



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.

Appointments for one-to-one support are also available.

Please call the GRC at 414-586-8383 for more information or to make an appointment.

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Matters Of The Heart 2009

The 2009 Matters of the Heart Gala was held on Saturday, February 21 at The Pfister Hotel in downtown Milwaukee. Horizon hosted over 340 guests, all in attendance to support the Grief Resource Center and ensure that it stays open and free to the public for another year.

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Chocolates by Connoisseur House of Chocolates, Cedarburg



Gene Mueller



Bill Petasnick (President & CEO of Froedtert & Community Health and 2009 Touching Lives Award Winner) Mary Haynor, Jim Haynor

“Sorrows come to stretch out spaces in the heart—for joy.” Edwin Markham

Recommended Resources from Expert Joe Muchka

Websites:

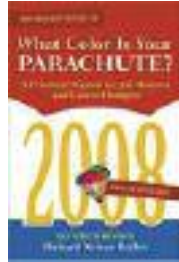
Wisconsin Dept. of Workforce Development
www.dwd.state.wi.us

National Mental Health Association
www.nmha.org

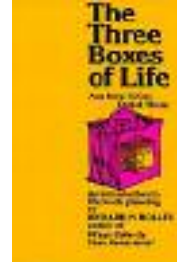
Anxiety Disorders Association
Aaaa.org

Two good books to read and work through. Both were written by Richard Bolles and published by Ten Speed Press. You'll enjoy them and they're very helpful.

What Color is Your Parachute?



The Three Boxes of Life



What's Happening in the Grief Resource Center This Quarter

Free Support Groups at Horizon Grief Resource Center

Open Support Groups: Anyone dealing with these losses can stop in any week they can make it to these groups that are ongoing.

Loss of a Spouse/Partner: Mondays 3:45-4:45 pm at our Hartford Office

Loss of a Child: Mondays 5:00-6:30 pm at our Hartford Office

Anticipatory Grief Group: (For people dealing with a terminal diagnosis or cancer and their family/friends)
Tuesdays 1:30-3:00 pm at the Grief Resource Center

Loss of a Spouse/Partner: Thursdays 12:30-2:00 at the Grief Resource Center

Closed Support Groups: Please register for these groups by contacting Kayla at (414) 586-8328. They are all held at the Grief Resource Center.

Teen Group: Mondays 5:00-6:00 pm from March 23rd-May 11th (We will provide dinner).

Job Loss/Layoff Group: Mondays 12:30-2:00 pm from March 16th-May 4th

Loss of a Family Member or Friend Group: Wednesdays 4:30-6:00 pm from March 11th-April 15th

Divorce/Loss of Relationship Group: Wednesdays 4:30-6:00 pm from April 22nd-May 27th

Loss of a Spouse/Partner Group: Every Other Saturday 10:00-11:30 am from March 14th-May 23rd

Loss of a Parent Group: Thursdays 5:00-6:30 pm from March 19th-May 28th

Horizon Grief Resource Center, 8949 N. Deerbrook Trail, Brown Deer WI 53223
Horizon Hartford Office, 110 Lone Oak Ln, Hartford, WI 53027
www.hhch.net/griefcenter (414) 586-8328

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The night began with a cocktail reception and Silent Auction featuring over 150 items for sale from event and sport tickets to hand-made art pieces and even tools. Dinner followed with a special presentation by Mary Haynor, Horizon's CEO, featuring a number of Grief Resource Center group members and clients sharing their experience to help the group better understand the impact that the Center has on those who have utilized it. A Live Auction of twelve items brought excitement to the night. Horizon's own Director of Supportive Home Care, Kris Noyes, provided the most popular item this year, a Dessert Buffet for 50, which grew to Dessert for 150 and sold for a whopping \$4,000!

This years Touching Lives Awards were presented to Leo Brideau, President and CEO of Columbia St. Mary's and Bill Petasnick, President & CEO of Froedtert & Community Health. Surrounded by friends and colleagues, they graciously accepted the honor and inspired many throughout the room with their humble and sincere words.

After the program, guests laughed, danced, and enjoyed a luxury lounge on the 23rd floor with chocolate and cigar vendors, nightcaps and a view of the city like none other. Over 40 volunteers generously donated their time throughout the days before and the day of the event, making Matters of the Heart run smoothly and beautifully.

This is the third year that Horizon has hosted the Matters of the Heart gala to support the mission of the Grief Resource Center. The Center is funded fully by the generosity of individuals, companies and organizations throughout our community and beyond. The event provides the major funding which keeps the doors open and services free to the public year after year.

Many thanks go out to those who participated. Generous donations of all kinds made the event successful: Silent and Live Auction items, Sponsorship packages, Cash donations, Ticket buyers, Volunteer time and Committee work. Despite the economic challenges for all non-profit-organizations right now, we know how important the Grief Resource Center is to the community and have the support that it will take to keep providing our services.

If you would like to be involved in the planning process for the 2010 gala, or would like to make a donation to support the Grief Resource Center, please contact Kelly Andrew at (414) 586-6268 or mail to: kelly.andrew@hhch.net

To Volunteer at events such as this or at the Grief Resource Center, please contact Katy Corey at (414) 586-6341 or mail to: katy.corey@hhch.net.



Jim Cupertino, Linda Heinz, both of Walgreens Option Care the Touching Lives Award Sponsor



Elly Pick, Beth Weckmueller, John Teevan, Liz Mayr, Carolin Mayr, guests of event Sponsor Home Care Medical





Greg & Cathy Buck,
Cathy is a Horizon Board Member



Terri Lux & Jimmy Sellars
(Terri is a Horizon board member)



Ballroom 1: shot of the room



Jackie & Chris Mortenson,
Chris is an owner of Meyer
and Wallis, an event Sponsor



It Takes a Village

Many of us became aware of the African proverb, "It takes a Village to raise a child" when a book of the same title, written by then-First Lady Hillary Rodham Clinton, was published in 1996. It's clear to us that not only does it take the whole village to raise a child, but to sustain him throughout his life, and ease his passing as well.

When the Hospice team admits a patient at Horizon, the whole Village takes that patient as their own. Our Nurses take special care to note and address physical pain and suffering, Social Workers focus on the patient and family's mental and emotional needs, Chaplains step in when spiritual guidance and support is desired and Bereavement Specialists help the patient and family work through the difficult time of impending death and coping with the aftermath. The Volunteer Coordinator makes sure that the patient and family are supported in many ways through volunteer service. The team meets weekly to discuss every case and decide how to best care for each individual; the Village comes together to serve.

The same "Village" phenomenon happens within the Grief Resource Center every day. When an individual or family comes into the Center, they are not only receiving the expertise of a trained and certified Bereavement Specialist, but the love and understanding of a small army of volunteers, many of whom have stood in those shoes and grieved their own losses before coming to Horizon. Grief Resource Center clients are also served by the Center's extended Village: those companies and individuals who have given their financial resources to keep all of the gears turning and the doors open and welcoming. The staff members, volunteers and donors all make up the Village of compassion that nurtures individuals at their worst time with open arms.

It is apparent that during these difficult economic times, many Americans are struggling through losses large and small. Here in our small part of the world, I can see the Village pulling together. Although the sacrifice may have a bigger impact on individuals, generous donors are still giving financially to fund the Grief Resource Center and Hospice Charity Care programs. Volunteers are still giving of their time and energy every day to embrace those who need their support. Horizon is still providing service to those who can't pay because of the Village mentality: in order for our community to survive and thrive, we must give back and help those who can't help

themselves. Through birth and the trials of life and death, Horizon is a strong Village of dedicated individuals. Thank you to those volunteers, donors and staff members who have strengthened the Horizon Village with your gifts. Your impact is great, and our service to this community is stronger than ever before.

If you would like to make a donation to Horizon's Hospice, Grief Resource Center or Working Poor Program, please call Kelly Andrew at (414) 586-6268, visit our website at www.hhch.net or mail a check, made out to "Horizon" to 8949 N. Deerbrook Trail, Brown Deer, WI 53223.

Kelly Andrew
Director of Development

Free Activities & Workshops at the Grief Resource Center

RSVP for these activities by contacting the center at (414) 586-8328 or e-mail: Kayla.waldschmidt@hhch.net

Knitting & Crocheting Circle: Want to learn to knit or crochet.

Join us Wednesday evenings from 5:30-7:00 pm to learn and socialize.



Emotional Healing and Traditional Chinese Medicine: Acupuncturist and Yoga instructor, Janet Halonen, will discuss what Traditional Chinese Medicine has to offer those experiencing grief and loss. Areas of discussion will include an overview of how TCM interprets emotional impact on the body and mind. Helpful suggestions and techniques such as acupressure, postural awareness, and diaphragmatic breathing will be explored.

Tuesday March 10th from 12:00-1:00 pm.

Stress Relief Workshop: M. Lynn Connolly, Board member of the Center to Be, will leading this lunch n' learn on self care practices for stress relief.

Wednesday March 18th 12:00-1:30 pm

Tuesday May 5th 12:00-1:30 pm



Meet My Friend: A True Horizon Hospice Story

It was my first assignment as a Friendly Visitor Volunteer. I had just finished orientation when I received a phone call from the Hospice staff, requesting that I make daily contact with Mr. Vern Symmons, a devoted husband who was facing the challenge of losing his wife. He needed a friend to talk with to share his concerns and be there for comfort. I was up for the task.

Each day I called Vern, talking briefly about his day, how his wife, Jean, was progressing on her journey to peace. Roughly two weeks into our chats, Vern shared that Jean had passed. Though I had only spoken with Vern for a short period, I had felt as if I had come to know Jean myself, as Vern had talked so lovingly about her. I expressed my sincerest condolences and asked if there was anything I could do. Vern suggested that I continue calling him each day.

One day Vern asked if he could take me to lunch. He told me to look for the man wearing a white golf hat. I didn't need the attire to help me recognize him. I knew immediately from the sound of his voice, the voice I'd heard over the phone every day. Vern and I still make time for lunches, and I am always reminded of how blessed I am to have met such a great friend through volunteering. He truly is an amazing person with a great sense of humor.

Well, it has now been 4 years since Jean passed away, and Vern and I continue our daily conversations. Throughout our time, we have come to know each other very well. I know about Vern's love of golfing with his friends, when he attended a Widower's Club dinner, how he did on the bowling league, and that he is a very talented wood carver. He has even crafted a gorgeous wooden gift for me. We discuss sports, such as the Packers' wins and losses and the greatness of Tiger Woods as a golfer. We also talk about our children, and he kindly listened to me talk all through my pregnancy and my joyful days with my now 3-year-old daughter. And, if we can't talk directly over the phone each day, we just leave a message on each other's answering machine.

Vern, my friend, we are due for another lunch! I'll call you.

Lisa Schroeder
Hospice Volunteer



*Lisa and Vern at Vern's Wedding
Remarried 11/2009*

Free Activities & Workshops at the Grief Resource Center

Aromatherapy: Barb Lemke, Certified Aromatherapy Practitioner, will be leading this lunch n'learn on Cleaning the Body, Healing the Spirit: A New Start for Spring using Therapeutic Essential Oils.

Thursday April 23rd from 12:00-1:00.

Movie Nights: Come relax, grab some popcorn and a soda, and watch a movie related to grief and discuss afterward.

Friday March 20th **Terms of Endearment** 4:00-6:30 pm

Friday April 17th **Dragonfly** 4:00-6:30 pm

Friday May 15th **Four Weddings and a Funeral** . . 4:00-6:30 pm

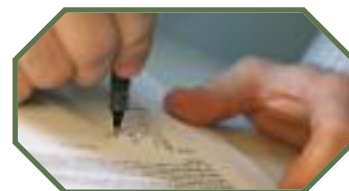


Understanding Grief: Educational Workshop: Come learn about common grief reactions, what to expect while you are grieving and tips to help yourself heal.

Tuesday March 17th 12:30-1:30 pm

Tuesday April 14th 5:00-6:00 pm

Friday May 22nd 4:30-5:30 pm



Journaling for Grief: Come learn the benefits of journaling for helping you heal from grief. Materials are provided.

Tuesday April 7th 12:00-1:00 pm

Tuesday May 12th 4:30-5:30 pm

Using Music & Singing to Ease Your Grief: Come learn how to use music & singing as a tool to help you work through your grief.

Saturday, April 25th 12:00-1:00 pm





GRIEF RESOURCE CENTER

8949 N. Deerbrook Trail

Brown Deer, WI 53223

414-586-8383

www.hhch.net/griefcenter



"It is one of the most beautiful compensations of this life that no person can sincerely try to help another without helping themselves."

- Ralph Waldo Emerson

Horizon Highlight: A Cause to Believe In

Gina Knox comes in every day. And every day that she is here, we are recipients of her contagious energy, her strong commitment and her gentle humor. She gifts Horizon with her time and service as a Bereavement Volunteer, a Clerical Volunteer, a Friendly Visitor, and as a good friend.

A senior at Wisconsin Luther High School, Gina participates in the Co-op program, designated for accredited students to gain experience in the workforce. "Volunteering isn't really a part of the Co-op, but my counselor saw value in it. He knew I wanted to volunteer at Horizon and that I hope to pursue a career that allows me to help people. I am able to help people here."

As of September, 2008, Gina has been assigned to several volunteer projects. Her favorite project has been devoting time to Horizon hospice patients, who, in turn, have shared great delight in her services. She not only provides emotional & social support, she sometimes journals about a patient's life history, mops floors, delivers comfort shawls and offers respite to caregivers. "I love the stories shared. I love when a patient laughs," Gina says.

"What really keeps you coming here every day?" I ask her. She pauses from her project in the Grief Resource Center and smiles, "I like having a cause to believe in. And, it is good to know, especially when spending time with patients, that I can help take away some of their burdens – some of the stress in their lives."

We thank you for believing in Horizon, Gina. We know that you have a great future ahead of you and that you will help many people in your lifetime. We certainly believe in you.

Katy Corey

Hospice Volunteer Coordinator

(414) 586-8341

katy.corey@hhch.net

Or visit our website to check out current opportunities:

<http://www.hhch.net/volunteers/>



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Horizon Home Care and Hospice

8949 North Deerbrook Trail

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