

A Time to Heal

NEWSLETTER SERIES

MISSION:
A community where no one grieves alone.

STAY IN TOUCH
WWW.UNITYHOSPICE.ORG
facebook.com/UnityWI

Unity
Grief and Education Center
A caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital

Grief is the natural and normal response to death and a journey you do not need to take alone. Because everyone grieves differently, Unity offers services designed to meet your unique needs. Unity Grief and Education Center supports families and friends of Unity patients, as well as all members of the community. **Registration is required. To register or for more information on upcoming dates, please visit www.unityhospice.org/grief-support/, call 920-339-6700 or 800-990-9249 or email griefcenter@unityhospice.org.**

Navigating Grief – A support group held for six consecutive afternoons or evenings throughout Northeastern Wisconsin or virtually via Zoom. Group topics include common reactions to grief, memories, coping and adjusting to new roles, self-care, traditions and finding hope.

Generations: Hope for Grieving Families – A group designed to provide support to grieving families. Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Held the second and fourth Thursday six-week support group for **Hope and the Holidays** – A

evenings of the month in the Green Bay area.

Virtual Grief Connect – A twice-a-month group for adults who have experienced a death. It is recommended, although not mandatory, that participants first attend Navigating Grief. Virtual Grief Connect provides a safe place for those who are grieving to gain tools and insights into the grief process. Held on Zoom the first and third Thursday evenings of the month.

Healing Thru the Arts – A hands-on creative workshop for adults who have experienced a death. Led by a Grief Counselor at Unity Grief and Education Center, the workshop will guide participants to process and incorporate memories and their loved one

WE ARE GRATEFUL

adults who have experienced a death. Groups are held for six consecutive November and December Tuesday afternoons or evenings either virtually or in person at Unity Grief and Education Center. Meetings will include topics such as grief around the holidays, traditions, self-care and finding hope.

Individual and/or Family Grief Support from a Unity Grief Counselor are also available telephonically, in person or virtually on Zoom.

Donations to Unity Grief and Education Center make grief support programming available at no charge. To donate in support of those grieving, call 920-338-1111 or visit www.unityhospice.org/donate/



Grief and Education Center

2079 Lawrence Drive, Suite B
De Pere, WI 54115
920.339.6700 | 800.990.9249
WWW.UNITYHOSPICE.ORG

A Time to Heal

NEWSLETTER SERIES

VOLUME THREE –
Finding Strength
in Grief

We hope you find this newsletter helpful and supportive. If you no longer wish to receive grief mailings from Unity, please contact our office to be removed from the list.

Finding Strength *in Grief*

Over the past months, you have been living with your loved one's absence. You may be starting to fully acknowledge their death while living in your new reality. Day by day you are slowly adjusting to this "new normal" by finding your own rhythm and routine. Not only are you missing your loved one but also their role in your life and your family's life. Everyday activities (preparing meals, doing dishes, managing paperwork) and milestone accomplishments (birthdays, weddings, anniversaries) take great strength and courage to face. You may experience a mixture of joy, sorrow, or resentment that your loved one is not sharing in these events with you. At times, you may feel stuck and find it hard to grasp that life can keep going on without them. It is important to acknowledge your pain and struggles while reminding yourself that you can and will survive. Take one step at a time and know each step is a courageous one.

Part of grief involves reviewing the relationship that was. It is an opportunity to reflect on where you have been and where you hope to go. Those who died played a role in shaping the person you are. They have left part of themselves with you, and it may feel like they took a part of you with them. Take some time to reflect, gather your memories, and consider how your loved one will continue to influence your life.

HELPING YOURSELF HEAL

Part of the healing process is getting to know the "new you" and the "new normal." Taking time to ask questions can help you sort through this new reality. Thinking, sharing in grief support groups, talking with friends, or writing in a journal can help you clarify where you have been, where you are now, and what happens next.

Take some time to reflect on these questions.

"This is what I have learned: Within the sorrow, there is grace. When we come close to those things that break us down, we touch those things that also break us open."
– Wayne Muller

- What responsibilities did I have that are no longer there? What new responsibilities have I assumed? How have these new responsibilities changed me?
- What skills am I no longer using? What new skills have I learned?
- What old habits and routines no longer work for me? What new habits and routines am I developing?
- What areas of my life do I feel in control of? Not in control of?
- What gave me a sense of purpose before? What part changed or remains? What gives me purpose now?
- How did friends and relatives relate to me before my loved one's death? Do I see a change?
- Have my basic values and beliefs changed?
- What have I learned about myself since my loved one's death? How am I the same, and how am I different?
- What would my loved one want me to know?

CONTINUING THE RELATIONSHIP

As you continue to reflect and change, it may be helpful to find ways to incorporate your loved one in your life. Remember that grief is unique. It is important for you to do things that give YOU comfort. Here are some things others have found helpful as they remember their loved one and continue the relationship.

- Make a memory book/box of photos/mementos of your loved one. Invite friends and/or family to contribute.
- Enjoy the foods they enjoyed.
- Imagine what advice they would offer when you are making tough decisions.
- Live your life in a way they would be proud of.
- Finish a project they were working on or adopt a hobby they enjoyed.

UNITY RESALE SHOPPE, LLC

Unity Resale Shoppe, LLC offers a warm and inviting place where household items and clothing can be donated and purchased. Proceeds from sales help fund grief programs, patient care and hospice respite stays. The Shoppe is located at 1641 Commanche Ave, Green Bay, near the Austin Straubel Airport.

For more information, visit us at www.unityhospice.org/resale-shoppe or phone 920-339-5501.

Are you looking for a way to honor your loved one?

For more information on the memorial opportunities below, contact Unity at 920-338-1111 or visit www.unityhospice.org.



Unity's Forget-Me-Not Ornament – Honor your loved one in a lasting way with the Forget-Me-Not Keepsake Ornament. Handcrafted from fine porcelain, each ornament includes an inspirational message. Ornaments are available for \$10 each.

Unity's Gardens – Located on our 34 acre campus in De Pere, the gardens offer beautiful outdoor spaces for meditation and reflection. When you dedicate an engraved brick, a garden element or a stone bench you contribute to the atmosphere of care and healing.

The Unity Memorial Garden and Brick Dedication is held the third Thursday of August at Unity. All garden tributes made before June 1 are formally dedicated at this ceremony.

