

A Time to Heal

NEWSLETTER SERIES

MISSION:

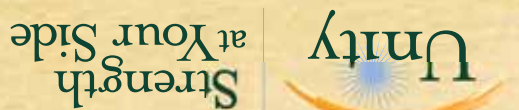
To bring the best end-of-life experience to our communities by delivering unwavering strength, compassion and support.

STAY IN TOUCH

WWW.UNITYHOSPICE.ORG

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



WWW.UNITYHOSPICE.ORG

800.990.9249 | 920.338.1111

De Pere, WI 54115

2366 Oak Ridge Circle



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.

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

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.

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. 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

WE ARE GRATEFUL

Caring for yourself *as you grieve*

The uncertainty of grief can be difficult to bear. There is a temptation to set timetables and expectations for the grieving process. Grief is a unique experience for each individual, and there is no clear timetable. In addition, there is no concrete path or instant relief. In other words, grief will take as long as it takes and the only way through it, is through it.

People often ask, "How long will I feel like this?" Some people say it seems to get harder before it gets better. Many people find that healing comes in small steps. They have a few good hours or days strung together only to hit a hard patch again. It may feel like you take two steps forward only to take one step back. Remember, this is normal and does not mean that you are going back to the beginning. Ups and downs are expected when you are grieving. Acknowledge pain and sadness when you feel it and enjoy the moment when you can.

HELPING YOURSELF HEAL

Grief is exhausting – mentally, physically and emotionally. Energy can be replenished by spending time alone or with others. Most importantly, be gentle with yourself and do what feels helpful to you. The following are suggestions to care for your mind, body, and spirit:

CARE FOR YOUR MIND

- Sometimes you can only handle a minute at a time and sometimes you can take it day by day. Be gentle and set small, realistic goals. What is realistic now may be different from a year ago or what will be realistic a year from now.
- Have things to look forward to, even if they are little things such as lunch with a friend, a movie night, starting a new book or a weekend away. This can help you get through the immediate future. Don't be surprised if your enjoyment of these things isn't the same as it was previously. This is normal.
 - Listen to music or guided meditations.
 - Relieve yourself of "what if" and "if only" thoughts.
 - Tell your loved one's story and share memories.
- Begin a daily gratitude journal. You may have to start with small things you are grateful for and that is okay.

"Ironically, we have no choice when our loved one dies. It is out of our control, but we do have a choice in healing ourselves. It's the hardest task we will ever have to perform."
 –Mickey Vorobel

CARE FOR YOUR BODY

- It is all about the basics – drink water, maintain regular doctor appointments, practice good nutrition and sleep.
- Exercise in whatever way feels good to you. Moving your body will not only help you physically but can positively impact your mind and spirit.
- Release your emotions – cry, hit a pillow, yell in the shower, use a stress ball.
- Treat yourself to a facial, massage or an afternoon nap.
- Pet an animal.

CARE FOR YOUR SPIRIT

- Get involved in something meaningful such as a new or old hobby, volunteering, or creating art.
- Allow yourself to accept the expressions of support from others.
- Be present in the good moments. Don't underestimate the healing effects of small pleasures – a smile, a shared laugh, a sunset, a favorite food, a walk in the woods.
- Educate yourself about grief. Talk to others who have also experienced a loss, perhaps in a Unity grief group. Learn what others in a similar situation have found helpful.
- Allow yourself to explore the big questions of meaning and purpose. Share these thoughts with trusted people.

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.

