

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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Strength at Your Side

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

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.

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



2366 Oak Ridge Circle
De Pere, WI 54115

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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.

- 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?

"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

- 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 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.

