



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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Dealing with Grief on Important Dates

—By *Empathy's Grief Specialists*

Navigating the calendar while you're grieving

- Birthdays, holidays, anniversaries, and other important dates can become colored by grief after someone dies.
- Letting go of expectations or creating new traditions can help make certain dates easier for you.
- Consider setting aside time on important dates that you dedicate solely to your grief.
- If you know a particular day is going to be hard, you can always reach out and specifically ask for help from the other people in your life.

When you are in grief, certain days of the calendar are bound to be harder than others, particularly if the date comes with an expectation of togetherness. Birthdays, holidays, and the anniversary of a loved one's death are some very common examples.

Grief is an isolating experience under any circumstances, but that sense of isolation and loneliness can be particularly exacerbated at times of celebration. If, after a loved one has died, you find yourself at a family gathering and it feels like everyone else is having fun and enjoying themselves, the difference between where they are and where you are emotionally can be really acute.

This is one reason why many people find the winter holidays particularly hard. At a time when it seems like everyone else is cheerfully singing “Joy to the World,” the inability to share in the spirit of the season can make you feel like an outsider. The same can be said for birthdays—there is an implicit pressure to be “happy” on your birthday. The word is in the song and the well wishes. But how can you possibly have a happy birthday when you're feeling so overcome by other emotions?

The truth is, you may not be able to. And that's OK. There is no rule that says you must be happy on your birthday, or New Year's Eve, or any other day for that matter.

You're not just mourning the loss of your loved one, you are mourning the way things used to be.

Holidays and birthdays are about celebrating the passage of time, about nostalgia and tradition. Each year we remember celebrations from years past: the way things were when the kids were little, the taste of Grandma's perfect apple pie, that time you pulled off a huge surprise party. When someone dies, this normal part of celebrating becomes colored by your grief. The absence of your loved one can feel as tangible on those days as their presence once was. You're not just mourning the loss of your loved one, you are mourning the way things used to be. The way you used to feel; the shape, color, and size of your personal experience on these days.

It's just another day

Unlike some other grief triggers, like significant places, objects, or habits that you can try to stay away from, it's impossible to avoid specific days on the calendar. So you may instead want to find strategies for making them less impactful.

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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 Alice, Pastor Roy, and Bruce!

August 27: Alice Janquart

September 28: Pastor Roy Rose

October 18: Bruce Knuepfer



Alice Janquart



Pastor Roy Rose



Bruce Knuepfer

American Courage Cookout, September 16th

The 2023 American Courage Cookout was held at Prince of Peace Catholic Church on September 16th for the community to honor military veterans. The weather was perfect and about 200 guests enjoyed the day.



Coats for Kids, September 25th - October 26th

Proko-Wall Funeral Home is proud to be a supporter of Salvation Army Coats for Kids and has been a drop off site for this charity for many years. Pictured is our Aftercare Coordinator, Pat Ratajczak with representatives of the Salvation Army.



Senior Expo, October 6th

Proko-Wall Funeral Home took part in the Senior Expo held at the Kroc Center. Pictured at our booth is Mike Jarzin our Pre-Need Specialist.



Toys for Tots, October 30th - December 4th

<https://green-bay-wi.toysfortots.org>

Go to the Toys for Tots website for ideas for gift giving. The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted. Once again Proko-Wall Funeral Home is a collection site for the Toys for Tots Program.



How to Help Children Grieve

<https://www.forgrief.com/blog/how-to-help-children-grieve>

Children grieve. When we see children in pain, it's natural to do everything we can to help make them feel better. We might even attempt to fill their time with endless distractions so they'll have fewer opportunities to think about their loved one who died. But doing so undermines their grieving process. Children's grief deserves validation and support. In this blog post, we offer three ways to help children along their grief journey.

Offer an Age-Appropriate Explanation

When talking about death, use simple, straightforward, age-appropriate language. Our free downloadable guide on children's grief notes, "It is important to use the right words to talk about the death, like: 'Mom died from cancer.' Avoid euphemisms such as 'passed away' or 'went to sleep,' as they can confuse children. This is key so that children do not associate the death with anything other than the reality of how it occurred." Always be honest in your approach.

Find Ways to Remember Your Loved One Together

Taking the time to do an activity while talking about the person who died is especially soothing for children. Consider cooking their favorite recipe together or listening to their favorite songs. Small moments offer opportunities to share memories and allow your child to see that you're missing their loved one, too.

Read Grief-Specific Books

Books can help even the youngest readers process grief and loss. Reading books together can help children better understand their feelings and help them recognize that they're not alone in navigating their experiences. We've curated a full list of children's grief books here.

Remember that your job isn't to remove grief from your child's life. You can't. Your job is simply to honor your child's feelings and offer love, support, and understanding. We encourage you to share your own ideas and experiences in our For Grief Facebook Community.

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One way to make certain dates easier on yourself is by letting go of expectations. Things can't possibly be the same now that your loved one is gone, so don't hold yourself or your experience to an impossible standard. Holidays exist because people have assigned meaning to particular dates on the calendar—but that also means we have the power to take that meaning away, or to ignore it entirely.

If you are able to accept that things are going to be different, you can start to consider ways to acknowledge the day that feel genuinely right for you and wherever you are right now. Maybe your family has always done a big Thanksgiving meal, but this year you don't have the energy or the inclination to organize anything like that. You may not have control over the date on the calendar, but you have complete control over how you choose or choose not to celebrate. In fact, changing up traditions can become an opportunity to let go of the things you never really liked anyway. Instead of turkey and stuffing for 20, maybe you'd rather do takeout pizza for four. If you find yourself doing anything out of a sense of obligation rather than enjoyment, consider letting it go. Even if you can't stop December 25 or July 4 or the date of your anniversary from coming, you can just skip the celebration.

On the other hand, if you really love turkey and stuffing, what's to stop you from eating it in April? Bakeries have birthday cakes available for purchase every day of the week. You get to call the shots. You can do the things that are typically reserved for holidays any day you want. Even every day, if you want. If frying up latkes brings you some sense of enjoyment, why not make some tonight?

Making new traditions

As you consider the ways your celebrations might change, whether it's just once or from now on, you also have an opportunity to create new traditions, to establish a new habit or ritual that feels right for you. If there's a day coming up that you expect is going to be hard, consider setting aside some time on that day dedicated solely to your grief. If it feels right, lean in to the hard feelings. Don't try to force yourself to feel anything specific, but allow them to come through if they show up. Let yourself cry or get angry if you need to.

Maybe you channeling your emotions into some form of creative expression feels like the right choice. You can write in a private journal or compose a letter to your loved one. Maybe you like to paint or play music. Use whatever outlet you need to experience whatever feelings come up in a way that feels right to you.



There are so many things that are out of your control about the experience of grief; take control where you can while honoring your feelings.

You may also want to use this day as a way to honor your loved one and bring their memory into the future with you. Maybe you want to feel closer to your loved one by doing things they used to love: visit their favorite places, listen to their favorite music, or watch their favorite movie. Maybe you want to share a story about them with a friend over the phone, with family over a meal, or even online through a dedicated post you share on social media.

If you know a particular day is going to be hard, you can also always reach out and specifically ask for help from the other people in your life. The only antidote for isolation is community, so reach out to the people you know you can rely on. A lot of the time you'll find that they are happy to be able to help.

There are so many things that are out of your control about the experience of grief; take control where you can while honoring your feelings. Remember that it's just one day or a couple of days. You get to spend that time however you want. And like all things, this time will pass.

<https://www.empathy.com/grief/dealing-with-grief-on-important-dates>

Support Groups

ATOSZE

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

ADRC (Aging & Disability Resource Center)

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

ALZHEIMER AND DEMENTIA CAREGIVER SUPPORT GROUP

SS Edward and Isidore Parish, 3667 Flintville Rd., Suamico. 3rd Monday of the month at 10:15 am Carol Mueller (920) 865-7844 for additional information.

AURORA AT HOME GRIEF SUPPORT GROUP

Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Held every 3rd Tuesday every month. Contact Lisa Falk at (920) 838-1886 or lisa.falk@aah.org for time and location.

CAMP LLOYD

A week-long day camp for grieving children, entering grades 2-9 held at UWGB, 2420 Nicolet Dr., Green Bay, on the third week of June each year. Contact Ilene Cupit at (920) 465-2775.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

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, (414) 337-4571 or jodonnell@chw.org

CIRCLE OF FAITH GRIEF SUPPORT

Grief support meeting at St. James Parish, Cooperstown, 18228 County R, Denmark. January 14th, 12-2 pm. Contact Tom Bekkers at (920) 660-8066 for information.

THE COMPASSIONATE FRIENDS

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. Call (920) 370-3858. Meetings: 3rd Tuesday of the month at 6-7:30 pm. www.compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

Grief Support Groups will address ways to cope with grieving the death of a loved one. There are many support groups available throughout the Northeast Wisconsin region. For more information contact Kacie Doxtator at (920) 819-8174.

FROM MOURNING TO HOPE

Grief & Suicide Survivor Support held at Central Church, 831 Schoen St., Green Bay. Sessions are faith based. Membership of Central Church or any church is not necessary to participate. For upcoming sessions, contact Curtis Benjamin at (920) 288-2217. www.FMTHope.com or griefinfo@gmail.com

GRIEF SHARE

Grief Share is faith-based and is for people grieving the death of a family member or friend. This is a national program that is found locally at congregations listed below. Griefshare.org

Beautiful Savior Lutheran Church

2160 Packerland Dr., Green Bay. (920) 499-7405

Register: griefshare@beautifulsavior.com

Central Church

831 Schoen St., Green Bay. Contact Curtis Benjamin at (920) 288-2217 or griefinfo@gmail.com. Held on Wednesdays beginning at 6:30 p.m.

Green Bay Community Church

600 Cardinal Ln., Green Bay. Monday evenings 6:30-8:30 pm Jan. 8 – April 8. Marilynn Bazett-Jones, (920) 492-0001. gbcc.me/groups

Pilgrim Lutheran Church

1731 St. Agnes Dr., Green Bay. Contact Carol at (920) 965-2233 for more information.

St. Bernard Catholic Church

2040 Hillside Ln., Green Bay. Contact Deacon Bernie, (920) 301-3275.

St. John Evangelical Lutheran Church

14311 Maribel Rd., Maribel. Nicole at (920) 973-0828 for more information.

Spring Lake Church

302 N. Adams St. #110 & 2240 Klondike Rd., Green Bay. Call (920) 983-9090 or https://www.griefshare.org/groups/169572 for more information.

COFFEE AND CONNECT BEREAVEMENT

Prince of Peace, 3425 Willow Rd., Green Bay. Contact Deb Hohensee at (920) 468-5718 ext. 105. Meets 2nd Thursday of each month at 9 am.

GRIEVING WITH GREAT HOPE

St. Thomas the Apostle

5930 Humboldt Rd., Luxemburg. Contact Molly Gallagher, (920) 737-1805. Parish. ministries@threecatholicchurches.com

Prince of Peace

3425 Willow Rd., Green Bay. Contact Deb Hohensee. (920) 468-5718 ext. 105. 5-week series from 6-8pm, Tuesdays.

HAYLOS (Hope After Your Loved One's Suicide)

Central Church, 831 Schoen St., Green Bay. Faith-based, peer-led support group. Thursdays beginning at 6:30 p.m. haylos.org or contact Curtis at (920) 288-2217 or griefinfo@gmail.com

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, Thursdays. Contact: Ann Froelich, (920) 366-7605 or annrfroelich@gmail.com or Sheila De Luca, (920) 217-6259 or sheiladeluca63@gmail.com

PARKINSON'S DISEASE SUPPORT GROUP

Ss Edward & Isidore Parish, 3667 Flintville Rd., Suamico. 3rd Tuesday of the month at 2:30 pm. Contact Carol Mueller at (920) 865-7844 for additional information.

PROMEDICA HOSPICE BEREAVEMENT SUPPORT & GRIEF EDUCATION

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

JOURNEY THROUGH GRIEF

Our Lady of Lourdes Parish, 1307 Lourdes Ave., De Pere. Second Tuesday of each month 9:00-10:00 am. Robin Therese at (920) 336-4033 for additional grief groups and information.

LIFE LOSSES GRIEF SUPPORT

SS Edward & Isidore Parish, (920) 865-7844. 3667 Flintville Dr., Suamico. Carol Mueller, cmueller@stewardisidorie.org

MISCARRIAGE AND INFANT LOSS MEMORIAL

Resurrection Catholic Church, 333 Hilltop, Green Bay. Call (920) 336-7768 for dates and times.



Support Groups

RISE ABOVE COUNSELING

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

BEREAVEMENT SUPPORT GROUP

For anyone grieving the loss of a loved one. St. Elizabeth Ann Seton Parish, 2771 Oakwood Dr., Green Bay. Held from 1:30-3:00 pm on Mondays. Please contact Sr. Mary Peters at (920) 499-1546.

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

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

SUICIDE LOSS SUPPORT GROUP

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

UNITY GRIEF AND EDUCATION CENTER

2079 Lawrence Dr., De Pere. Groups are open to any adult member of the community who has experienced a death. Registration required for all groups call (920) 339-6700 or email griefcenter@unityhospice.org. www.unityhospice.org/grief-support/

Navigating Grief: A 6-week support group meeting held on Tuesdays throughout the year (1:3-3pm OR 6-7:30pm).

Virtual Grief Connect: This group meets the 1st & 3rd Thursday evening (6: -7:30pm) via Zoom.

Healing Thru the Arts: A hands-on creative workshop for adults who have experienced a death. Held the 2nd Wednesday of the month (1:30-3:30 pm OR 6-8 pm), this 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. Generations begin with dinner followed by concurrent groups for children/teens and adults. Held on the second Thursday of the month in summer.

Hope and the Holidays: A 5-week holiday grief support group held on Tuesdays in November and December (1:30-3 pm OR 6-7:30 pm).

Holiday Workshop: This interactive workshop provides the opportunity to connect with others who are grieving and learn about planning and coping with grief during the holidays. December 11 from 1-3 pm.

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

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.

“

HEY CARL,

We all wanted to say thank you once again for all your amazing help thru a very difficult time for our family. It takes a special person to do your job, and you do it very well! Maybe have a “date night” out with your wife on us. Take care & God Bless!

–The Langenberg Family

”

Local Activities

November/December

De Pere Holly Day

December 2nd, Noon-4 pm, downtown De Pere. Call (920) 403-0337 for more information.

Lessons & Carols

December 3rd. St. Anne's Episcopal Church, 347 Libal St., De Pere. Begins at 3pm.

Christmas Cookie Walk – Sale

December 8th. 2:30-8pm & December 10th, 8 am-1:30 pm. Ss. Peter & Paul Church, 720 N. Baird St., Green Bay. For more information call (920) 435-7548.

Breakfast with Santa

December 10th, 8-11:30 am. Ss. Peter & Paul Church, 720 N. Baird St., Green Bay. For more information call (920) 435-7548.

Compassionate Friends Worldwide Candle Lighting

Honors and commemorates the memory of all children gone too soon. First United Methodist Church, 501 Howe St., Green Bay, will hold their ceremony on Sunday, December 10th, 1 pm. For more information contact Steve Schmeisser at (920) 370-3858.

Live Nativity

December 13th, 5:30 pm, 6 pm & 6:30 pm. Our Savior Lutheran Church, 120 S Henry St., Green Bay. Contact Michelle at (920) 468-4065 for more information.

Soup Supper

December 13th, 5-7pm. Our Savior Lutheran Church, 120 S Henry St., Green Bay. Free will offering. Contact Michelle at (920) 468-4065 for more information.

Surviving the Holidays

December 14th, 6:30-8 pm. Central Church, 831 Schoen St., Green Bay. griefinfo@gmail.com or call (920) 288-2217.

Posadas

December 16th–December 23rd. Ss. Peter & Paul Church, 720 N. Baird St., Green Bay. For more information call (920) 435-7548.

Our Lady of Guadalupe Celebration

December 12th. 7-8 pm. Ss. Peter & Paul Church, 720 N. Baird St., Green Bay. For more information call (920) 435-7548.

Hope on the Shortest Day Luncheon and Movie

December 21st, 11 am-3 pm. Central Church, 821 Schoen St., Green Bay. griefinfo@gmail.com or call (920) 288-2217.

Light for the Longest Night

December 21st, St. Anne's Episcopal Church, 347 Libal St., De Pere. Begins at 7 pm.

Festival of Trees

November 16th through December 31st at National Railroad Museum, 2285 S. Broadway, Green Bay. 9 am-5 pm, Monday-Saturday; 11 am-5pm on Sunday. (920) 437-7623. Tickets are sold through Ticket Star, www.ticketstaronline.com. 800-895-0071. (920) 437-7623.

The Polar Express

National Railroad Museum, 2285 S. Broadway, Green Bay. Fridays: 4 pm, 6 pm, 8 pm. Saturdays: 2 pm, 4 pm. 6 pm, 8 pm. Sundays: 4 pm, 6 pm, 8 pm. Tickets sold through Ticket Star, www.ticketstaronline.com. 1-800-895-0071. (920) 437-7623.

Holiday on the Rails

December 12th-14th. 9 am-2 pm. National Railroad Museum, 2285 S. Broadway, Green Bay. Event is included with daily admission.



WPS Garden of Lights

November 24th – December 30th. Green Bay Botanical Gardens. 2600 Larsen Rd, Green Bay. 4:30-9 pm daily. For tickets call (920) 490-9457 or email: info@gbbg.org

Daddy D's Christmas

December 6th, 8th, 13th, 14th, 15th & 16th at Riverside Ballroom, 1560 Main St., Green Bay. 5pm. Call (920) 371-2250.

Green Bay Vintage Market

December 16th. Badger State Brewing Company, 990 Tony Canadeo Run, Green Bay. 10 am-5 pm. Event is free. Features many vendors, live music, food trucks and Badger State beer. Call (920) 471-6311 for more information.

January/February

Loss of a Spouse Luncheon

January 6th, 11 am-2 pm. Central Church, 831 Schoen St., Green Bay. griefinfo@gmail.com or call (920) 288-2217.

Fish Fry

January 12th and February 9th, 5-6:30 pm. Our Savior Lutheran Church, 120 S Henry St., Green Bay. Contact Michelle at (920) 468-4065 for more information.

Bingo at St. Maximilian Kolbe

6051 Noble St, Sobieski. Doors open at 11am, Bingo starts at 12:30 pm. January 13, 27, February 10, 24, March 9 and 23. Call (920) 822-5255 for more information.

Celebrate Your Lost Love Luncheon

February 17th, 11 am-2 pm. Central Church, 831 Schoen St., Green Bay. griefinfo@gmail.com or call (920) 288-2217.

Green Bay Community Theatre

Robert Lee Brault Playhouse, 122 N Chestnut Ave., Green Bay. (920) 435-6300. boxoffice@gbcommunitytheater.com

The Christmas Express by Pat Cook

December 2nd & 3rd. 4pm

The Rainmaker

February 15, 16, 21, 22 & 23,

7:30 pm

February 17, 24 & 25, 4 pm



Fox Cities Performing Arts Center

400 W. College Ave., Appleton. Please contact the Center's ticket office by e-mail at tickets@foxcitiespac.com or by phone at (920) 730-3760.

Boogie and the Yo-Yoz: Christmas With You

December 2nd, 7:30 pm

Beetlejuice: The Musical

December 5th-8th, 7:30 pm; December 9th, 2 pm & 7:30pm, December 10th, 1 pm & 6:30 pm

Michael W. Smith

December 19th, 7:30 pm

A Magical Cirque Christmas

December 20th, 7:30 pm

Stayin' Alive

January 13th, 7:30 pm

Late Nite Catechism

January 27th, 7:30pm

Les Miserables

February 20th – February 23rd, 7:30 pm; February 24th, 2 pm & 7:30 pm; February 25th, 1 pm & 6:30 pm

The Meyer Theatre

117 South Washington St., Green Bay. (920) 494-3401 or 800-895-0071. Tickets can be purchased seven days a week online at ticketstaronline.com. Ticket Star's call center is open 10 am-2 pm Monday through Friday and evenings and weekends when there is an event. Call 800-895-0071.

Let Me Be Frank Productions

A Frank's Christmas

November 24th-December 30th. Meyer Theatre. Contact Cindy at (920) 676-8883 or cindy.rasmussen@pmiwi.com.

Mania: The ABBA Tribute

January 3rd, 7 pm

Aaron Tippin

January 26th, 7:30 pm

Steely Dane

January 27th, 7:30 pm

Celtic Angels Ireland

February 25th, 3 pm

The Weidner Center for the Performing Arts

2420 Nicolet Dr., Green Bay. Tickets on sale through TicketStar at ticketstaronline.com or 1-800-895-0071. (920) 465-2726.

Holiday Pops

December 8th & 9th. Features: The Dudley Birder Chorale, Holiday Pops Orchestra, Birder Studio of Performing Arts, NEWDO Ballet.

Cirque Dreams Holidayze

December 10th, 4pm.

UWGB Chamber

Ensembles Concert

December 14th, 7:30-8:30 pm.

Home for the Holidays

December 19th, 7:30 pm.

All-Vocal Country group

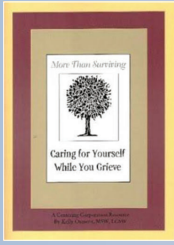
Home Free.



Book Review: More Than Surviving: Caring for Yourself While You Grieve

– By Kelly Osmont

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



When one of our loved ones is taken from us through death, the hole in our heart feels as deep as the Grand Canyon. Whether the cause of death was natural, terminal illness, age or accident, the cloud of pain hangs heavily over us for a long time. Our emotional and physical state is at an all-time low, and the thought or suggestion, by family or well-meaning friends, that we should “care for ourselves” is hard to accept.

In a simple, common sense approach Kelly Osmont offers food for thought and a much-needed support system in her book entitled *More Than Surviving*. Having walked the road of grief in the loss of her 19-year-old son, Aaron, to an accident, Kelly shares her insights from firsthand experience. She speaks from the heart when she reminds us that “your body is being taxed to the limit while you’re trying to heal.”

“Grief is unavoidable, misery is optional.”

That we will grieve is a given. How we grieve is a choice. Our mind works overtime when faced with the stress of grief. To assist us in focusing our thoughts, Kelly suggest three simple, yet profound motivators:

- You deserve to live.
- You are not closer to your loved one when you hurt.
- Only you can do your grief work.

“Talking it out is the best medicine of all”

For some time, when agony is intense and the emotions run rampant, the tendency to retreat is common. Human nature has these built-in survival skills. Instead of using this tactic, Ms. Osmont encourages use of the valuable tool of talking it out with a good listener. She reminds us that, “repeating your story is healthy.”

Attempting to control or hide our emotions is doing ourselves a disservice. Living with the reality of our loss is cause for a variety of emotions to surface. We need to give ourselves permission to allow this to happen. In *More Than Surviving*, the author walks us through the following facts... facts that we’ve known all our lives but need to reaffirm when faced with death:

- Crying lets the pain out.
- Feeling angry is a normal reaction to loss.
- Guilt and regrets are tough feeling to tackle.
- Depression can be a common component of grieving.

“Quiet time heals”

So often we’re lead to believe that busying ourselves and filling time with feverish activity will ease the pain or hasten the healing process. Nothing could be farther from the truth. Bustling about does a better job of burying the pain and actually delays the healing process.

This book does a wonderful job of portraying the value of healing through memories. Quiet time avails us of this opportunity. Time alone should be distinguished from loneliness. The former tends to relieve stress while the latter intensifies it.

“Nuture yourself”

Unlike the Olympian mindset which forever pushes the human spirit to the limits in search of a sense of fulfillment, grief calls us to nurture—and even pamper—our body and spirit as we seek wholeness and healing. Part of that process includes regaining a sense of our own personal self-worth and right to feel good again. This we do through proper rest and relaxation, by recognizing the value of exercise and by attempting to re-establish healthy eating habits.

We have heard and read over and over that “time is a great healer,” and Ms. Osmont advises us to fill that “time” with supportive friends. Her message is that we honor our deceased loved one best by truly living in his or her memory. As you meander through the pages of this heartwarming account of self-care amidst grief, you can’t help but feel supported and understood.

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

Continued from page 6 — Local Events (Christmas Tree Farms)

Christmas Tree Farms

Aissen Tree Farm

E1105 State Hwy 29, Luxemburg.
(920) 845-5554, aissentreefarminfo@gmail.com

Bay View Tree Farm

11132 County Line Rd., Luxemburg.
(920) 469-5540, bayviewtreefarm@gmail.com

Calewarts Christmas Trees

5615 Park Rd., Denmark. (920) 863-8059

County H Tree Farm

8674 Cty Rd H, Sturgeon Bay. (920) 825-7618

Edwardson’s Tree Farm

7230 S Chase Rd., Sobieski. (920) 822-3102,
edwardsonchristmastree@gmail.com

Golik’s Christmas Tree Farm

988 Cross Rd., Sobieski. (920) 822-5207

JNR Pines

788 School House Rd., Sobieski.
Call (920) 660-7420

Max’s Tree Farm

2371 Elmwood Rd., Suamico. (920) 434-0267

Santa Krause’s Christmas Trees

4845 Ronsman Rd., New Franken.
(920) 866-9331, santakrause@aol.com

Whispering Pines Tree Farm

De Pere Retail Lot:

347 Libel St, De Pere (St. Anne’s Episcopal Church parking lot)

Wojcik’s Tree Farm

4336 Twin Elm Dr., Pulaski.

Retail Lots:

Kim’s Ace Hardware,
Howard and Vern’s Do It
Best Hardware, Pulaski.
(920) 822-8947 or
(920) 619-9926,
tlwojcik@gmail.com



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Recipe: Potato Soup for One

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

Recipe by: Joanie Zisk

This single serving potato soup is made with just one potato! It's creamy, comforting, and so easy to make. Filled with bacon and cheese, this soup can be ready in 30 minutes.

Ingredients:

1 slice bacon	1 medium Russet potato peeled and cubed (about 1.5 cups cubed/250 grams)	½ cup 1% milk (may also use 2%, whole, half & half, almond or soy milk instead)
½ cup chopped onions	½ teaspoon kosher salt	¼ cup shredded cheddar cheese
1 clove garlic	¼ teaspoon coarsely ground black pepper	
1 cup low sodium chicken broth	1 teaspoon all purpose flour	

Directions:

1. In a 2-quart saucepan, cook bacon over medium heat until crisp; transfer to a paper towel-lined plate.
2. Sauté onions and garlic in bacon drippings until tender, about 3 minutes.
3. Add broth, potatoes, salt, and pepper. Bring to a boil. Reduce heat to medium-low and simmer, uncovered for 10 minutes or until potatoes are tender.
4. Combine milk and flour in a small bowl and stir until smooth; slowly pour into potato mixture. Bring to a gentle boil; cook and stir for 2 minutes until thickened and bubbly. Remove from heat and stir in cheese.
5. Pour into a bowl and top with crumbled bacon. Enjoy immediately.

Notes:

- **Utilize Bacon Grease:** Cook your bacon first and set it aside, then use the bacon drippings to sauté the onions and garlic. This process infuses the soup with an extra layer of savory, smoky flavor.
- **Consistent Potato Chunks:** Be sure to chop the potatoes into uniform sizes. This ensures even cooking, preventing some pieces from turning mushy while others remain undercooked.
- **Optional Herbs:** While this recipe doesn't call for any herbs, adding some can elevate the flavors even more. Start with 1/8 to 1/4 teaspoon of dried herbs like sage, thyme, rosemary, or oregano, and adjust to taste.

Prep Time: 10 min. Cook: 20 min. Total: 30 min. Servings: 1

Nutrition info (1 serving):

Calories: 464kcal, Carbohydrates: 57g, Protein: 24g, Fat: 21g, Saturated Fat: 10g, Cholesterol: 50mg, Sodium: 1621mg, Potassium: 1429mg, Fiber: 4g, Sugar: 11g, Vitamin A: 514IU, Vitamin C: 18mg, Calcium: 397mg, Iron: 3mg

