



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



Graveside Visitor

— By Chelsea Ohlemiller

It was a beautiful sunny day, perfect for a cemetery visit with my mother. It was empty and calm. The ideal scene for a heartfelt chat with the headstone that decorates my mother’s final resting place. The cement is hot to the touch, so I grab a chair from the car and get comfortable for the one-sided conversation.

I stare at the picture that has been engraved on her stone. It’s beautiful. I’m glad we chose to add this sentiment. It makes these conversations easier, because with each word, I’m staring straight at the face of the most beautiful woman I’ve known.

As the first words slip out of my mouth, so do the tears. They flow freely. Here, at this spot, they always do. I let my heart pour out. I cry. I give life updates. I ask questions, begging to hear an answer. I sit in front of her grave, with the fierce sun shining down on me, and emotionally say, “Mom, are you proud of me? Do you like what you see? I am different than when you left. Can you see us? Are you ok?”

As the questions and statements rush from my mouth and the tears rush from my eyes, my emotions are interrupted by a change in sound and atmosphere. I can hear the soft sound of a car engine close to me. Through wet eyes I see a red car parked close to me. I hold my head down as the tears continue to drip, trying to hide the emotion that is seeping out of me. As I hear the sound of a door open and close, I look up, curious to the other visitors that have come.

I look up to see an angel walking towards me. The kind of angel that is real, and the kind that you know. This angel was my mother’s neighbor, and the closest kind of friend you could be without being blood relatives. She walks towards me, arms open and embraces me like she understands exactly what I need. I let her. This hug has a healing effect on my heart and my mind instantly, and without effort. Before I can say anything, she says...

“I drove by and thought that was you. I felt compelled to turn around. My heart told me to come here. I have to tell you, your mother is so proud of you. She is so incredibly proud of you, and she’s happy. I hope you know and believe that. She is happy where she is and free of pain. It’s complicated, but she is watching and smiling and happy.”

Those words. Every single one of them, were answers to questions



xox, Chelsea Ohlemiller

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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 Beverly, Jean, and Janice!

February 14: Beverly Hendricks

March 15: Jean Krueger

April 16: Janice Bodart



Beverly Hendricks



Jean Krueger



Janice Bodart

Purple Angels Training, April 9th

On April 9th, the Proko-Wall staff received purple angels training from ADRC trainer, Peggy George.



Spring Planting, May 20th

Proko-Wall's annual Spring Planting was May 20th. The weather was perfect, and families gathered to celebrate the memory of their loved ones. A reflection was offered by Pastor Joshua Error of Faith Lutheran Church. Rock Painting, Flower planting, cookies and lemonade was enjoyed by all.



How Journaling Helped Me Heal from Grief and How It Can Help You Too

By Kerstin Pilz, <https://www.writeyourjourney.com/>

The day I was told that the man I loved was going to die from cancer, I did two things: I made a pact with myself never to have more than one bottle of wine in the house. I knew the risks of numbing pain and I knew that it didn't work. Then I went to a stationery shop and bought a supply of fine moleskin journals. My journey through grief started the day the pea-sized lump behind my husband's ear was given a name. Metastatic melanoma. Over the course of two years it spread to his lungs, then his brain. A brain tumor the size of a golf ball is what killed him.

Four weeks after his death, a tightly sealed plastic box containing a dozen diaries was the first thing I grabbed when I had to evacuate my home ahead of a monster cyclone. Seven years after those events, the plastic container, which by now contains several dozen moleskins, is still the first thing I'll grab at the next cyclone warning.

Why? Because those journals were my lifesaver at a time when no therapist could help me. Grieving is a very long and lonely journey, and those journals were my most intimate, trusted friends during the most difficult time in my life. Grief comes in many forms. Divorce, being made redundant, a stillborn child, the list is long. We all have access to the world's oldest and cheapest self-help tool.

Here is how it helped me.

1. Your journal is your best friend during the lonely process of grief.

Grief turned me into a depressed mess, which made me feel like an outsider. It's a common experience. As anybody who has been there will know, one of the most surprising things about grief is how alone it makes you feel. Only those who have grieved will be able to understand what you are going through.

Your friends and loved ones will offer as much comfort as they can give, but they've got their own lives to live and nobody wants to hear your sad story over and over again.

Writing provided comfort and relief at a time when nothing else did. I lived remotely and didn't have access to a therapist. My journal became my lifesaver and my best friend. It was the only place where I could speak my truth and where I could safely express all of my emotions.

My journal was always there for me to listen to the same story, over and over again, without judgment, until I was finally ready to let it go.

2. Journaling allowed me to tell the story nobody wanted to hear.

We live in a culture that is averse to grief. In the absence of proper grief rituals, people struggle for words and end up offering platitudes that diminish your grief. Before my bereavement, I too was ignorant about what to say to a grieving person.

How many times did well-meaning friends, lost for words, offer meaningless platitudes? "He'll be okay," some would say, when it was clear that he was never going to be okay again.



"You'll be okay," was just as hurtful. Of course I would be okay. I hadn't died, even if it felt like part of me had. But I needed people

to acknowledge my grief, not diminish it. Writing was a way of giving voice to the story nobody wanted to hear.

I needed to say the things that I couldn't say, that even the doctors wouldn't say, as we desperately clung to hope.

It was only in the pages of my journal that I could safely and without judgment write this messy story in the raw voice of pain. It helped me understand it and slowly craft a new narrative.

I knew instinctively that my writing would lead me there, not my well-meaning friends who assumed to know what the appropriate timeframe for grief might be.

3. Writing allowed me to hold on to memories.

Journaling was also an effective way to hold on to the memory of him. I recorded the story as it was unfolding. The way he reacted to radiation treatment. The words he said when the word palliative care entered our conversation. The way he looked before and after each operation. The words he whispered into my ear, holding on to my hand as his strength faded during his last days.

4. Journaling helped me find redemption after loss.

For several years after my bereavement, the story I told about myself focused on the events that had burnt my life down. It was what defined me at that moment and I didn't want it taken away from me.

Writing about my pain allowed me to eventually gain a new perspective. Reading over my words, I became a detached witness of my story and I was able to see how my story is related to the universal narrative pattern of what Joseph Campbell calls "the hero's journey."

Today I am able to tell my story as a narrative of redemption. I stumbled into the dark woods of grief and I came out of it

Journal Writing Prompts

Today I am really missing....

My best time with you was when....

I wish I knew how....

I need less of....

The thing that brings me the most comfort is....

I will lean on....

The hardest time of day is....

My favorite memory with you that makes me laugh was....

Support Groups

ATO SZE

(920) 562-6742 • 4593 Choctaw Ct., Green Bay Senior Lifestyle Consulting & Case Management.
Tammy Sze at 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. 3rd Monday of the month at 10 am. Carol Mueller for additional information.

AURORA AT HOME GRIEF SUPPORT GROUP

(920) 838-1886 • Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Held every 3rd Tuesday every month. Lisa Falk to register and location, 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.

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. www.chawisconsin.org for a complete listing of grief support and bereavement resources for all family members. Joanna O'Donnell at (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. July 16. Tom Bekkers for information.

THE COMPASSIONATE FRIENDS

(920) 370-3858. First United Methodist Church, 501 Howe St., Green Bay. 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. www.compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

(920) 819-8174 • 2960 Allied St., Green Bay. Every 4th Tuesday, 5:00-6:00 pm. Kacie Doxtator for additional information.

FROM MOURNING TO HOPE

(920) 288-2217 • Central Church, 831 Schoen St., Green Bay. griefinfo@gmail.com or www.FromMourningToHope.com or for upcoming classes. All sessions are faith based but membership of Central church or any church is not necessary to participate.

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. Register: griefshare@beautifulsavior.com.

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 at Parish.ministries@threecatholicchurches.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. Curtis at griefinfo@gmail.com or haylos.org

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr. Green Bay. Five-week program for those who have lost someone through death. 6:30-8:00 pm. Ann Froelich at (920) 435-6811 or annfroelich@gmail.com
Sheila De Luca at (920) 217-6259 or sheiladeluca63@gmail.com

PROMEDICA HOSPICE BEREAVEMENT SUPPORT & GRIEF EDUCATION

(920) 278-3478 • 1145 W. Main Ave., De Pere. Facilitate grief support/education opportunities year-round and are free to the public. Patricia Hovde at BCC patricia.hovde@promedica.org

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 for additional grief groups & information

LIFE LOSSES GRIEF SUPPORT

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

MISCARRIAGE AND INFANT LOSS MEMORIAL

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

RISE ABOVE COUNSELING

(920) 340-0939 • The Depot, 200 Dousman St., Green Bay. An 8-session grief therapy group led by a licensed counselor for coping with loss. Andy Johnson at andy@riseabovecounselingwi.com

SERENITY BEREAVEMENT SUPPORT GROUP

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

SHARE of NORTHEAST WISCONSIN

St. Vincent. For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death. Virtual at <https://www.hshs.org/SacredHeart/Events/Support-Groups/Infant-Loss-Support-Group>. Keegan McKeown at keegan.mckeown@hshs.org



Support Groups

UNITY GRIEF AND EDUCATION CENTER

(920) 339-6700 • 2079 Lawrence Dr., 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/

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 Connect: This group meets the 1st and 3rd Thursday evening (6:00-7:30pm) 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. 2nd Wed. of the month

Generations – Hope for Grieving Families: Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Generations begins with dinner followed by concurrent groups for children/teens and adults. Held the second and fourth Thursday evening of the month. Held the second Thursday of the month in summer.

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

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

Online Resources

HELPGUIDE:

www.helpguide.org

THE CARE COMMUNITY:

www.insightbooks.com

FOR GRIEF:

www.forgrief.com

WHAT'S YOUR GRIEF:

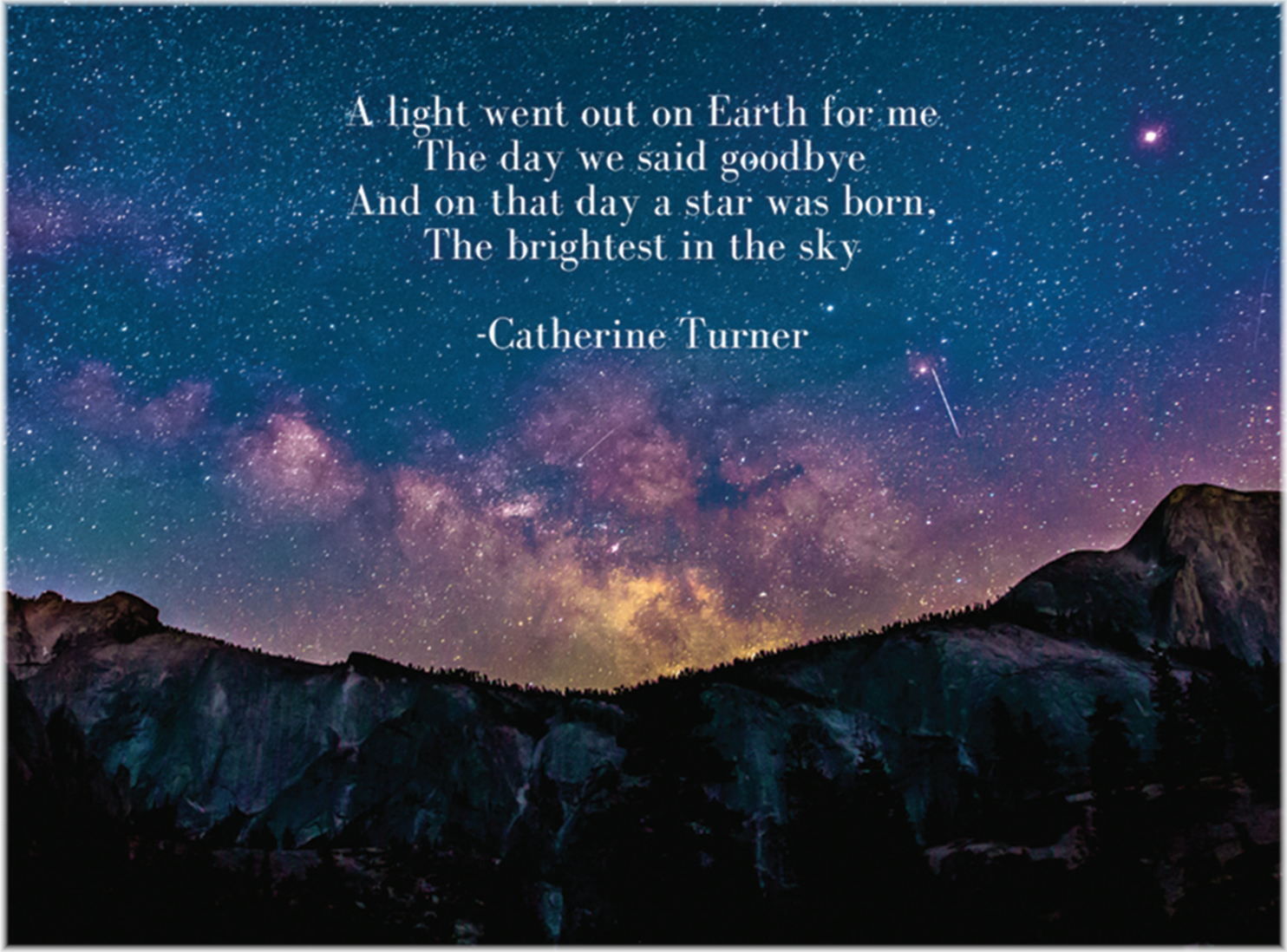
www.whatsyourgrief.com

MY GRIEF CONNECTION:

www.mygriefconnection.org

T.A.P.S.: www.taps.org

OPENTO HOPE: www.opentohope.com



A light went out on Earth for me
The day we said goodbye
And on that day a star was born,
The brightest in the sky

-Catherine Turner

Local Activities

Farmer's Markets: Green Bay Area

Farmer's Market on Broadway

North Broadway. (920) 437-2531.
Wednesdays, May 24 – Sep. 27, 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 8 – Sep. 28,
3-8 pm; Thursdays, September only, 3-7 pm

Green Bay Farmer's Market

South Washington St., (920) 437-5972.
Saturdays, May 27 – Oct. 28, 7 am-Noon

Market on Military

Green Bay Plaza (corner of W. Mason and
Military Ave.). (920) 544-9503. Thursdays,
Jun 1 – Oct. 26, 3-7 pm or dusk in the fall

Oneida Farmer's Market

N7332 Water Circle Pl. (920) 496-5649.
Thursdays, June 15 – Sep. 28, Noon-6 pm

Orchards

Apple Store

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

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., Hobart. (920) 869-2468.
Tues.-Fri., 9 am-5:30 pm. Sat., 9 am-5:30 pm

Seaquist Orchards Farm Market

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: Sun.-Fri., 8 am-6 pm

Wood Orchard

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



May/June

May 24-September 27

Farmers' Market On Broadway • 3:00-8:00 pm.
200 N. Broadway, Green Bay

June 1 – October 26

Market On Military • 2:00-7:00 pm.
1481 W. Mason St., Green Bay

June 8-August 31

Titletown Night Market • Thursday Nights
4:30-8:30 pm. Titletown, Green Bay,

Friday, June 2

Hotel California-A Salute to The Eagles • 7:30 pm.
Fox Cities Performing Arts Center, 400 W. College
Ave., Appleton, (800) 840-9227, foxcitiespac.com

Tuesday, June 13

Caregiving in Bloom • 4:00-7:00 pm. Green Bay
Botanical Garden, 2600 Larsen Rd., Green Bay,
920-490-0500 (Registration required). An
evening for caregivers and the people they care
for in the gardens. gbbg.org

Thursday, June 15

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

Friday-Saturday, June 16-June 17

BayFest • Meyer Theater, 117 S. Washington St.,
Green Bay, (920) 433-3333, meyertheatre.org

June 20-25

*Ain't Too Proud-The Life and Times of The
Temptations* • Fox Cities Performing Arts Center,
400 W. College Ave., Appleton, (800) 840-9227,
foxcitiespac.com, call or visit website for times

Wednesday, June 21

Music on the Green: Summer Solstice •
5:30-8:30 pm. Heritage Hill State Historical
Park, 2640 S. Webster Ave., Green Bay,
(920) 448-5150, heritagehillgb.org

July

May 24-September 27

Farmers' Market On Broadway • 3:00-8:00 pm.
200 N. Broadway, Green Bay

June 1 – October 26

Market On Military •
2:00-7:00 pm.
1481 W. Mason St., Green Bay

June 8-August 31

Titletown Night Market •
Thursday Nights 4:30-8:30 pm.
Titletown, Green Bay,

Tuesday, July 4

Fourth of July Celebration • 9
:00 am-4:00 pm. Heritage Hill
State Historical Park,
2640 S. Webster Ave., Green Bay,
(920) 448-5150,
heritagehillgb.org

Thursday, July 20

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

August

May 24-September 27

Farmers' Market On Broadway • 3:00-8:00 pm.
200 N. Broadway, Green Bay

June 1 – October 26

Market On Military • 2:00-7:00 pm.
1481 W. Mason St., Green Bay

June 8-August 31

Titletown Night Market • Thursday Nights
4:30-8:30 pm. Titletown, Green Bay,

Saturday, August 12

Chalk Fest • 11:00 am-4:00 pm. Kroc Center,
1315 Lime Kiln Rd., Green Bay, (920) 884-5007,
gbkroccenter.com

Tuesday, August 15

Happy Together • 7:30 pm. Fox Cities Performing
Arts Center, 400 W. College Ave., Appleton,
(800) 840-9227, foxcitiespac.com

Thursday, August 17

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

Saturday, August 26

Water Lantern Festival • 5:00 pm. Leitch
Memorial Park, 128 Dousman St., Green Bay,
waterlanternfestival.com/greenbay.php

Wednesday-Sunday, August 16-20

Brown County Fair • Brown County Fairgrounds,
1500 Fort Howard Ave., DePere, (920) 336-7292,
browncountyfair.com/ for times and events

Thursday-Sunday, August 24-26

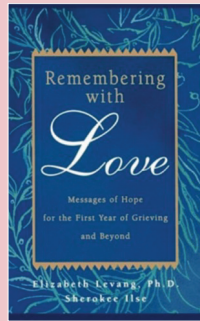
Brown County Bluegrass Festival • Brown County
Fairgrounds, 1500 Fort Howard Ave., DePere,
(800) 840-9227, [https://www.bandsintown.com/
f/109134-brown-county-bluegrass-festival-2023](https://www.bandsintown.com/f/109134-brown-county-bluegrass-festival-2023)
for times and events

Proko-Wall Funeral Home
INVITES VETERANS & THEIR FAMILIES
VETERANS PICNIC
REMEMBER AND HONOR
Saturday, September 16
11am-2pm
Prince of Peace
3425 Willow Road, Green Bay

Book Review: Remembering with Love

– By Elizabeth Levang, PhD and Sherokee Ilse

(Reviewed by Joan Faltynski (Oct. 16, 1939–May 4, 2013) in Spring 2010 issue)



How fitting it is that the subtitle of this work is – “Messages of Hope for the First Year of Grieving and Beyond!”

Have you ever experienced the joy and comfort of a friend who—by their very presence—brought peace to your anxious heart? “Remembering with Love” is just such a friend. It seems like every different ache the reader senses after losing a loved one is addressed by these authors.

The format is one which is very sensitive to the grieving reader who finds it so difficult to concentrate for long periods of time. It offers a single-page consideration consisting of: a personal experience of loss; a brief reflection; and an idea for you to use as a means for caring for yourself. Like a one-a-day vitamin, which supplements daily nutritional needs, these one-a-day reflections sustain and support the reader emotionally and spiritually as they walk the long, lonely road of grief.

So often we have heard the adage that begins, “Out of the mouths of babes...” In moments of grief, it is truly the words of these little ones that help us identify and voice the real pain we are feeling.

For example: “After Mother died, we asked our six-year-old daughter how she felt. She said, ‘It feels like a flat tire in my stomach.’” For each of us, the grief journey looks a little different and may last a different duration of time.

A few things, however, are certain:

- **It is a process that can’t be rushed or avoided.**
- **There are no simple shortcuts.**
- **It must be lived.**

Having the support of family, dear friends and sensitive authors like these—ones who sense our aching hearts and who walk the journey with us—help us to “Remember with Love” ... and they make all the difference in the world.

Joan Faltynski, a life-long elementary and middle school age teacher, worked part-time for Proko-Wall and reviewed books and videos. This book is available for checkout at Proko-Wall’s Community Library.

Continued from page 1 — Graveside Visitor

I had just been asking. At a moment like this, it is hard to deny a higher power. My mother is no longer here, but she’s working beautifully through other people. She keeps showing up in unexpected and priceless ways. Ways that provide my heart joy in the midst of sorrow.

I hugged my visitor tightly and told her the undeniable power of her visit. I told her the power of her unique love and support. I told her the power of light and hope in her message. This simple visit and conversation provided hope and healing that would carry me through the next wave of grief that knocks me down.

She smiles with tears in her eyes and leaves. As I watch her car slip further away, exiting the cemetery, I plop my emotional self back in my chair. I glance at the headstone, and as my tears slow, I giggle. I smile and look up at the sky and say, “Thanks mom! I get it. You’re here. Still answering my questions, still helping me through it all....one person at a time.”

xox, Chels

<https://hopeandbarsbrealities.com/>

<https://hopeandbarsbrealities.com/graveside-visitor/>



Chelsea Ohlemiller

Continued from page 3 — How Journaling Helped Me Heal from Grief and How It Can Help You Too

transformed, stronger, and more aware of the preciousness of life. It’s a story I share with those who accept grief as an opportunity for deep transformation.

5. Journal writing gave me the courage to venture into creative writing, which was healing in unexpected ways.

Two years after my husband’s death, for my fiftieth birthday, I gave myself the gift of a year-long online creative writing course. I’d planned to write up my story as a memoir. But revisiting my pain in the pages of my journals felt like peeling the scab off a wound. It was still too raw.

Writing creative fiction on the other hand, turned out to be incredibly liberating. I no longer had to write the story of how my life had exploded. I was free to write anything I wanted. I could create characters with red hair and freckles, I could make them Olympic swimmers or war correspondents. But deep down, the emotions I wrote into my characters were my own.

By sorting the core of my personal grief story into a narrative arch, I could see how personal growth results from conflict and suffering. I could see how this is fundamental to the character’s journey and I could finally see redemption and envision a new ending for my story.

I don’t know how I would have coped without my writing, it’s what guided me through my pain and showed me the way forward.

Recipe: Blueberry Crumble For One *Recipe by: Joanie Zisk* <https://onedishkitchen.com/blueberry-crumble-for-one/#recipe>

Mini blueberry crumble made with a handful of blueberries and topped with a crisp, buttery oat topping. A wonderful single serving dessert! Quick, easy, and so delicious!

Equipment:

- 5-inch baking dish , or use a 4x6-inch baking dish, a 6x6-inch dish (this size will yield a thinner blueberry filling, less crumble topping, and it may bake faster), or a 6-inch round dish
- Mixing bowl

Ingredients:

- 6 ounces blueberries (about ½ pint)
- 3 to 4 tablespoons sugar (depending on the sweetness of the blueberries)
- 1 tablespoon all purpose flour
- 1 tablespoon lemon juice
- ½ teaspoon salt

Topping:

- 6 tablespoons all purpose flour
- ¼ cup old fashioned oats
- ¼ cup brown sugar
- ¼ teaspoon vanilla extract
- 4 tablespoons salted butter, softened
- Optional: vanilla ice cream or whipped cream

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a small bowl, toss the blueberries with sugar, flour, lemon juice, and salt. Transfer the berries to a small baking dish.
3. In a separate small bowl, stir together the flour, oats, brown sugar, and vanilla. Blend in the butter using a fork and mix until well combined.
4. Scatter the topping over the berries.
5. Bake the blueberry crumble until the filling is bubbling and the topping is golden, about 25-30 minutes.
6. Cool for 10 minutes and top with vanilla ice cream or whipped cream, if desired.

Notes–Expert Tips:

- **Make a gluten-free blueberry crumble:** If you want to make a gluten-free version of this dessert, use your favorite gluten-free flour blend instead of all-purpose flour.
- **Look for plump, smooth-skinned blueberries:** Choose berries that are deep purple/blue. You can use fresh or frozen and thawed blueberries in this recipe.
- **Consider using mixed berries:** This recipe is very versatile, it is delicious with raspberries, blackberries, or a combination of both.
- **Reduce the sugar:** The amount of sugar needed depends on how tart or sweet your blueberries are. Be sure to taste the berries before using them in this recipe. If they are tart, you might need to add a bit more sugar to balance the flavor. If the berries are sweet, feel free to reduce the amount of sugar you use.

Additional:

Prep Time: 10 min. Cook Time: 45 min. Cooling Time: 10 min. Total Time: 45 min. Servings: 2

