

A Time to Heal

NEWSLETTER SERIES

MISSION:

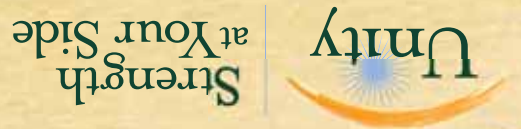
To bring the best end-of-life experience to our communities by delivering unwavering strength, compassion and support.

STAY IN TOUCH

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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.



2366 Oak Ridge Circle
De Pere, WI 54115
920.338.1111 | 800.990.9249
WWW.UNITYHOSPICE.ORG

With an understanding that each person grieves in his or her own way, Unity offers a variety of support services designed to meet your unique needs. Registration is required. 920-338-1111 or 800-990-9249 • bereavement@unityhospice.org

Navigating Grief – A five week support group for adults who have experienced the death of a loved one. Groups are held on five consecutive Tuesdays, in the afternoon and evening, at the Unity De Pere campus. Visit Unity's website or call for specific dates and times.

Generations – A monthly program designed to support grieving families with youth ages 6-18. Complimentary dinner provided. Age appropriate groups are held concurrently for parents/guardians, teens/children. Held the second Thursday of every month from 5:30-7:30 pm in Green Bay.

Grief Connection – A monthly grief support group for those who have attended the Navigating Grief group and would like additional support. Held the third Thursday of every month, 1:30-3 pm or 6-7:30 pm at the Unity De Pere campus.

Healing Thru the Arts – A hands-on creative grief group for adults. Held the fourth Thursday of every month, 10 am- Noon or 2 - 4 pm, at the Unity De Pere campus.

Understanding Grief – A monthly support group held in multiple locations within Unity's service area for any adult who has experienced the death of a loved one. First Wednesday of every month Wausaukee 10-11:30 am Marinette 12:30-2:00 pm Second Wednesday of every month Sturgeon Bay Noon-1:30 pm Fourth Wednesday of every month Gillett Noon-1:30 pm

WE ARE GRATEFUL
Unity's grief support offerings are made possible by financial gifts from friends, families and grant support. To help support our continuing grief programs, call 920.339.5571 or visit www.unityhospice.org

Women's Luncheon – A monthly opportunity, for bereaved women to gather for informal conversation and support. Held the third Wednesday of every month from Noon to 1:30 pm at a Green Bay restaurant.

Individual and/or Family Grief Support from a Grief Counselor held at the Unity De Pere campus or over the phone.

Some people describe grief as a roller-coaster ride. You find yourself propelled through ups and downs and turns that you often cannot see or predict. Others share that their grief seems to come in waves as if they were standing on a beach and the waves roll continuously in and out. Some waves seem manageable and some waves knock them over. Still others have compared the early weeks of grief to watching a movie and seeing themselves in it. There is an unreal quality about it -- as if it were a dream. You keep expecting to wake up and find yourself back in your real life, not a life without your loved one.

It is not uncommon for those who have experienced the loss of a loved one to describe themselves, and their behaviors, as going through the motions. Perhaps this has been true for you. You may have taken care of the many details and tasks related to the final arrangements, business items, notifying friends and family, going to the memorial service, and the requirements of everyday life. You may have found yourself wondering "What do I do now?" as your daily life has changed. You may have been sad, overwhelmed, relieved, or scared.

Some say, around this time in their grief, they find the "fog is lifting." The phone may not be ringing as often and the realization that "this is real" may be settling in. There is no part of your body, your actions, or daily life that is immune from the impact of grief. Some find it hard to think or remember things. Some find their sleep or appetite to be altered. Many people find their thoughts or emotions can change moment to moment as they hear or see something that reminds them of their loved one. There is no right or wrong way to grieve so be careful not to compare yourself to others. Everyone grieves differently.

HELPING YOURSELF HEAL

There are many things you can do to promote your own healing. Most of these ideas revolve around giving yourself permission to experience and express your grief at your own pace. Find strategies that help you heal. Remember, as you move through grief, you may need to change your coping strategies. Here are some ideas:

"Grief never ends but it changes. It's a passage — not a place to stay. Grief is not a sign of weakness nor a lack of faith. It is the price of love."

—Unknown

- Allow yourself to cry.
- Talk and share with those you trust.
- Attend a support group (Unity has many grief support groups listed on this newsletter).
- Keep a journal of your thoughts and feelings.
- Practice deep breathing.
- Give yourself permission to laugh or experience joy as you are able.
- Look for comfort in things that are meaningful to you – music, prayer, nature, art.
- Focus on the basics - eat healthy, get plenty of rest as you may be more tired, exercise (may be as simple as taking a walk to get the mail).
- Avoid things that numb your grief – alcohol or drugs.
- Seek out support from friends, family, physician, clergy, counselor, or Unity.

CONTINUING THE RELATIONSHIP

With this loss, your relationship with your loved one has changed dramatically. Research tells us that an important part of the healing process is finding ways to remember your loved one and continue the relationship in a new way. Remember, grief is unique so it is important for you to do things that give YOU comfort. What gives you comfort now may change over time and may be different from others you know. Here are some things others have found helpful:

- Talk to your loved one out loud or silently.
- Display photos of them.
- Write them letters.
- Visit the places where you feel close to your loved one.
- Keep something meaningful that belonged to them.
- Make a memorial gift in their honor.

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 Memorial Quilts – The quilt square you craft will be joined with those made by other Unity families and friends. A dedication event for the Memorial Quilts is held annually.



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.

