



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

Open Groups

Stop in any week you can make it for these on-going groups. All groups will meet at the Grief Resource Center. For questions regarding which group you belong in contact Kayla at (414)586-8328.

Loss of a Spouse/Partner Group

Thursdays 12:30-2:00 pm

'Round the Bend Group

Thursdays 2:30-4:00 pm

**Need permission to join this group*

Closed Groups

Please register to participate in these groups by calling (414)586-8328.

All groups will meet at the Grief Resource Center.

Loss of a Parent Group

Tuesdays, July 13th-Aug. 17th
4:00-5:30 pm

Grief Support Group (Any Loss)

Tuesdays, July 20th-Aug. 24th
12:30-2:00 pm
-OR-

Mondays, Aug. 9th-Sept. 20th
9:00-10:30 pm

Survivor of Suicide Loss Group

Tuesdays, Aug. 31st-Oct. 5th
4:00-5:30 pm

Grief Support Group (Any Loss)

Tuesdays, Sept. 14th-Oct. 19th
1:00-2:30 pm
-OR-

Thursdays, Sept. 16th-Oct. 28th
4:00-5:30 pm

Workshops

Register for these free workshops by calling (414)586-8328 at least 24 hours in advance.

Healing the Mind, Mending the Spirit

Learn how to engage your sense of smell as a powerful tool to care for your mind, body, and spirit.

June 9th, Noon-1:00 pm

Stress Reduction

Learn various healing practices that can help you on your journey through grief.

June 10th, Noon-1:30 pm

Healing Through Movement

Tai Chi Demo

Experience a medley of modified exercises: Tai Chi, Qi Gong, and ROM Dance.

June 10th, 5:00-6:00 pm

Understanding Grief

Do you feel like you're going crazy? Are you not sure if what you're experiencing is normal? Come learn more about what grief looks like, what to expect, and learn ways to help yourself heal.

June 15th, 12:30-2:30 pm

June 22nd, 4:00-6:00 pm

July 14th, 1:00-3:00 pm

July 24th, 10:00-Noon

August 11th, 12:30-2:30 pm

August 24th, 4:00-6:00 pm

September 17th, 4:00-6:00 pm

September 25th, 10:00-Noon

Open Art Workshop

Create a project in memory or your loved one or pet. Open to all ages, and no artistic skills are needed.

July 9th, 3:00-5:00 pm

August 4th, Noon-3:30 pm

August 28th, 10:00-Noon

September 22nd, Noon-3:30 pm

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.

Exercise Your Way to Better Mental Health

by Jennifer L. Etnier, PhD

Grief is something we will all experience at some point in our lives. When we lose someone we love, the period of time that follows is characterized by grieving. The process of grieving can vary greatly from person to person. Despite individual differences, those who are grieving will likely experience some or all of the following: denial, shock, anger, guilt, and depression. This is a normal process and it is important to be patient with yourself and recognize that although the hurt will never go away completely, with time you will learn how to cope with your loss. Also recognize that it is possible for grief to overcome you to the point where you experience major depression and/or turn to negative methods, such as alcohol or drugs, to deal with your pain.

If your grief continues to significantly hamper your ability to function on a daily basis, you might benefit from talking with your doctor who may prescribe counseling and/or drug treatments to help you manage this distress. However, it is also important to recognize another treatment that may be beneficial in coping with grief -- exercise. Most people are well aware of the positive effects that exercise can have on physical health, but many don't realize the beneficial effects that exercise can have on mental health. There is a well-developed body of scientific evidence demonstrating that exercise can serve as a viable treatment for improving mental health. In fact, studies have

shown that exercise performed for 30 minutes a day at a moderate intensity most days of the week is as effective as counseling and drug therapy in treating depression. As with other forms of therapy, the exercise must be performed consistently for three to four weeks before benefits are experienced. Unlike other forms of therapy; however, evidence suggests that the positive effects of exercise can extend well beyond the exercise program itself.

Two logical areas to address are how and why exercise improves mental health. First, exercising may work because it provides a sense of accomplishment. By planning to exercise and actually completing a workout, you demonstrate to yourself that you are capable and can accomplish goals. This can have a powerful positive effect on someone whose life has been terribly disrupted. Second, exercise may work because of its effect on the brain. Exercise increases chemicals in your brain that are important for minimizing depression and stress, and also for improving sleep quality. For example, exercise has been shown to increase the neurotransmitter serotonin, the same neurotransmitter increased by taking antidepressant medication. In addition, exercise helps maintain appropriate levels of cortisol, also known as the "stress hormone," which when elevated has a negative effect on the brain. Thus, exercise can help the body to begin to heal from the inside.

So, if you're experiencing grief, consider exercising – take a walk, go for a swim, or even mow the lawn. A simple activity like this is likely to help you make initial strides (literally) towards coping. If your grief seems to continue at a high intensity and you are struggling to move forward, try seeking the advice of a mental health professional, but also give consideration to starting a physical activity program. Begin exercising for as few as 10 minutes a day, and do your best to do it every day of the week. Try to gradually increase the duration of your exercise to 30 minutes a day. If you can maintain this for a few weeks, you might be surprised at how you begin to manage your grief.

Dr. Etnier is an Associate Professor of sport and exercise psychology at the University of North Carolina at Greensboro. For more information on how exercise can help you work through the psychological ups and downs of life visit <http://www.apa.org/research/action/fit.aspx>.

Nature's Healing Power

by Janet Halonen

There are many resources available for those who grieve; more books than we can read, more DVD's than we can watch, and certainly, more websites than we can visit. One website; however, has taken a look at how one of our most accessible resources, nature, can help heal the grief we experience when someone we love has died.

In a two part article titled Nature Awareness as a Therapeutic Modality, the author Kirsti Dyer, MD, addressed both the healing qualities of nature, as well as how to use nature to cope with loss. If you'd like to read the complete article, please visit www.journeyofhearts.org and click on the link titled *A Healing Place*.

We have included some of our favorite excerpts in this issue, and hope that you will find ways to utilize nature, as well as remember what it can teach us about loss and healing.

Looking at how nature copes with adversity, one can find countless examples of inner strength and the ability not only to survive disasters, destruction, hardship, and loss, but to continue to grow and thrive.

Roads may be hidden under snow, yet we know the path is still there.

Trees and plants grow out of rocks where roots have pierced through soil finding water for their survival.

Wildflowers grow protected under a canopy of trees and plant leaves.

New tree growth—plants, ferns, foliage, trees—arise from old-growth trees cut down decades before.

Wounded, damaged, or burnt trees continue growing despite large pieces missing or falling over, healing over the wounded part.

Trees change their growth patterns, over time, becoming molded by the wind.

Nature has strong regenerative capabilities to heal damage caused by fire, lightening, flood, earthquakes, or blights. Looking closely amidst the ruins of fire or flood affected areas one can find signs of new growth and new life. Nature demonstrates the ability to survive despite strong forces that challenge her.

Using MUSIC & IMAGERY to Reconnect

by Tamra Hansen, MT



When you experience the loss of a loved one there is suddenly a whirlwind of events that take place. There are endless phone calls and meetings with friends, family, and the funeral home. A day or two after the service you finally have a minute to sit down and relax for a moment. It is then that those feelings of loss and grief can hit you all over again.

It is important to understand that this process is different for everyone and many times these feelings come in waves and are unpredictable. Finding ways to work through and express your grief can be difficult. Using music as a way to express your grief and reconnect with your loved one can be very powerful, soothing, and healing. Music by its very nature is an art form that plants its roots deep within a person's brain, tied to experiences, memories, feelings, and emotions.

One way to use music in the grief process is with an imagery dialogue and background music you've selected that was meaningful to you and your loved one. If you know your loved one's favorite song or favorite genre of music, put it on quietly in the background. Another option is to put on anything that you find relaxing or soothing; quiet instrumental music or even nature sounds.

Turn on the piece of music you have selected, making sure that you have enough music to last at least 15 minutes, and take your time during the imagery. Take a few deep, cleansing

breaths and begin to relax as you read and experience the following imagery:

Close your eyes...Remember your loved one at a time when the two of you were at your best together...Remember your loved one's appearance at that time...Now imagine your loved one sitting in a chair across from you...Imagine the two of you breathing together...breathe in together...and out together...and in together...and out together ...Look at your loved one's total appearance...Look at your loved one's face...Look into your loved one's eyes...

Looking into the eyes of your loved one, imagine yourself giving thanks for all your times together...Imagine yourself thanking this person...What does your loved one say in response to what you have just said?... Looking into the eyes of your loved one, imagine yourself asking forgiveness for all the times you caused your loved one to hurt...What does your loved one say in response?... Looking into the eyes of your loved one, imagine yourself giving forgiveness for all the times your loved one hurt you...What does your loved one say in response?... Looking into the eyes of your loved one, imagine yourself verbalizing some of your greatest fond memories in your relationship...What does your loved one say in response?... Once again thank this person for your times together...Once again imagine

yourself breathing in unison with this person...Breathing in together...and out together...

You are now about to say goodbye to this person. You will say goodbye, but you can always revisit this person whenever you close your eyes. Slowly say goodbye to this person, watching their image slowly disappear...knowing that your loved one is as close to you as your very lungs...breathing in...and breathing out...

~Author Unknown

You are never truly out of touch with your loved one; they will always be with you and always be a part of you. Using music and imagery is just one of many tools you can use to reconnect with and remember them. Make some time for yourself to listen to your loved one's favorite music, sit quietly, reminisce, and relax.

Tamra is a Music Therapist at Seasons Hospice & Palliative Care in Milwaukee. As a Music Therapist Tamra uses music to address the physical, emotional, cognitive, and social needs of individuals of all ages. For more information visit www.honoringlife-offeringhope.org or call (800)-379-5105.

Moving Toward Joy

by Claire Walchli, TF, CI

Through simple methods we can turn our focus inward, breathe, and move gently, yet powerfully, toward feeling alive and joyful. Tai Chi Fundamentals® can help you let go of tension, fear, anger, pain, and grief, both physically and emotionally. This enables you to awaken the great human potential within yourself, and move closer to enjoying life again. We are closest to our purpose here on Earth when we are joyful. When we practice the art of relaxation; a moving meditation, we can “come to terms with ourselves”.

I was recently a demonstrator at the parish nurses conference at the Pfister Hotel in Downtown Milwaukee. Our program director made a moving speech to kick off the conference. The focus of her speech was that we were meant to have joy here on Earth. It does not have to be earned. Many of us feel we do not deserve to be joyful, to be happy. It was an epiphany for me as well as other parish nurses there! We will know we are on the “right track” when we are most joyful.

With easy to learn methods, you can draw your focus inward, see life as it is, and accept your life experiences in the present. Letting go internally and externally, releasing distractions, can clear your way to healing. A new sense of wisdom can take root in you as

you accept what you can or cannot change, and you’ll live with more ease each day.

The deeper breathing method of Tai Chi Fundamentals® can bring about body awareness and relieve stress. It can keep you relaxed and able to cope in moments of grief, fear, anxiety, and pain. This breathing technique can release tension in your nervous system and will soon feel natural. In time you’ll learn to take root and allow your life force energy to heal your body and mind, giving you energy for life. You can feel an improved, revitalized sense of self.

Through gentle movements, filled with this deeper breath, you can circulate your life force energy, helping you to move toward feeling alive and joyful. Tai chi is often called the art of relaxation, or moving meditation. The exercise patterns are powerful and enhance the balanced health of body, mind, and spirit. Tai Chi Fundamentals®, when practiced, can easily become part of your daily way of moving, enhancing the joy we are all meant to feel in life.

Claire is an advanced certified instructor and has over eight years of professional Tai Chi training. For more information about the classes and presentations she offers, please email Claire at claire@taichifun.com.

Healing Touch

by Nicolette Kearns

There are many different ways that people grieve, but one of the greatest things in common is touch. Hugging or holding someone who is going through a difficult time, such as the loss of a loved one, is one of our first instincts. Touch is the first receptor to develop in a human being, and the last to fade; this being the reason so many look to massage for healing when in a time of need. Massage is one of the oldest healing therapies in the world. Before the introduction of modern technology and medicine, massage therapy aided in the healing of the mind, body, and spirit. Today massage is still practiced for those same reasons, and also serves as a proactive approach to well-being and inner peace.

There are many services to consider, but the most important thing is that you are comfortable with the service you are receiving. If you are not comfortable you will not be able to “let go”. So many times we try to hide or hold in our feelings, which in turn can affect our health and well-being. The most common massage for healing is a relaxation massage, typically referred to in the Midwest as a Swedish massage. Swedish massage is done with strokes pushing circulation toward the heart. Increased circulation can help to affect many different systems in the body in a positive manner, both mental and physical.

Another very popular service used to calm and relax muscles along with your mind is a Hot Stone massage. Various sized hot stones are placed along your body while smaller stones are used to massage your muscles. This service can literally melt your muscles.

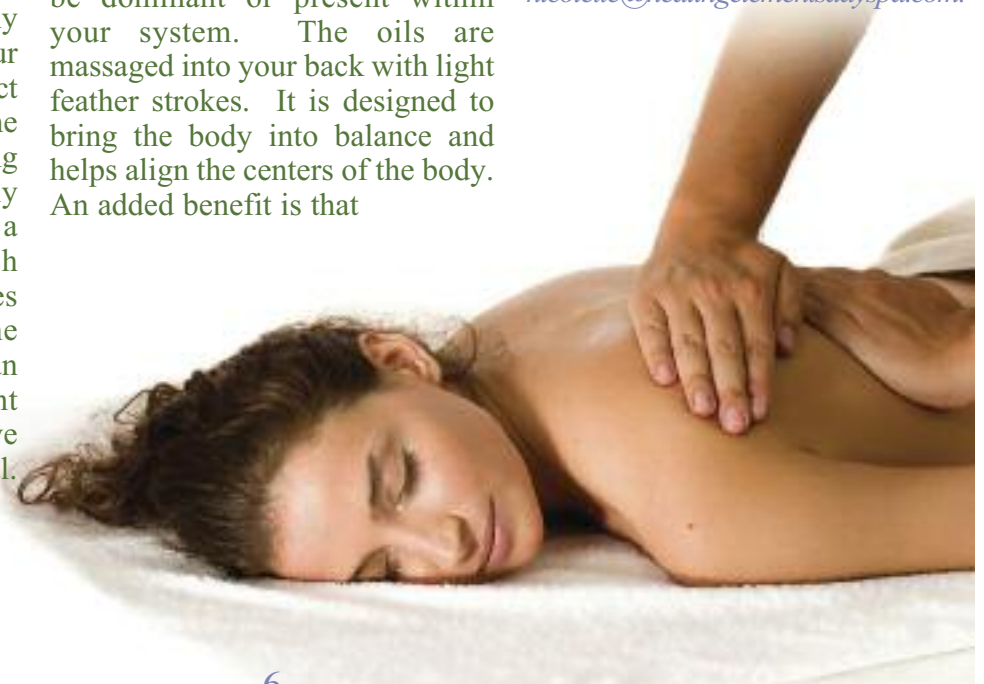
Shirodhara Massage has been used for centuries to calm the mind. It calms and focuses the energy in your body that runs along different meridians. A small amount of work is done on your feet to prepare your body, while a centering stone is placed on your stomach. This centering stone helps to ground your body. Shirodhara massage finishes with Ayurvedic oil flowing over your *third eye*, which is located mid forehead. This helps to calm your mind.

Raindrop Therapy uses seven different essential oils to draw out any bacteria or fungus that may be dominant or present within your system. The oils are massaged into your back with light feather strokes. It is designed to bring the body into balance and helps align the centers of the body. An added benefit is that

Raindrop Therapy can help build up your immune system to fight off cold and flu symptoms. The aromatherapy will also help to calm your mind.

Grief can show itself in many different forms depending on the individual. When looking for a therapist to take care of you look for someone interested in your specific needs. Massage therapists are here to help you get through your grieving process, whichever way you feel your journey should take you.

Nicolette has been a Certified Massage Therapist for 11 years. She is the owner of Healing Elements Day Spa in West Bend, where it is their mission to provide a tranquil and safe environment that helps to promote stress reduction, life balance, and therapeutic healing. For more information please call (262)306-6691 or email her at nicolette@healingelementsdayspa.com.



Horizon to Open a Hospice in Mequon

Many of you who receive this newsletter know firsthand that Horizon provides exceptional Hospice services to the community every day. In our 20-year history, most of these services have been provided in the comfort of patient's homes, with a small amount being provided within our partner hospitals (Columbia St. Mary's and Froedtert & Community Health) and at skilled nursing or assisted living facilities.

On June 27th, Horizon will begin another leg of our journey as your not-for-profit hospice provider. We will be opening a 14-bed residential hospice in Mequon. This facility will offer both inpatient acute care and routine care to patients who are either too ill to go home, or don't have the support they need to stay in their home during their final days. The

hospice will be located inside of Columbia St. Mary's Hospital Ozaukee on the second floor. Currently, we are in the process of renovating the former labor and delivery unit to meet the needs of hospice patients and their family and friends. Some wonderful amenities will be available including:

- Large, single patient rooms
- Adjoining bathrooms with whirlpool tubs or spa showers
- Flat screen TV's in each room
- Overnight accommodations (convertible sleepers) for guests in each room
- A kitchen and dining area with on-demand meal ordering capabilities
- Computer and internet access

- Private and semi-private family spaces outside of the patient room
- A comfortable public space with flat screen TV and fireplace
- Fresh flowers, provided by Trader Joe's in Glendale

Join us for an Open House!

We invite you to help us celebrate the opening of the new hospice at an open house, which will be held from 4:00-7:00 p.m. on Thursday, June 24th at the hospice. Anyone from the community who is interested will be able to tour the facility, ask questions of Mary Haynor, Horizon's President & CEO, and see for yourself what a wonderful option this is for patients nearing the end of life.

For more information, please contact Kelly Andrew at (414) 586-6268 or Kelly.andrew@hhch.net.

Save the Date

Life Lights Celebration of Life 2010 is around the corner! Please mark your calendars for Friday, September 10th, 2010 and join us at the Milwaukee County Zoo. This wonderful event celebrates the memory of our loved ones and raises funds to support charity care and other services throughout the community.

Tickets Include:

- A fish fry or veggie burger dinner with fries, coleslaw, and rye bread (adults), or a 3-piece chicken strip meal with fries (youth). *(Sorry, beverages are not included, but soda, water, wine, and beer will be available at a cash bar).*
- Zoo admission and parking.
- Live music throughout the evening, performed by Milwaukee's own Kyle Feerick.
- A one-mile Sunset Stroll, lit with luminaries — a beautiful way to see the Zoo in the evening.

- Guests can also participate in the Celebration of Life by submitting a photograph of their loved one to be included in the show. For more information on this, please contact Kelly Andrew at (414) 586-6268 or email LifeLights@hhch.net.

Watch for a formal invitation and registration form, coming to your mailbox soon!



When:
Friday, September 10th, 2010

Where:
The Milwaukee County Zoo
10001 W. Bluemound Rd.
Milwaukee, WI 53226
Enter and check in at
The Gathering Place

Time:
5:30 – 10:00 pm
Dinner served 5:30-7:00 pm
1-mile sunset stroll
begins at 7:00 pm
Candle-Lit Celebration
of Life begins at 7:45 pm

Cost:
Prices before August 31st
are \$20/adult and
\$10/youth (10 & under)
Tickets will go on sale
Thursday, July 1st on our
website: www.hhch.net.
Guests may also purchase
tickets at the door
the night of the event.



HORIZONSM

Grief Resource Center

Horizon Home Care and Hospice
8949 North Deerbrook Trail
Brown Deer, WI 53223

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

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GRIEF RESOURCE CENTER

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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

Got friends? Talk to Them About Volunteering For Horizon!

Help Horizon recruit quality volunteers to support the new hospice residence in Mequon. We need students! We need retirees! We need all kinds of people! Help us find 200 outstanding individuals who have the time to share, the energy to commit, and the willingness to help patients and their family and friends through this difficult time.

Volunteer roles at the new hospice will include:

The Greeter – Provide a friendly hello to those entering the hospice residence. Assist with clerical support, do homework, or read a book.

Sit & Knit – Greet patients and families while creating beautiful comfort shawls for patients.

Concierge – Check on patients and families, keep common areas neat and organized, help visitors navigate, and provide support where needed.

Hospice Companion – Help the staff create a serene experience for every patient by offering support to the staff, families, and patients.



Spread the word about these service opportunities to your: friends, family, church, book club, coffee shop, etc. Those interested in serving Horizon Home Care & Hospice can check out our website at www.hhch.net or contact Katy Corey, Hospice Development Coordinator, at Katy.corey@hhch.net or (414)586-8341.