



**MISSION STATEMENT**

*Recognizing grief as a life-changing, yet common human experience, Horizon Grief Resource Center is dedicated to serving those whose lives have been touched by loss.*

*We are a walk-in center providing a safe haven and resources for individuals, families, community groups and professionals.*

*Appointments for one-to-one support are also available.*

*Please call the GRC at 414-586-8383 for more information or to make an appointment.*

**Accepting the Gifts of the Holidays**

The holiday decorations are up, the holiday music is in the air, and the regular hustle and bustle of the holiday season is in full swing. Memories of your loved ones and traditions of past holidays have also probably been in the forefront of your mind.

This can be a difficult time of year with mixed emotions. The emotions of grief—anger, depression, guilt, fear, and loneliness—feel stronger during the holidays. This is normal and does not mean that you have had a setback. Whatever you are feeling this time of year is normal. It can help to plan how you are going to celebrate the holidays to reduce the anxiety of the unknown. By reflecting on the gifts of the holidays, you might be able to create new traditions or rituals that help you on your path toward healing.



It seems that no matter which tradition you practice, the holiday season is focused on family and community. Some families include an empty chair at the table to remember and honor their loved one who passed. Even though this person is not physically present, their “presence” can still be felt in the sharing of memories, laughter, and tears.

We can honor the gifts that they have given us throughout the years by remembering in concrete ways how they enriched our lives. Some families have a gift box on the table in which they write or draw pictures that describe the intangible gifts their loved one gave to them, such as love and joy.

One of the ways we show our love to each other is through the act of giving gifts. Some families chose to give a gift in their loved ones honor or have family donate money to this person’s favorite charity.

Spontaneously, most families often reflect on past holidays and family history. You can begin a dialogue about the family history and how your loved one impacted the family through a memory box, scrapbook, picture album, or written history. This is a great way to pass on a legacy to younger generations.

Holidays also symbolize a yearning for hope and peace. I think that it is true that these virtues begin at home. Everyone in the family may want to celebrate the holiday in a different way and may have other ideas for rituals that will have meaning for them. Have an open discussion about everyone's needs during this time and make a plan together. Do not let grief be the elephant in the room during the holiday season, as this can make it more painful for everyone. Grief disrupts normal routines and makes the future scary. By planning as a family, we can bring a little hope for the future into our lives by creating intentional practices of remembering through rituals. May you and your family have a peaceful and hope filled holiday season.

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*“Sorrows come to stretch out spaces in the heart—for joy.” Edwin Markham*

# What's Happening in the Grief Resource Center This Quarter

## Support Groups

*Drop in any time for these groups.*

**Family Group** (For people dealing with a terminal diagnosis or cancer & their family or friends)

Mondays 1:30-3:00 pm at the Grief Resource Center

**Any Type of Loss**

Mondays 4:30-5:30 pm at the Hartford office (110 Lone Oak Ln, Suite 300, Hartford)

**Loss of a Child**

Mondays 6:00-7:30 pm at the Hartford office (110 Lone Oak Ln, Suite 300, Hartford)

**Any Type of Loss**

Wednesdays 5:00-6:00 pm at the Grief Resource Center (Not meeting on 1/14/09 & 2/11/09)

**Loss of a Spouse/Partner**

Thursdays 12:30-2:00 pm at the Grief Resource Center

*Register for these 6 week groups by calling Kayla at (414) 586-8328.*

**Loss of Family Member/Friend**

Tuesdays 12:30-2:00 pm December 16th thru January 20th at the Grief Resource Center

**Expressive Writing Workshop**

Tuesdays 4:30-6:00 pm January 13th thru February 17th at the Grief Resource Center

**Loss of a Spouse/Partner (Under age 60)**

Thursdays 4:30-6:00 pm January 15th thru February 19th at the Grief Resource Center

**Loss of a Parent**

Fridays 4:30-6:00 pm January 16th thru February 20th at the Grief Resource Center

**Teen Group (13-18)**

Every other Saturday 11:00-12:30 pm January 17th thru February March 28th at the Grief Resource Center (Lunch will be served).



Horizon Grief Resource Center, 8949 N. Deerbrook Trail, Brown Deer, WI 53223  
Horizon Hartford Office, 110 Lone Oak Ln, Hartford, WI 53027  
www.hhch.net/griefcenter • (414) 586-8328

## Activities & Workshops *(cont pg 3)*

If you are interested in attending any of these workshops or activities, please RSVP by calling (414) 586-8328 or e-mailing Kayla at Kayla.waldschmidt@hhch.net. All activities and workshops are held at the Grief Resource Center.

### *December 2008 Schedule*

**Kids Grieve Too!** (Learn how children and teens express their grief.)

Thursday December 4th 12:00-1:30 pm (Lunch will be provided)

**Preparing for the Holidays**

Friday December 5th & 12th 12:00-1:30 pm

**Preparing for the Holidays**

Friday December 5th & 12th 4:30-6:00 pm

**Walking your Grief Journey**

Saturday December 6th 11:00-12:00 pm

**Stress Relief Workshop**, presented by Lynn Connolly,

Tuesday December 9th 12:30 pm (Lunch will be provided.)



## Activities & Workshops *(cont from pg 3)*

### **Book Club**

Tuesday December 9th 5:00 pm.

We will be discussing **While I Was Gone** by Sue Miller (the book is available for 35% off in the Willow)

### **Emotional Healing and Traditional Chinese Medicine,**

presented by Janet Halocen,

Wednesday December 17th 12:00-1:00 pm (Lunch will be provided)

### **Aromatherapy: Essence of the Season-Using Therapeutic Essential Oils for Enhancing Mood**

presented by Barb Lemke, RN, CCAP

Thursday December 18th 12:00-1:00 pm (Lunch will be provided)

### **Walking your Grief Journey**

Monday December 22nd 12:00-1:00 pm



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### *January 2009 Schedule*

### **Walking your Grief Journey**

Friday January 9th 5:00-6:00 pm

### **Expressive Writing Workshop**

Tuesdays 4:30-6:00 pm January 13th thru February 17th

### **Healing Grief Through Art,** presented by Linda Hagen, MS, ATR-BC

Wednesday January 14th 12:00-1:00 pm (Lunch will be provided)

### **Book Club**

Wednesday January 14th 5:00 pm. We will be discussing

**Letter to My Daughter** by Maya Angelou (the book is available for 35% off in the Willow)

### **Walking your Grief Journey**

Saturday January 17th 9:30-10:30 am

### **Memory Box Art Project**

Thursday January 22nd 2:30-4:00 pm

### **Journaling for Grief**

Tuesday January 27th 12:00-1:00 pm



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### *February 2009 Schedule*

### **Walking your Grief Journey**

Tuesday February 3rd 12:00-1:00 pm

### **Aromatherapy: Oils of Joy,**

**Have a Joyful Heart** presented by Barb Lemke, RN, CCAP,

Wednesday February 11th 12:00-1:00 pm (Lunch will be provided)

### **Book Club**

Wednesday February 11th 5:00 pm We will be discussing **Time of My Life** by Allison Winn Scotch (the book is available for 35% off in the Willow)

### **The Steps to Forgiveness**

Friday February 13th 12:00-1:00 pm

### **Pet Loss & Grief**

Wednesday February 18th 12:00-1:00 pm

### **Walking your Grief**

Journey Friday February 27th 5:00-6:00 pm

# Start out the New Year by taking care of yourself with this

## Tai Chi Fundamentals & ROM Dance Eight Week Class



Learn the ancient Chinese method of relaxation and exercise. Using the breath to enhance your energy, simple postural exercises strengthen and improve posture. We also learn a brief form using these movements. This moving meditation brings the body, mind and spirit into balance. It can address a variety of conditions, allowing flexibility and relief of stress and pain. The ROM (Range of Motion) Dance program is therapeutic in nature and can help people to stretch and relax prior to or following class. It can also be used as the warm up and cool down phases of more extensive exercise programs. Suitable for most abilities. This class is taught by Claire Walchli, a Third Level Certified Practitioner of Tai

Chi Fundamental with over 500 hours of contact training and 9 years teaching experience.

Register for this 8 week class by calling Kayla at (414) 586-8328. The class will meet Thursdays from 5:00-6:00 pm on the following dates: January 15, 22, February 5, 12, 26, March 5, 19, & 26. Registration is complete upon payment of \$96 (cash or check) by January 9, 2009.

## Camp Rainbow Children's Grief Camp

If you have a child or grandchild ages seven to twelve who would benefit from attending grief camp, please contact the Grief Resource Center at (414) 586-8328. The Grief Resource will be holding Camp Rainbow in the summer of 2009!



## The Willow

The Grief Resource Center gift shop, called The Willow, is a wonderful place for guests of the Center and Horizon staff members to visit. Whether serving as a break from the day-to-day grind or a place to pick up a last-minute gift, The Willow provides a soothing atmosphere and unique items for purchase. Upcoming sales include:

### Stocking-Stuffer Sale

**December 1-25**

45% off stocking-sized items including: Simply Be Well Lip Balm, Chat Packs, Mag Po Travel Games, planning notepads and calendars, whimsical handbag & high heel photo holders, notebooks & notecards and Decision Dice

### After-Christmas Sale

**December 26-January 3**

Take care of yourself and recover from the holidays with 45% off of all Simply Be Well body products, lotus bath plugs, shower caps, eye masks and rose bath sponges.

Stop in soon! You'll be delighted by the selection!



**25% OFF**

**Clip this coupon for 25% off of any item in the GRC Gift Shop!**

Bring this coupon in the gift shop between December 1 and December 31, 2008 and receive 25% off any item (excluding sale items). Stock up on holiday gifts and treat yourself to a small indulgence!

**Stop in today!**

**The Willow**

8982 Woodland Hill  
E. New York, WI 53071  
741.526.3222  
Mon. 12:00 pm - 4:00 pm  
Tue. 4:00 pm - 6:00 pm

# Take Care of Yourself!

**Have patience with yourself:** Grief takes time. Be gentle with yourself. Take it easy. If you can, avoid any new responsibilities that can wait. You have enough changes to cope with right now that can't be put off.

**Deal with one day at a time:** and if that is too tough, break the day into manageable portions of time.

**Read as much as you can about the process of grief:** You will gain a better understanding of yourself and your grief will be less frightening.



**Take time off from your grief:** This might involve a short trip or vacation. Make the most of these times but don't expect your grief to go away. When you return your grief will be waiting for you, and you will have to work on it again. However, you will be better able to deal with it.

**Find time to be alone:** time to just sit and think about what has happened and what you need to reconstruct your life. The reassurance that will come from formulating at least the beginnings of a plan will help to decrease the stress of the unknown future.

**Develop a support system of people:** who can help you if you have a 'grief attack'. Decide which friends or relatives are most comfortable with your grief and with whom you are most comfortable discussing it.

**Don't compare your grief:** to others who may be mourning a similar loss. Every person's grief is unique. No two people respond the same way.



**Lean into your pain:** Try to experience your grief as it comes. As tears well up in your eyes, let them come. The more you can let your grief out and express it, the quicker you will feel better. It is always okay to seek the help of a professional if you feel it would benefit you.

**Avoid unreal expectations:** Don't put a time limit on your grief. If you have heard the first year is the worst, be careful not to get caught up with the magic of this idea—that once the first year is up, everything will be fine. While this may be true for some, others find the second year to be the hardest year.



**Know your resources:** The Grief Resource Center offers free short term counseling, support groups, workshops, and library materials on grief and loss all of which are free of charge. If you cannot make it to the Grief Resource Center, you can contact us (414) 586-8383 for a referral to a group or professional in your community.

## Strut Your Compassion in 2009!

Friends and sponsors of the Grief Resource Center will gather at The Pfister Hotel in February to attend the 3rd Annual Matters of the Heart Gala. This spectacular event, which financially supports the Grief Resource Center, includes a cocktail hour, silent auction, dinner, live auction and will culminate with the presentation of the

### Touching Lives Award.

Each year, generous individuals and businesses come forward to celebrate those in our community who strive to touch lives. This year, our award will be given to two deserving individuals: Mr. Leo Brideau, CEO of Columbia-St. Mary's hospital and Mr. Bill Petasnik, CEO of Froedtert & Community Health. Both of these caring men have demonstrated a strong commitment to our community and have the best interests of the people in the forefront at all times. Horizon board members Cathy Buck (Froedtert) and Therese Pandl (Columbia-St. Mary's) will be speaking on the recipients' behalf. Walgreens Option Care will be the 2009 Presenting Sponsor of the Touching Lives Award.

Guests of the event will receive the red-carpet treatment from the time they enter the door until they retire for the evening. A new addition will be added to the event this year: the Luxury Lounge, located on the 23rd floor, will boast the best view in the city, along with samples of gourmet chocolates, a selection of cigars for sale and a cocktail bar. The silent and live auctions will be more impressive than ever before, featuring everything from gift baskets to vacation rentals up for bid.

Proceeds from the annual Matters of the Heart Gala go directly to the Grief Resource Center. All Gala donations allow Horizon to continue to provide one-on-one grief counseling, support groups, wellness workshops and resource availability to our Hospice patients, families and the public, free of charge.

What: Matters of the Heart Gala

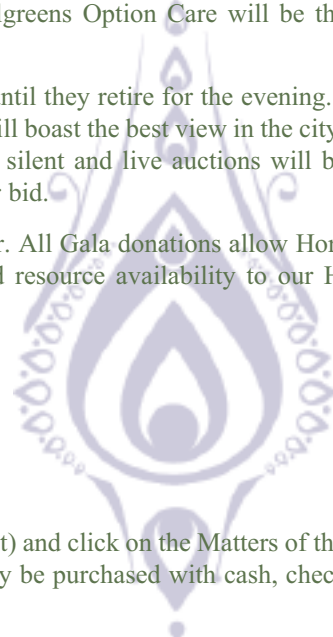
When: Saturday, February 21, 2008, 6:00 p.m.

Where: The Pfister Hotel, Downtown Milwaukee

Tickets: \$155 Ticket = 1 seat

\$2,000 Sponsorship = 1 table with sponsor recognition (10 guests)

To purchase a ticket or a Table Sponsorship, you may go to Horizon's website ([www.hhch.net](http://www.hhch.net)) and click on the Matters of the Heart logo on the right side of the homepage or call Kelly Andrew at (414) 586-6268. Tickets may be purchased with cash, check, Visa or Mastercard.



# A Win-Win Situation!

*“They say that time is invaluable. Happiness is seeing or hearing others happy if just for a brief moment. Volunteering my time at Horizon makes me and others happy! It’s a win-win situation.”*

–Lisa Schroeder, Hospice Volunteer

Over the course of the year, Horizon has had several win-win situations. With loyal volunteers lending a hand and offering their hearts, we have a successful flower delivery program, strong staff support in the GRC, and continued positive interaction with hospice patients & families.

Recently, volunteers have helped to develop the Speakers Bureau and Knitting Circle, two new programs that will assist in providing strong growth and relations with our community and cliental. It’s another win-win situation for volunteers and Horizon Home Care & Hospice!

Please review what these projects entail and how you can be of help.

## **Speaker’s Bureau**

The Horizon Speakers Bureau is an uplifting and informative end-of-life presentation facilitated by agency volunteers. Presenters, Mike Hogan, Irene McGoldrick and Eilene Stevens, received extensive training to communicate the purpose of Horizon services, share grief resources and offer ways to be involved within the organization. Please give a warm thank you to these volunteers as they share their time, talent and the Horizon mission with the community!

If you know of any local businesses, schools or organizations that would welcome an opportunity to learn more about the Grief Resource Center through a 30-minute presentation, please contact Hospice Volunteer Coordinator, Katy Corey: [katy.corey@hhch.net](mailto:katy.corey@hhch.net) / 414 -586-8341. Your assistance is always appreciated and will help us continue to make a positive difference in the lives of others!

## **Knitting Circle**

Volunteers have generously donated Comfort Shawls to Horizon for several years now. We are so grateful to those who have weaved their care, thoughts and prayers into the colorful yarn of these shawls, as they are a gift of warmth and support to those facing an incredibly challenging time in their lives.

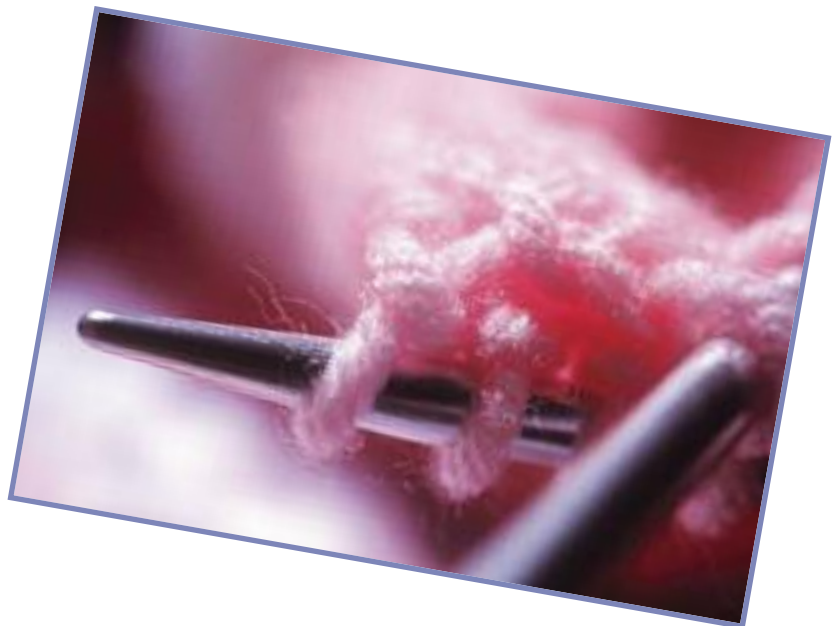
So that we can continue to give the gift of love from one stranger to another, volunteer Kathy Stokes has offered to host the Horizon Knitting Circle. The course is free to all participants and will take place Thursday evenings, 5:30pm – 7:00pm, in the GRC. Anyone who is interested in a night of relaxation, education and laughter is welcome to attend.

Please contact Kathy Stokes if you are interested in attending the Knitting Circle or if you have any questions regarding the course. She can be reached at: [katstokes@wi.rr.com](mailto:katstokes@wi.rr.com) / 414-303-7376.

Let’s continue our winning streak!

Katy Corey

Hospice Volunteer Coordinator  
(414) 586-8341  
[katy.corey@hhch.net](mailto:katy.corey@hhch.net).



# Partners In Philanthropy: the Grief Resource Center's Community Connection

Every year, Milwaukee's chapter of the Association of Fundraising Professionals reminds us of the importance of the generous people and companies who help us accomplish our mission through the Partners in Philanthropy awards. This year, the luncheon was held at the Midwest Airlines Center on November 12. Horizon chose to honor two companies who have supported the Grief Resource Center from the very beginning: Forrer Business Interiors and Meyer & Wallis. Read on to learn why these organizations make philanthropy a priority, and how the Center has benefitted from their generosity.

Forrer Business Interiors has been a locally owned and operated business since 1948. During the construction of the original Grief Resource Center in 2006, Forrer provided a strong understanding of the concept and brought the same attention to detail and focus on comfort and peacefulness into the space where the Center resides today. Forrer is committed to helping others and does so by reinvesting a percentage of its profits into charitable organizations which support the positive development of families. Through donations and participation in the Matters of the Heart gala, Forrer has helped underwrite the expense associated with keeping the Grief Resource Center open and keeping services free for its clients. Randy Howard, President and owner of Forrer Business Interiors says, "The services and guidance offered by the Grief Resource Center are top-notch. There are significant times in each of our lives from birth to death with everything in between that constitute some of the happiest and most challenging. The Grief Resource Center has the training staff and resources needed to assist during these challenging times. Recent experiences bring a heightened awareness of the pain people are experiencing everyday. It is comforting to know there is a place to go for help."

Meyer & Wallis was founded in 1967 and has offices in Milwaukee and Indianapolis. They pride themselves on their creative and intelligent people, who create marketing solutions and specialize in health care. Before the original Grief Resource Center opened, the staff at Meyer & Wallis were hard at work creating Horizon's brand and helping create a strong community presence. When the idea for the Grief Resource Center came into the picture, they became even more active and generous, providing in-kind services year after year, and holding the title as the "first" company to say yes to a major donation through the Matters of the Heart gala. Laurie Kanekoa, account supervisor at Meyer & Wallis says, "Our good fortune and success in the marketing field enables us to give back to the community. Just about every year, we take pro bono work in areas we feel are underserved, or would benefit from our capabilities." And regarding the importance of the Grief Resource Center: "(it) quite simply means that regardless of the reason, no one needs to suffer in silence. The Center enables people to get access to tools and techniques that will help them more readily and more quickly achieve healing."

The Grief Resource Center has strong support from all areas of our business community here in Milwaukee. It takes visionary leaders who put a priority on philanthropy to make a strong community, and we are lucky to have those leaders cheering for the success of the Center. If you would like to join the many individuals and businesses that help the Center by making a donation, please contact Kelly Andrew at (414) 586-6268. You can be a part of this amazing program too!

Kelly E. Andrew  
Director of Development



meyer & wallis



## Horizon Highlight: A Really Big Heart

### GRIEF RESOURCE CENTER

8949 N. Deerbrook Trail

Brown Deer, WI 53223

414-586-8383

[www.hhch.net/griefcenter](http://www.hhch.net/griefcenter)



Meet Lauren Splittgerber. She's a warm, intelligent volunteer who dedicates her Friday afternoons in the GRC. Her interests comprise of a love for the arts, traveling, cooking, and spending time with her Pug puppy Calder. In the spring of 2009, Lauren will apply to medical school, allowing her to focus on a career that combines her love of science with her desire to serve others.

"Horizon reminds me of why I want to go to Medical School," Lauren graciously shares. "Volunteering allows me to focus on people. I really like the human aspect of the medical field and this is essentially why I would like to go into medicine in the first place."

Beyond volunteering in the GRC, focusing on studies, and making time for personal hobbies, Lauren also volunteered at Life Lights 2008, attends Thursday evening Knitting Circle and is involved with the Hospice Friendly Visitor program.

Stunned by her goodwill and generosity, I questioned Lauren what it is that makes her so dedicated to our organization. She replied, "The staff and other volunteers are a group of people who make Horizon a special place. Everyone has a really big heart."

Horizon would like to thank you, Lauren, for your "really big heart" as well!

#### Katy Corey

Hospice Volunteer Coordinator

(414) 586-8341

[katy.corey@hhch.net](mailto:katy.corey@hhch.net)

Or visit our website to check out current opportunities:

<http://www.hhch.net/volunteers/>



*"It is one of the most beautiful compensations of this life that no person can sincerely try to help another without helping themselves."*

- Ralph Waldo Emerson



## HORIZON<sup>SM</sup> Grief Resource Center

Horizon Home Care and Hospice

8949 North Deerbrook Trail

Brown Deer, WI 53223

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[www.hhch.net/griefcenter](http://www.hhch.net/griefcenter)