



H O R I Z O NSM
Grief Resource Center

*TOUCHING LIVES
TOUCHED BY LOSS*

Summer 2006

Issue 1, Volume 1

MISSION STATEMENT

Recognizing grief as a life-changing, yet common human experience, Horizon Grief Resource Center is dedicated to serving those whose lives have been touched by loss.

We are a walk-in center providing a safe haven and resources for individuals, families, community groups and professionals.

Dear Readers,

A new and exciting center has come to the Milwaukee area that will enable you to help yourselves and others. Horizon Hospice is proud to announce the opening of a Grief Resource Center. One of the things that makes hospice care so special and helpful is its commitment to holistic care for both patient and family, including bereavement care for family members after one of our hospice patients dies. Our new grief resource center will enable us to provide our hospice families and people in the community with bereavement care. This will include individual grief counseling, a variety of support groups, special seminars and classes, a library of bereavement resources, referrals and a caring, compassionate staff. Horizon Hospice is pleased to offer these bereavement services not only to the families of our patients but to those who live in the surrounding communities in Southeastern Wisconsin.

If you have lost a loved one, you do not have to go through this difficult time alone. Grief is a journey and though no one else can walk it for you, we are here to help. We can walk part of the way with you, offer a map of the grief process and provide a listening ear on the way. At the grief center, we are here to help you in your grief process or to refer you to another center or support group who can also be of help. Please feel free to stop in this summer and see what we have to offer in the way of support services. If you are a professional person, who works with those in the grief process, see what we have to offer in the way of resources and seminars. Feel free to call us with any questions you might have.

Grief is a very individual process. No two people grieve in the same way or at the same pace. Hopefully, you'll always find something in our newsletter that resonates with where you are in the grief process. Our newsletter will be published four times a year. Give us a call if you want to be on our mailing list or have an article or poem to contribute. Horizon Hospice continues to be committed to providing the best possible care for our patients, their families and the community. Stop in and take advantage of this wonderful new opportunity.

Sandy and Sheila

Bereavement Nurse Specialist and Bereavement Coordinator
Horizon Grief Resource Center

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"To know the road ahead, ask those who are coming back.." Chinese Proverb

HEALING FROM GRIEF IN THE SUMMER

If you are in the process of grieving someone you love, you may be feeling great stress, tension and anxiety. Here are some ideas for helping you cope at this time of year.

- [Get outside as often as you can.](#) Take a walk in your yard, neighborhood, park, botanic garden, zoo or a favorite place.

The fresh air, sun on your face, wind in your hair, chirping of birds and the smell of



plants, cut grass and flowers affects us in positive ways and give us more energy. Being out in nature also puts us in tune with the natural cycle of life including death and renewal.

- [Take a trip.](#) A change of scene can be good and you may come home with a different perspective. If family or

friends live out of town, just seeing and talking with them can be healing. If you are not used to traveling alone, take the plunge, you may discover it to be empowering and freeing.

- [Start a new hobby.](#) Learn to do something you've always wanted to do. This will keep your mind and body occupied and you might discover aspects of yourself that you never dreamed of. Staying engaged with life by learning new skills keeps us vital, gives us goals and a sense of hope.

- [Volunteer somewhere.](#) If you are a volunteer, keep it up. And if you've never done it before, give it a try. Volunteering gets you out of yourself and thinking about others. It also can help to put everything in perspective. It feels good to help others.

- [Exercise if possible.](#) Physical activity is a good way to work off stress and deal with all the feelings that accompany grief. When you exercise, more oxygen gets to the brain and endorphins, mood-elevating hormones, are released. Check with your doctor before starting an exercise program.

- [Spend time near water.](#) Many people find it healing and restful to be near water. It can give you a sense of peace. The rhythmic sound of waves can be soothing. Walking on a beach and collecting shells or drift glass can be relaxing. Watching reflections and light on the water can cause you to reflect on aspects of your life.

- [Read a book.](#) Read something purely for pleasure and personal enjoyment. There's nothing like a good story to help you temporarily escape. Go to your local bookstore and ask what they recommend for "a good read" this summer.

- [Keep a journal.](#) Write about what you're feeling each day or whenever you feel like it. It can help you to clarify what's happening in your life at this difficult time. It can also serve as a way to get strong feelings out. Weeks or months later, going back and reading what you wrote can give you a sense of how far you've come in the grief process.

- [Surround yourself with friends.](#) Find kind, compassionate, caring people who are comfortable letting you share your grief with them. Remember, a joy shared is joy doubled and grief shared is grief diminished. Friendship is good medicine.

“Although the world is full of suffering, it is also full of overcoming it.”

Helen Keller

IMPORTANT WEB LINKS

General Grief Information

[http://www.growthhouse.org
/pages.html](http://www.growthhouse.org/pages.html)

&

[http://www.froedtert.com/
HealthResources/
Griefwords.html](http://www.froedtert.com/HealthResources/Griefwords.html)

Children & Grief

<http://www.dougy.org/>

Suicide

<http://www.suicidology.org>

HORIZON GRIEF RESOURCE CENTER INVITES YOU TO SAMPLE THE FOLLOWING RESOURCES. MORE INFORMATION AND PERSONALIZED SUPPORT IS AVAILABLE AT THE CENTER ...

BOOK REVIEW ~

Heartworks: A Father's Grief

A man shares his journey through the circle of life.

By Jerre Petersen ISBN #0-9729577-1-4

This is a book for everyone who has ever loved. This is a book about the beauty of life. Across the pages, a father makes a courageous effort to put into print his deepest feelings regarding life.

Heartworks explores the paralyzing depths of grief, the awesome power of love and the incredible light of hope. All who read this book will be reminded of the fragility of life, and encouraged to love more, show more patience, and slow down to enjoy the beauty of this world.

This book- with its combination of profound text and beautiful images- can be found in the Horizon Grief Resource Center. Come in and take a look or order one from your favorite bookstore as a gift for yourself or someone you love.

COMMUNITY OFFERINGS~

Did you know... [the Wisconsin Humane Society](http://www.wihumane.org/services/default.aspx) offers Pet Loss Support. Presented by Barbara Lucius, MSW, WHS Volunteer Pet Loss Support Coordinator. This one-hour program will include a discussion of the grieving process, suggestions for coping with loss and attention to special situations such as euthanasia decisions.. No fee. Donations appreciated. Call for dates, time, details and RSVP. 414-431-6182 <http://www.wihumane.org/services/default.aspx>

[Small Stones](http://www.froedtert.com/HealthResources/SmallStonesHealthResourceCenter/SmallStones.html) is a one-stop resource for health and wellness. Nurse educators offer answers, guidance and support in finding any of the information you need. Benefits feature access to a lending library including grief and healing books, stress-reduction materials and gift items for the soul. Their motto "Those who remove mountains begin by carrying away small stones" can be a first step in your grief journey as well.

8700 W. Wisconsin Ave. 414-805-6530

[http://www.froedtert.com/HealthResources/SmallStonesHealthResourceCenter/
SmallStones.html](http://www.froedtert.com/HealthResources/SmallStonesHealthResourceCenter/SmallStones.html)

HORIZON GRIEF RESOURCE CENTER SUPPORT GROUPS

Grief support groups are not therapy groups but are groups that provide a safe haven for those dealing with grief and loss. They offer an opportunity to meet and talk with others who are experiencing a similar loss. The groups are facilitated by a grief support expert in a non-judgemental manner. Some of the topics covered include; what is normal in the grief process, practical considerations after loss, and how spirituality affects the grief process.

The Horizon Grief Resource Center groups meet for 1-2 hours and vary in length of session. The session may run from 6 to 12 weeks, depending on the time of year and other center activities. We will monitor interest in various groups at all times, and start new groups when needed. Different support groups will be offered approximately every 3 months. In addition, a special seminar will be held once a month in the evening. One to one grief support is also available in the center by appointment.

Some groups that will be offered include the following:

- “Love, Loss and Hope” General Grief Support
- “Transitions” Loss of Spouse
- “Unexpected Changes” Loss of Adult Child
- “We Remember” Loss of Parent
- “Real Men Cry - or Not” Men Only Grief Support
- “Expressing Our Grief” Processing Grief Using Art and Writing
- “Alone Too Soon” Young Widows and Widowers With Children
- “Continuing The Journey” Ongoing Loss of Spouse

SUMMER GROUPS

JULY 24, 31 AUGUST 7, 14, 21, 28 “Real Men Cry - or Not?”
Men Only Grief Support 6 weeks /Monday evenings 6-7:30

“Love, Loss and Hope” Grief Support For Loss of Loved One **JULY 19, 26**
6 weeks /Wednesday afternoons 1-3 **AUGUST 2, 9, 16, 23**

JULY 20, 27 AUGUST 3, 10, 17, 24 “Transitions” Grief Support
For Loss of Spouse 6 weeks /Thursday mornings 10:30-12:30

SUMMER SEMINAR

AUGUST 16 “Beading Memories” Join us to make a special bracelet or chain of beads with special links to your loved one who has died. You can use it for prayer, meditation, centering or remembrance.

Wednesday evening, 6:00PM -7:30PM

*****PRE-REGISTRATION IS REQUIRED FOR ALL OF THE ABOVE*****

CALL THE CENTER AT 414-586-8383

FOREVER CHANGED

Can you see the change in me? I attended family reunions. I help plan holiday meals. You tell me you're glad I don't cry anymore. But I do cry. When everyone has gone --- when it is safe the tears fall. I cry in privacy so my family won't worry. I cry until I am exhausted and can finally sleep. I'm active in my church. I sing the hymns. I listen to the sermon. You tell me you admire my strength and positive attitude. But I'm not strong. I feel that I have lost control, and I panic when I think about tomorrow---next week---next month---next year. I go about the routine of my job---I complete my assigned tasks. I drink coffee and smile. You tell me you're glad to see I'm "over" the death of my loved one. But I'm not "over" it. If I get over it, I will be the same as before my loved one died. I will never be the same. At times I think I am beginning to heal, but the pain of losing someone I loved so much has left a permanent scar on my heart. I visit my neighbors. You tell me you're glad to see I'm holding up so well. But I'm not holding up well. Sometimes I want to lock my doors and hide from the world. I spend time with friends. I appear calm and collected. I smile when appropriate. You tell me it's good to see me back to my "old self". But I will never be back to my "old self" Death and grief have touched my life, and I am forever changed.

Rhonda Wilson Asbeboro

THE FOUR THINGS THAT MATTER MOST

Four simple phrases -- "Please forgive me," "I forgive you," "Thank you," and "I love you" -- carry enormous power. In many ways, they contain the most powerful words in our language. These four phrases provide us with a clear path to emotional wellness; they guide us through the thickets of interpersonal difficulties to a conscious way of living that is full of integrity and grace.

In *The Four Things That Matter Most*, Dr. Ira Byock, an international leader in palliative care, teaches us how to practice these life-affirming words in our day-to-day lives. Too often we assume that the people we love really know we love them. Dr. Byock reveals the value of stating the obvious and provides insights into how we burden ourselves by hanging on to old grudges unconsciously and unnecessarily. He shows us how to avoid living with those awkward silences and uncomfortable issues that distance us from the people we love and erode our sense of well-being and joy. His insights and stories help us to forgive, appreciate, love, and celebrate one another more fully.

"The Four Things" is a collection of stories of people using expressions of forgiveness, gratitude and love as a way to mend, tend and nurture relationships. Distilled from experiences of people who were forced by serious illness to face the impending end of their relationships, these stories convey practical wisdom that can help any person at any time say and do the things that really matter most in their own life.

The inspiring stories demonstrate the usefulness of the Four Things in a wide range of life situations. They also show that a degree of emotional healing is always possible and that we can experience a sense of wholeness even in the wake of family strife, personal tragedy, divorce, or in the face of death. With practical wisdom and spiritual punch, *The Four Things That Matter Most* gives us the language and guidance to honor and experience what really matters most in our lives every day.

Why would a hospice physician write a book about living? Byock says "As a physician, the experiences of people who say these four things have forced me to suspend my disbelief and realize that healing can occur in many situations that I would have once thought impossible. Why wait until we or someone we love is dying to say the things that matter most? It would be great if this nugget of 'hospice wisdom' became part of public discourse and part of our culture. I hope these stories will allow people to imagine that healing is possible and will help them recapture joy."

The above article is from [A Book About Living](#) By Ira Byock (ISBN: 0743249097).



When sorrow comes; let us accept it simply, as a part of life. Let the heart be open to pain; let it be stretched by it. All the evidence we have says that this is the better way. An open heart never grows bitter. Or if it does, it cannot remain so. In the desolate hour; there is an outcry; a clenching of the hands upon emptiness; a burning pain of bereavement; a weary ache of loss. But anguish, like ecstasy, is not forever. There comes a gentleness, a returning quietness, a restoring stillness. This too, is a door to life. Here, also, is a deepening of meaning---and it can lead to dedication; a going forward to the triumph of the soul, the conquering of the wilderness. And in the process will come a deepening inward knowledge that in the final reckoning, all is well.

A. Powell Davis

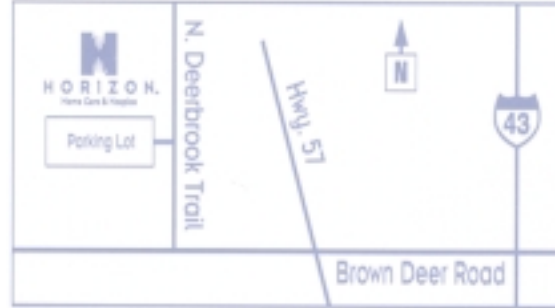
GRIEF RESOURCE CENTER

8949 N. Deerbrook Trail

Brown Deer, WI 53223

414-586-8383

www.hhch.net/griefcenter



We are always looking for volunteers to work with Horizon Hospice families and in the Grief Resource Center. Opportunities are varied and offer training, preparation and support. Professionals as well as community members are encouraged to give us a call. As you heal from losses of your own, volunteering may become a way to give new meaning to your life. Please call 414-586-8383.

“Be the change you wish to see in the world.” – Gandhi

Also visit us on the web
www.hhch.net/griefcenter

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Brown Deer, WI 53223

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