful job of assisting one who walks the road of grief to treasure the seasons of that journey. Breathtaking photography speaks loudly to the sacredness of each season and serves as reflection, reassurance and comfort to our broken heart and aching spirit as we lean on *Mother Nature* for strength and support.

Other companions on our journey found in this tiny treasure are the comforting words of wisdom from scripture, sages, and soul-friends who have walked this road before us. Each season closes with two pages replete with practical ideas for self care and outreach.

Whether death of a loved one was a recent experience, or you happen to feel the need for some perspective and peace from a death experience of months or years ago, this is truly what the doctor ordered. I am confident that the layout, language, and lessons of this work will bring solace to your sorrow and peace from the panic of your grieving heart.

The late Joan Faltynski, a lifelong elementary and middle school teacher, reviewed this book back 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.

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This quarterly newsletter you are holding in your hands has been sent out in the Green Bay area for decades. It provides a real connection to our families and to our community. Several area support groups and churches have mentioned they use our newsletter as part of their programs. All our families receive a copy once a quarter for one year. Articles from local authors are preferred and address many aspects of grieving. All also include recipes appropriate to cooking for one. Do you have a favorite recipe for “one”? Submit it, and we will pay you \$25 for your effort. If you would like to continue receiving copies after a year, please call the funeral home and ask for Rachel. She will add you to the list for as long as you like. The newsletter can be delivered digitally or by mail.

Did I say “Ask for Rachel”? The time has come for me to pass the torch, and Rachel Moore is Proko-Wall’s new AfterCare Coordinator. She comes with a wealth of experience from a Texas funeral home following her service to our country as an Air Force Veteran. Most importantly, she brings compassion, determination, and a compelling desire to honor those who are grieving. Rachel’s abilities make me

feel comfortable about my retirement. Trust me, I couldn’t leave if I didn’t think you were in wonderful hands.

The past six years have been a learning experience for me. A time filled with witnessing people in their darkest days and of the goodness and kindness of the people surrounding them. A time of helping people find the joy again, the laughter amongst the tears. I feel privileged to have been a small measure of comfort to the families as AfterCare Coordinator. Thank you for allowing me to walk with you during your time of need.



Rachel Moore



Recipe: Taco Soup For One

Recipe by: Joanie Zisk

<https://onedishkitchen.com/taco-soup-recipe/>

This big and bold taco soup makes the perfect meal. Filled with ground beef, vegetables and topped with cheese, this single serving soup can be ready in less than 30 minutes!

Ingredients:

- | | |
|--|--|
| ½ tablespoon olive oil | 1 small tomato, chopped (about ⅓-cup chopped/65 grams) |
| 4 ounces ground beef | ¼ cup corn (use canned or frozen) |
| ½ cup chopped onions | ¼ cup canned black beans, rinsed and drained |
| 1 clove garlic, minced | 1-2 tablespoons shredded Cheddar cheese (optional) |
| 1 teaspoon finely chopped jalapeños | |
| 1 teaspoon taco seasoning (store-bought or homemade) | |
| 1 cup low-sodium beef broth | |

Directions:

1. In a 2-quart saucepan over medium-high heat, heat the oil for about 30 seconds. Add the ground beef, breaking up the meat as it cooks. Cook, stirring frequently for about 3-4 minutes.
2. Add chopped onions, garlic, and jalapeños and cook, stirring occasionally for 2 minutes.
3. Stir in the taco seasoning mix and cook, stirring occasionally for 30 seconds. Next, add the broth, tomatoes, corn, and beans. Bring to a boil, then reduce the heat to low and simmer for 15 minutes.
4. Ladle the soup into a bowl and top with shredded cheese, if desired.

Taco soup Servings: 1 serving. Calories: 352k cal



One Dish Kitchen