



We are a walk-in center providing a safe haven and resources for individuals, families, community groups, and professionals. Appointments for one-on-one support are also available. Please call the GRC at (414)586-8383 for more information or to make an appointment.

As a center that provides both individual counseling and support groups for those experiencing loss, it's obvious we believe in the power of talking things through. It helps to share our story with someone who can comfort and guide us through what is an unknown and unpleasant chapter in our life. It also helps to hear others who have walked, or may be walking, in similar shoes share how they are finding their way. At Horizon Grief Resource Center; however, we want those experiencing loss to know that there are other ways to heal from loss in addition to what we have to offer.

“Be not afraid of
going slowly...”



be afraid of
standing still.”
-Chinese Proverb

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In this issue we shed some light on just a few of the many alternative ways of healing grief. As you read ahead, you will find information on the healing practices of Aromatherapy, Acupuncture, Reiki, and Fingerholds. You will discover why these therapies are considered valuable to those who grieve as well as how you can begin to implement them into your life. As always, we hope this information brings you a sense of comfort and peace as you continue on your journey.

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.



Healing the Mind, Mending the Spirit

by Barbara Lemke

Grief can be overpowering. We can experience feelings of anger, guilt, and rage that go to our core. We can be left with a sense of depression and loneliness that can lead to difficulty sleeping. Therapeutic essential oils can help us overcome our grief and make each day a little easier. Engaging our sense of smell with therapeutic essential oil propels the molecules directly to the limbic system of our brains, sending out endorphins and neurotransmitters that can help lessen the effects of our sorrow.

An essential oil is the volatile liquid from a plant that is steam distilled at the correct temperature and timing to assure a therapeutic essential oil. It is the chemistry of the oil that determines the therapeutic value. Essential oils are highly concentrated so very little is needed to affect a response. Synthetic aromas will not be as effective and can cause adverse effects.

Some of the essential oils that can help the grieving process are *lavender, frankincense, sandalwood, geranium, Melissa, bergamot, Roman Chamomile, and rose oil*. One of the quickest ways to use an essential oil is to put a drop in the palm of the hand or on a piece of cloth or hanky to breathe in the aroma. Someone who had experienced the loss of her

mother felt she would not be able to make it through the funeral and eulogy. Then she remembered her *lavender*. She opened the bottle and breathed in the aroma deeply. She felt a calm come over her. She carried the *lavender* with her during the funeral and was able to complete the service. Essential oils do not erase memories, but help us to move through the trauma of an event.

Applying or massaging the oils on the body is another way to bring relief for pain, anxiety, and stress. Rubbing oils on the back of the neck, over the heart, and on the feet can be an effective method. If one has sensitive skin it is best to dilute the essential oils with a carrier oil such as olive oil, grape seed oil, or coconut oil. Avoid getting essential oils in the eyes. Use milk or olive oil on a cloth to wipe away any oils that get in the eye. Do not use water to flush the oils from the eye.

Essential oils can also be put in bath water with Epsom salts or a bath gel to help bring about a good night sleep if experiencing insomnia. *Lavender* is known for its use in calming, relaxation, and promoting sleep. *Peace and Calming* is a blend of *Blue Tansy, Patchouli, Tangerine, Orange, and Ylang Ylang* that promotes a deep sense of peace and emotional well-being, which helps to reduce

stress levels and can also promote sleep.

Diffusion is used to put essential oil molecules into the air. Ultrasonic or nebulizing diffusers are available and can be used effectively with essential oils in the bedroom at night to help prepare for a restful sleep. The oils can also be placed on a cloth under a pillowcase to help induce a calming effect. *Frankincense* and *lavender* are known to calm the mind.

Valor is a combination of *spruce, rosewood, blue tansy, and frankincense* essential oils, and is renowned for its strengthening qualities and ability to align energy in the body.

There are other blends of oils that may be of benefit and are available in the Willow, the gift shop located inside the Grief Resource Center.

Barb is a Registered Nurse, Wellness Coach, and Certified Aromatherapy Practitioner for Health and Wellness Options LLC. On Wednesday, June 9th from Noon-1:00 pm in the Grief Resource Center Barb will be teaching a class on how to engage your sense of smell as a powerful tool to care for your mind, body, and spirit. If you are interested in attending this free workshop please call (414)586-8328 to register.

Healing Loss With Acupuncture

by Janet Halonen

Many who come in to an acupuncturist's office are there for relief of physical pain. During the course of treatment, they often report and are surprised by an unexpected sense of emotional well-being. To understand why this happens one must understand how Traditional Chinese Medicine (TCM) views the relationship between the body and mind.

In TCM, the individual is considered a unique expression of energy. It describes the various parts of the body as having specific functions, energetic properties, and emotional qualities. The body and emotions are not treated as separate entities. In TCM it is believed that what affects the mind, affects the body. It is understandable then, that after someone has experienced loss, they may in turn experience some physical response such as, insomnia, digestive problems, lack of energy, to mention a few.

In TCM, the energetic function of the Lung is greatly impacted when a person experiences loss. The Lung is responsible for bringing energy into the body via breathing, and to protect the body from illness entering into it, generally through the skin. As humans, we have a unique physiological response to loss. We cry. Crying, in and of itself, can provide a great sense of relief. However, prolonged bouts of crying or sobbing can weaken the Lung's energy, making it less able to do its job. People who have experienced

loss are typically exhausted after the fact, and because their resistance is now reduced, often come down with colds or other health-related problems. Although an extreme example, I often think of Dana Reeve, the wife of the late actor, Christopher Reeve. She was a non-smoker who died of lung cancer six months after her husband passed away. As an acupuncturist, I immediately saw the connection.

When a person has acupuncture, a host of chemical reactions occur. The brain recognizes the stimulation and releases the body's natural "feel goods", specifically the endorphins, dynorphins, and enkephalins. These chemicals are associated with relaxation, pain relief, reduction of inflammation, and enhancement of the immune system. They are essential to healing and mood. This also explains why acupuncture can help with so many problems, both emotional and physical.

Acupuncture treatments build on the positive response of previous treatments. Just as everyone's expression of sorrow is unique, treatment times can vary among individuals. A typical course of treatment is generally once a week for six to ten weeks. Some expected outcomes are increased energy level, better focus, and a greater sense of well-being.

While acupuncture is most commonly associated with TCM, there are other methods of treatment that can help

bring balance back into a person's life. TCM has a fantastic array of herbal formulas that can address emotional support and physical symptomology. There are also several self-care practices such as acupressure, dietary suggestions, exercise practices, and breathing techniques that can dramatically improve mental and physical health.

The foundations of TCM are holistic and its treatment of the "whole person" is what makes it so effective, especially for those experiencing a very emotional time. If you or someone you know has been having a difficult time dealing with loss, you may want to consider the supportive care and help in healing that acupuncture and TCM can provide.

Janet is a Licensed Acupuncturist and long-time yoga instructor. She works as an acupuncturist at Health and Healing Acupuncture in Mequon. On Tuesday, April 13th from 4:30-5:30pm in the Grief Resource Center Janet will be giving a lecture on the basic concepts of Traditional Chinese Medicine, and demonstrating how it can be helpful to one who has experienced loss. If you are interested in attending this free workshop please call (414)586-8328 to register.

Restore BALANCE After Loss

by Madeline Gianforte



Natural healing therapies are effective in bringing balance to one's life, especially in the face of grief. Grief is something that touches everyone. Loss comes in many variations and touches each of us in its own way. A common denominator with all loss is that an individual is often impacted physically, emotionally, and spiritually. What sometimes happens is that physical ailments will occur, individuals will struggle with depression and/or anxiety, and some will experience a faith crisis. This is very common and can be extremely overwhelming. This is when natural therapies like Reiki can be helpful.

Reiki began in the early 1900's in Japan. The word "Reiki" means "universal life force energy" coming from "Rei", which is Japanese for universal and "ki", which means energy.

Reiki is based on the idea that life force energy flows through the body. If this life force energy is out of balance, one is more likely to get sick, feel stress, have less energy, struggle with depression,

etc. Reiki is beneficial in treating the whole person physically, emotionally, psychologically, and spiritually. Some benefits include supporting the body's natural ability to heal itself, minimizing healing time after surgery or illness, increasing energy, reducing stress, lessening the harsh side effects of strong treatments like chemotherapy, releasing the trapped emotions connected with deep grief, and bringing peace to people as they near the end of life. While Reiki is spiritual in nature, it is not a religion.

A Reiki treatment restores balance to the body, bringing a sense of wholeness and well-being. Reiki is administered by gently laying hands on or above parts of the body primarily associated with the chakras, which are the body's energy centers. Individuals receiving Reiki do not need to do anything. They may fall into a deep state of relaxation or sleep, release trapped emotions that are deeply rooted in the body, and connect energetically to the divine in their life. After a treatment, people usually feel relaxed, restored, and clear-minded.

When my Mom died I experienced grief like never before. It was Reiki that offered me the refuge I needed to heal. I am grateful to have had this therapy available to me during that most difficult time. If you feel like this therapy would be beneficial to you please give us a call at CORE/El Centro; we would be happy to provide this service for you.

Madeline is the Co-Founder and Co-Director of CORE/El Centro, a non-profit, bilingual, natural healing center located near the south side of Milwaukee. CORE/El Centro offers natural healing practices and holistic exercises that integrate mind, body, and spirit. On Tuesday, April 13th from 2:00-3:00 pm in the Grief Resource Center Madeline will be giving a presentation on how to use Reiki and other healing therapies to deal with grief and loss. If you are interested in attending this free workshop please call (414)586-8328 to register.

Fingerholds as a Healing Practice

by Marjorie Wilbur

I recall so clearly the physical manifestations of grief I felt after the deaths of my parents. My body felt like it had been bruised from the inside out. I could only move slowly and deliberately; any quick action was too startling. It took several weeks before my fog-wrapped brain could manage safe decision-making. Because the body can house grief in this way, it makes sense to focus on the body in moving through the grief journey. We know the healing benefits to our bodies of good rest, good food, and good exercise during this time. Other simple practices, like Fingerholds, also have demonstrated effectiveness in helping us navigate this un-chosen territory.

Emotions and feelings such as grief are like waves of energy moving through the body and mind. Through each finger runs a channel or meridian of energy connected with an organ system and related emotions. With strong or overwhelming emotions, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger while breathing deeply can bring emotional and physical release and healing to these strong emotions.

The thumb is the finger connected with tears, grief, and emotional pain. We see what babies do when they need comfort. As they suck their thumbs, they release a natural means of soothing themselves. We can also feel comforted by holding the thumb of one hand with the other hand and breathing slowly and deeply for two to five minutes. This practice does not take away our grief, but allows us to find some peace, focus, and calm in the midst of it.

The Fingerhold practice can also be used to help with fear (holding the index finger), anger (middle finger), anxiety (ring finger), and lack of self-esteem (little finger). Often there will be a pulsing in the fingers when they are held as the energy and feelings move and become balanced. Holding each finger in turn before going to sleep can help release the problems of the day. This practice can also be done for someone else, like small children or someone who is ill.

Fingerholds are one of a number of easy but effective practices of self-care and healing that are explained and illustrated by CAPACITAR International. If you'd like more information visit their website at www.capacitar.org/publications.html to download their free Emergency Response Kit. CAPACITAR is a program of empowerment which teaches these practices in over 30 countries to people whose lives have been affected by the trauma and grief from war, poverty, abuse, AIDS, and natural disasters.

Marjorie is the Executive Director of The Center to BE in Milwaukee, which welcomes people of all faith traditions and is committed to fostering greater spiritual awareness and growth to help empower and transform one's self, society, and world. On Thursday, June 10th from Noon-1:30 pm in the Grief Resource Center Lynn Connolly, VP of the Center to BE, will be giving a presentation on healing practices for stress reduction. If you are interested in attending this free workshop please call (414)586-8328 to register.

Grief Resource Center Spring Offerings

Open Groups

Stop in any week you can make it for these on-going groups

Grief Support Group (any loss):
4:30-6:00 pm 2nd & 4th Mondays
of each month at our Hartford Office

Family Pet Loss Group: 10:30 am 2nd
Saturday of each month at the GRC

*Round the Bend Widow & Widowers
Group: 10:30-Noon Thursdays at the
GRC

Loss of Spouse Groups: 12:30-2:00 pm
Thursdays at the GRC

Closed Groups

All held at the GRC. Please register
by calling (414)586-8328

Loss of Parent Group: 9:30-11:00 am
Mondays (April 5th-May 10th)

Loss of Family Member or Friend Group:
9:30-11:00 am Tuesdays
(April 6th-May 11th)

Loss of Relationship/Divorce Group:
3:30-5:00 pm Mondays
(April 12th-May 17th)

Loss of Child Group: Noon-1:30 pm
Tuesdays (April 13th-May 18th)

Survivor of Suicide Group:
9:00-10:30 am Wednesdays
(April 14th-May 19th)

Loss of Spouse Group: 4:30-6:00 pm
Tuesdays (April 27th-June 1st)

Loss of Child Group: 4:30-6:00 pm
Thursdays (May 6th-June 17th)

Additional Workshops

Please call (414)586-8328 to register
for any of these free workshops held
in the GRC.

Accentuate the Positive: 12:00-1:30 pm
Monday, April 26th

Collage Art Project: 12:00-1:00 pm
Monday, May 3rd

Healing Through Movement Tai Chi
Demo: 5:00-6:00 pm Thursday, June 10th

Matters of the Heart Gala Lit Up The Pfister in February

by Kelly Andrew, Director of Development

On Saturday, February 6th, 2010 over 250 supporters of the Grief Resource Center descended upon The Pfister to celebrate and support the 4th annual Matters of the Heart Gala. Guests began the evening in the Imperial Ballroom by bidding on silent auction items, purchasing raffle tickets, and sampling Jimmy Luv's Bloody Mary's as well as Reyhorst cocktails, provided compliments of Great Lakes Distillery.

After dinner, the Grand Ballroom turned into a flight zone with Horizon's President and CEO, Mary Haynor, leading the group in a paper airplane flying contest. Winner Mark Heier had the best design, which landed him on the target and earned him a bottle of vino! Master of Ceremonies Jim Lombardo and Auctioneer Ryan George staged our best Live Auction yet, grossing over \$34,000 from generous bidders around the room!

Touching Lives Award recipients Colleen McCracken of Froedtert & Community Health, Mary Schmidt of Columbia St. Mary's, and Suzette Smith of Horizon gracefully accepted their awards following the Live Auction. At the end of the evening guests enjoyed music and dancing, as well as gourmet chocolates from Connoisseur House of Chocolates and sushi by Koi Sushi in the

Lounge on the 23rd floor.

The Matters of the Heart Gala is held annually in February to support the day-to-day efforts of the Grief Resource Center. This year through generous sponsors, individual donors, volunteers, Horizon staff, and our Hospital Partners, over \$100,000 was raised for the cause. A huge thanks to all who participated!

If you would like to make a donation to help support the Grief Resource Center, please visit our website at www.hhch.net/donate or call Kelly Andrew at (414) 586-6268.

2010 Matters of the Heart Gala

Rekindle your
compassion



Guests mingled in the Imperial Ballroom and enjoyed the silent auction, raffles, cocktails, and more.



The Grand Ballroom looked stunning for a night meant to rekindle the compassion of guests



Auctioneer Ryan George gets some help from Horizon's President and CEO, Mary Haynor, to sell the first Live item.

Photographs by Sam Laturi



Master of Ceremonies Jim Lombardo gets help from Horizon's HR Director Susan Kulinski to pick a lucky raffle winner



Touching Lives Award winners Mary Schmidt, Colleen McCracken, and Suzette Smith enjoy the pre-gala reception on the 23rd floor.



Mary Haynor greets John Teevan, President of gala sponsor company Home Care Medical



Paper Airplane Contest winner Mark Heier is congratulated by Mary Haynor.



Dion Watton, Werner Holentunder, and Chris Mortenson compete to see whose plane will hit the target

Mark Your Calendars

It's never too early to be thinking ahead. Next year's gala is tentatively planned for Saturday, February 19th, 2011. We hope you will join us as we celebrate once again. This is a wonderful event, and the funds raised are what supports Horizon's Grief Resource Center and makes it possible to offer the support and workshops it provides.

In addition, we'd like you to know about our next special event, Life Lights, which will be held on Friday, September 10th, 2010 at the Milwaukee County Zoo. This event offers a beautiful night out, a tasty meal, live entertainment, a 1-mile walk around the zoo, and a candle-lit ceremony to honor those we've lost. We hope you'll join us!



HORIZONSM

Grief Resource Center

Horizon Home Care and Hospice
8949 North Deerbrook Trail
Brown Deer, WI 53223

Also visit us on the web
www.hhch.net/griefcenter

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8949 N. Deerbrook Trail

Brown Deer, WI 53223

414-586-8383

www.hhch.net/griefcenter



"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 Highlight: *Flawless*

By: Katy Corey,
Hospice Development
Coordinator

Months of preparation go into making the *Matters of the Heart Gala* flawless. A key element to accomplishing this 'flawlessness' is a team of steadfast volunteers, who proudly serve behind-the-scenes in support of the Horizon Grief Resource Center.



Kayla Lembach, Molly Malchow, and Nancy Johnson on Registration

This year, the *Matters of the Heart Gala* had 65 individuals donating their time. *The University School of Milwaukee Field Hockey Team* arrived bright and early to cover chairs, while the *Marquette High School Key Club* stayed until midnight, assisting with auction items and closing duties. And, in between, new and veteran volunteers packaged goodie bags, registered guests, tallied bid information, showcased live auction items, and so on!

When one sits back and reflects on a night like the *Matters of the Heart Gala*, you can't help but feel a true sense of pride. Community comes together on so many different levels. Thank you to our generous donors and our sensational volunteers for a sincerely flawless night. We couldn't do it without a single one of you!