

**VOLUME FOUR – Honoring the Memory**

**A Time to Heal**  
NEWSLETTER SERIES

**MISSION:**

A community where no one grieves alone.

**STAY IN TOUCH**

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Grief and Education Center



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

*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.*

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Grief and Education Center

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

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/](http://www.unityhospice.org/grief-support/), call 920-339-6700 or 800-990-9249 or email [griefcenter@unityhospice.org](mailto: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 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 through a creative project. Individual and/or Family Grief Support from a Unity Grief Counselor are also available telephonically, in person or virtually on Zoom.

**WE ARE GRATEFUL**

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/](http://www.unityhospice.org/donate/)

# Honoring the *Memory*

Perhaps one of the most common aspects of grief is the increase in pain with the approaching anniversary of your loved one's death. This is commonly known as an "anniversary reaction" because it seems to coincide with events and experiences of the previous year, and may also occur with birthdays, wedding anniversaries, or other special occasions. You may have noticed a sensitivity to certain dates, times and seasons during the past several months. You may find yourself thinking about your loved one more than usual and what was going on last year at this time. Even if you never paid much attention to the actual dates at which critical events occurred, these memories may be affecting your emotional well-being. With this resurgence of grief comes anxiety and confusion as you were hoping to "be better by now." These anniversary reactions are a normal part of the healing process. If you find yourself struggling, please reach out to family, friends, clergy, Unity or other places of support.

## HELPING YOURSELF HEAL

- Know that some days of the year may be more difficult. It may be an expected special day such as a holiday, birthday, or anniversary. It may also be a season of the year, a sporting event or other days that held meaning for you and your loved one.
- Some bereaved say the anticipation of the special day is worse than the actual day. This is not to say that the special day is easy; however, sometimes the days leading up to the special day can be more difficult than the day itself.
  - Preparation can be helpful. Think about the day or time of day that may be more challenging and make a plan of how to spend that time. Make a back-up plan. If you can, "play it by ear" as your needs change day to day.
  - Keep your expectations realistic.
- Tell your family and friends about your plans. Share with them how you would be most comfortable and how they can best help you.
- Balance old traditions with new traditions. Remember that what you do this year may be different from what you do next year.
- Ask for help. People often want to support you but don't know how. Let them know specifically what would be helpful.
- The people around you may look to you for direction on whether they should or should not talk about the person who died. Let family and friends know your preference when it comes to sharing memories or talking about your loved one.

*"Consciously remembering those who have died is the key that opens the hearts, that allows us to love them in new ways."*  
 – Tom Attig,  
*The Heart of Grief*

## CONTINUING THE RELATIONSHIP

Remember that there is no right or wrong way to get through these days or to honor your loved one. As you think of them and their importance in your life, it may bring comfort to take part in an activity to honor this love. Here are some thoughts:

- Light a candle in your loved one's memory.
- Leave memorial flowers at church or another special spot.
- Visit a place you liked to go together.
- Plant a memorial tree.
- Make a memorial quilt out of their clothing.
- Get a tattoo.
- Release balloons with attached messages in memory of your loved one. Invite family and/or friends to share in this ritual.
- Plant a memory garden or put a bench in your garden/yard with a plaque.

## 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](http://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](http://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.



## Gain a Rewarding Sense of Purpose as a Unity Volunteer

Unity offers many volunteer opportunities including companionship to patients in private homes, nursing facilities or our Jack and Engrid Meng Hospice Residence, assisting with office projects, creative projects such as knitting or crocheting patriotic lap blankets for our Veteran patients or prayer shawls, sewing memorial bears and pillows for our bereaved families as well as various roles at the Unity Resale Shoppe, LLC. To ensure the comfort and confidence of volunteers, we provide classroom-style orientation.

Contact a Unity Volunteer Coordinator at 800-990-9249 or visit [www.unityhospice.org](http://www.unityhospice.org) for more information.