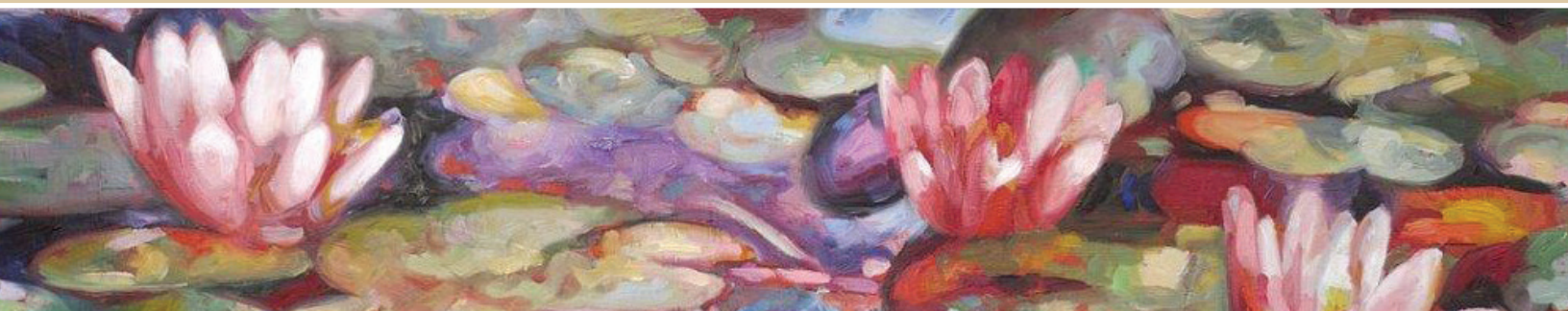




HORIZONSM

Grief Resource Center



Touching Lives *touched by loss*

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.

Fall 2025
Volume 16, Issue 2

Lucky #7 Golf Fore Horizon: A Record-Breaking Day of Compassion and Community



We're thrilled to share that this year's Golf Fore Horizon was our most successful outing yet — raising nearly \$24,000 net to support Horizon's Grief Resource Center. That's an incredible \$9,600 increase over last year's total!

Held at the beautiful Wisconsin Country Club under sunny skies and filled with laughter, camaraderie, and heartfelt moments, the event welcomed 112 golfers, including several Horizon staff members who brought energy and enthusiasm to the course. Their participation, along with the generosity of our sponsors and donors, helped ensure that compassionate grief support remains accessible to individuals and families in our community.

The day's success was made possible by a dedicated team of 20 volunteers who served as caddies, managed registration, ran games



at the holes, and ensured every golfer had a memorable experience. Their positivity and presence were felt throughout the event.

A special thank you goes to our Golf Committee. Their behind-the-scenes planning and leadership created a seamless and joyful experience for all involved.

Whether you golfed, volunteered, served on the committee, or supported the event in other ways — thank you. Your involvement made a meaningful impact on the lives of those we serve through the Grief Resource Center. Together, we are helping our community heal, one swing at a time.

A Full Circle of Love: Alyssa's Story



At Horizon, we often say that hospice care is about more than medical support — it's about dignity, love, and meaningful connection. Recently, that sentiment came full circle in the most touching way.

Through our new partnership with **Heart & Homestead**, we were connected with a volunteer named **Alyssa**, who was looking to make blankets for a local organization. What she didn't expect was that this simple act of service would lead her back to a place that had deeply impacted her family.

When Alyssa saw Horizon listed as a volunteer opportunity, her response was immediate:

"Oh my gosh this is PERFECT! My grandma just passed last August, and she was a Horizon patient... Horizon was such a godsend during that time, as I was her POA and they honestly saved me and her in such a tough time. I'm so excited to give back to them — even just a fraction of how much they gave me."

It turns out, Alyssa had been looking for a way to honor both her grandmothers memory and making blankets for our hospice

patients felt like exactly the right fit. Alyssa had one grandmother on our services and another who taught her how to crochet. As if that wasn't meaningful enough, she also shared that she planted **dahlia flowers** at the home purchased with the down payment incentive through Heart & Homestead because one of the things that brought her joy in such a tough time was seeing them every day during her grandmother's time at our Kathy Hospice.

To know that Alyssa's act of giving, inspired by her grandmother's time with Horizon, is now blossoming — quite literally — is a beautiful reminder of the love and connection that live on through service.

We're honored to welcome Alyssa as a volunteer and grateful for our partnership with Heart & Homestead for helping create this unexpected and heartwarming connection.

At Horizon, it's moments like these that remind us: **compassion is never lost — it just continues to grow.**

Healing Through the Holidays: Tips for supporting children

By: Hillary Pioletti, MA, LPC, GC-C

In many cultures, the last three months of the year are a time of gathering for celebration. For children who have experienced the death of a loved one, celebrating can become challenging and complicated especially the first holiday season following a loss. This article offers suggestions of how to help children, and those who love them, move towards healing from grief through the holidays. You are encouraged to use what feels right and leave behind what doesn't fit for you and your young person. We acknowledge that each person's grief is unique and hope these recommendations can be applied to a variety of different holiday traditions.



have every year. This helps children learn that their grief will evolve and change as they grow and they can provide feedback about what feels most supportive. Lastly, adults can help children explore ways to honor their loved one's memory during the holidays. When a group gathers after a loss, the missing person's absence can be felt deeply. There are endless creative ways to keep someone's memory alive and feel connected to them. Children may enjoy making a holiday card for the person who has died or writing them a letter. Photos of the person could be displayed along with holiday decorations. A candle could be lit in the person's honor, or a seat at the table left

First and foremost, if you are an adult reading this to better support a child in your life you are already doing something helpful. Dr. Sandra Fox, founder of the Good Grief Program Model for children and adolescents, has said "The single most important factor that helps mourning kids become emotionally adjusted, competent adults is the active involvement of at least one stable adult who cares." Adult caregivers of children support them best through grief by fostering an honest and open relationship, providing a safe place for children to mourn and being a role model for healthy grieving. It is important to help children express their emotions in a healthy way and to let them know what they are feeling is normal. Like adults, children can feel a wide range of emotions during grief and holidays often cause feelings of grief to intensify. Adults can model healthy grieving by talking about how they feel and asking children about their feelings to promote openness and sharing.

Next, it is worth considering how the loss of your person will impact holiday traditions. Planning ahead is valuable to help give children, and yourself, options to explore and see what feels right this year. Each person will have different needs or preferences as they grieve, so having open conversations about what the family or group wants to change or keep the same for the holiday might be helpful. Involve children in discussions and include their input wherever possible in your holiday plans. Keep in mind, that just because your family or group makes a plan for this year, doesn't mean this is the plan you have to

open for them. Children may have positive memories of holiday foods the person enjoyed and could feel connected to them by helping with cooking. Asking the child about their ideas empowers them to honor their relationship with the person who has died in their own way.

Having conversations with children about death and grief during the holidays can be difficult. Here are some questions that can help.

- What is your favorite memory with _____?
- What do you miss the most about them?
- What was their favorite part of the holiday season?
- How would you describe _____ to someone who never got to meet them?
- If you could say something to them now, what would you say?
- What will be hard to do without them this year?
- What do you think we should do together to remember _____ during the holidays?



When it's Hard to Be Around People

By: Kayla Waldschmidt, MSE, LPC, GC-C

At periods during the first year of grief, it is common for people to feel that they do not want to be around a lot of people, especially crowds of people. This appears to happen for several reasons.

Noise

Many people describe being sensitive to noise and sound levels while grieving. One woman who was at a party with close friends, said that she couldn't engage in the conversation because she felt enveloped by the noise. She stated that she couldn't even concentrate on what was being said, it was too overwhelming.

We can all think back to a time when we were at a concert that was too loud. Your ears may have starting ringing. You got overwhelmed by being overly stimulated and began to feel frustrated or crabby. The only thing you can think of is exiting.

When grieving, this experience can happen during normal social functions or interactions that you used to have on a regular basis.

The world didn't stop

A support group member stated it best

one afternoon "I look around at times and think 'How can these people go on living their day to day lives. They look happy and are laughing. Don't they know that my spouse died? Don't they know that my life stopped?'"

Years ago, mourners would wear all black. But now a days there is no way to tell who we encounter on a day to day basis is grieving a loss.

The masks we wear

Because people do not know who is grieving, there is unspoken pressure to put on a mask and pretend that everything is fine. When we pass someone we know, we offer "How are you doing?" as a greeting. However, most people don't really want to know the answer. Sometimes they don't even stop long enough to get an answer—I think that it's replaced Hello in our society. If someone does pause long enough to get an answer, they typically expect it to be some version of "I'm fine. Doing well". Wearing this mask is exhausting. You are constantly on stage trying to push down your feelings and pretend that everything is okay.

We can feel pressure from our own family

and friends. Many people tell grieverers that they are strong, resilient, and will be fine. They make attempts to make you feel better by dismissing your tears, telling you funny stories, or taking you out. In an effort to not upset you, they may stop speaking your loved ones name or telling stories about them. This can make people feel like they don't have permission to do the same and instead it becomes the pink elephant in the room. Everyone is thinking about them, but no one is talking about them. They may need you to go first by speaking your loved ones name, sharing stories and talking about them when you are thinking of them.

Special day or holiday

There is immense pressure to be happy on holidays. When we are having a rough time, people want us to forget our sorrows and may invite us over to celebrate with them. It's hard to say that you are depressed or not looking forward to the holidays, although, this is a common sentiment. I hear often, "I just want to be alone that day. I don't want to go anywhere." Yet, somehow we feel like we can't give ourselves permission to do what we want.

Continued on page 5

What to do

Give yourself permission to do whatever is “right” for you and what you need at the moment. Ask yourself if you really want to be with people or attend this event. If the answer is no, then do not go. If the answer is yes, then go.

If you are on the fence, go, but have a plan B. Most people find that when they are on the fence about whether to go or not, they have a great time when they get there. Being on the fence is usually a reaction to feeling nervous or afraid. By going and seeing the result, we build our confidence muscle. If on the other hand, you get there and it is not going well for you, then leave.

Yes you can. I know that the first thought to the last paragraph was that you could never leave once you got to a party or function. Yes you can. It just requires some preparation before hand. If you are around supportive people who know what your situation is, they will not mind if you have to leave. Let them know your apprehension and plan to leave if it is not comfortable for you to stay. Do this before the event and set it up so that you do not need to talk with them before you leave. Just exit—pure and simple.

If you will be around non-supportive people who will not understand—what are you worried about? It doesn’t matter what they think or what they will say, because they do not understand anyway. No need to explain yourself or even to say a good bye if you can’t do that. Just exit—pure and simple.

Plan ahead and anticipate your needs and reactions. Think about what type of gathering or event this will be. Will it be loud? Will there be a lot of people around? Think about what you will be most comfortable with. This will change throughout the grief process. It will depend on how you are feeling in the moment, so make your plans flexible for awhile. Say “maybe” instead of “yes” so that you continue to get invitations but have the flexibility to decide the day of.

Have some supplies with you to assist you. Pack some ear plugs to minimize the effect of the noise. Always carry a tissue in your pocket for grief bursts which might come. Carry a linking object to give you strength and have the presence of your loved one with you.

Remind yourself to breathe. This will help the anxiety and fear continue to move through and out of your body. We breathe in shallow short breaths when we are stressed. We hold our bodies very tightly. Take three long deep breaths to open yourself up and relax. Breathe in deeply through your nose and let your belly expand outwards. When your belly is full, release your breath either through your nose or mouth. Continue to breathe like this periodically throughout the event. Keep your body moving. Walk around. Swing your arms back and forth slightly. Go stretch in the bathroom. Release the tension.

Before you go, practice several statements in the mirror that you can use on a moment’s notice to exit a conversation or event if needed. Great ones can include:

“Excuse me, I need to use the restroom.”—No one is going to stop you from using the restroom. It’s a great exit from a conversation because once you leave, you don’t really need to go to the restroom because you achieved your goal. It’s also a great way to end if a topic triggered your grief and you are not comfortable expressing emotion in front of the people you are with.

“Excuse me. I need some air.”—This statement gets you outside, which can benefit you in many ways. One, it removes you from the environment which can help you shift your mood or thought matter. Two, it gets you moving. You can go for a walk or if need be, you can continue onto your car and leave.

There are countless others that could work for you. Find one you are comfortable using and will be natural for you. Practice it over and over again, so you have it memorized and are comfortable using it. Then, in a pressure situation, you won’t draw a blank and freeze. It will roll right off your tongue without even thinking about it.

Lastly, take the mask off. Scary as it seems, there is immense freedom in telling it like it is. And it will help relieve the intensity of your grief. When someone asks how you are doing, tell them. The best response I heard from a support group member when asked how she was doing was, “I’m here.” Other group members respond with “I have good days and bad”, “I’m doing alright”, “Today’s a rough day”. Say what is true for you. If the person you are telling can’t handle it, then that says more about them, than you.

SAVE THE DATE!

19th Annual Matters of the Heart Gala

HORIZON HOME CARE & HOSPICE PRESENTS:

OUR 19TH ANNUAL
MATTERS OF THE HEART GALA

FEBRUARY 28, 2026

THE PFISTER HOTEL

BLACK TIE OPTIONAL



Join us for an unforgettable evening of celebration, inspiration, and generosity at Horizon Home Care & Hospice's signature fundraising event. This year's gala will dazzle with a game show-themed experience, bringing fun and flair to a night dedicated to supporting the Grief Resource Center, which provides free grief support to our community.

Enjoy elegant dining, exciting game show-inspired entertainment, and the chance to make a meaningful impact. Whether you're bidding in the auction or celebrating stories of service and compassion, your presence helps ensure that no one has to grieve alone.



Prayer for Hope

And so when we are in the midst of our grief and sadness, may we turn to hope and light. Let us remember and celebrate the lives of our dearly departed, and may we find comfort in the knowledge that they are at peace. We live in the hope that someday we will be reunited with them, where there will be no more tears or pain. Strengthen our faith and fill us with your hope, knowing that you and our loved ones are with us in every moment.

Prayer for Comfort

We call upon all that is divine, scared and beautiful in our lives. We ask that the one we call God be with us in time as we gather here to connect, grieve, let go, remember, breathe a sigh of relief.

Prayer for Strength

May our memories and the stories we tell bring us comfort and laughter and may we learn to lean on each other for support and consolation. May we be blessed with the courage to face the days ahead with hope, knowing that their love is with us always.



Horizon's Fall Luminary Service: A Night of Light and Remembrance.

By: Elena Sherr, Director of Hospice & Palliative Care
and Taryn Lisinski, GRC Administrative Assistant

On Thursday, Sept 18th, Horizon hosted its Fall Luminary Service—an intimate gathering to honor and remember those who have passed. Guests were invited to light candles in memory of their loved ones, creating a gentle glow that filled the room with warmth and mirrored the tea lights, flickering outdoors.

The theme of illumination—both literal and symbolic—was especially poignant. Many attendees shared how meaningful it was to attend the event and honor their loved ones' lives and legacies. As people settled in, a hushed melody washed over the space. To begin, our music therapist, Hanna, sang *Somewhere Over the Rainbow*—a song both beautiful and bittersweet. "Somewhere over the rainbow, that's where you'll find me." These words echoed the sentiment that our loved ones live on within us, and the connection we hold with them is never lost, only deepened when space is made to feel that connection in our hearts and minds.

Words of comfort, hope, and healing were shared by our chaplains, social workers, and staff, highlighting the importance of remembering, grieving, and carrying forward the legacies of those we love. The event served as a powerful reminder of the strength found in gathering, prayer and in community.

We were truly honored to witness and hold space for the sorrow, joy and connection that unfolded. It was a night of light, in every sense of the word.

The prayers on pages 6 & 7 were shared by Horizon Hospice Chaplain, Stephen Forrest during the Luminary Service. We offer them here for those who may not have been able to attend.

TO THE GOD WHO IS COMPASSION AND LOVE

We come before you with heavy hearts as we gather to remember and honor our loved ones. We ask for that comfort and peace surround us during this time of loss, and that in being present we feel the solace and healing of our hearts. May we find strength in our shared love and memories of those who we have lost, and may we feel your loving embrace as we navigate this journey of grief.

We Would Love to Hear From You

We are seeking submissions for our Horizon Grief Resource Center quarterly newsletter. As you are the expert at your grief, we think it would be beneficial for you to share your reflections on your grief experience, helpful tips and hints that worked for you, how you have seen your grief shift and change, and ways you have grown through your grief with fellow grievers.

Submission guidelines:

We use the term articles to include poetry, tips & hints, lists, song lyrics, a short story, and writing.

What we will accept:

- All articles submitted must be your original work.
- Articles with the theme of grief, loss, death, dying, growth, healing, self-care, and coping strategies.

What we will not accept:

- Endorsements, recommendations, or reviews (positive or negative) of Horizon Home Care & Hospice, Horizon Grief Resource Center, professionals, organizations, doctors, hospitals, etc.
- Articles that include profanity.
- Articles outside the theme of grief, loss, death, dying, growth, healing, self-care, and coping strategies.
- Articles we believe to be plagiarized or be non-original work.

How to Submit:

1. Articles should be a maximum of 300 words.
2. Please note whether you would like author credit (written by _____) or would prefer it be attributed to "anonymous".
3. Please submit your articles: <https://www.surveymonkey.com/r/grcsubmissions>
4. Articles are due by: February 1st, May 1st, August 1st, & November 1st

Selection Process:

The Horizon Grief Resource Center staff will review all submissions and select one for print in the quarterly Grief Resource Center newsletter, which is mailed in January, April, July & October each year. All other accepted submissions will be compiled quarterly for distribution on the Horizon Home Care & Hospice and Horizon Grief Resource Center blog, website, social media, and/or distributed in print for clients in the Grief Resource Center.

Please note:

By submitting your article you are granting Horizon Home Care & Hospice and Horizon Grief Resource Center permission to print your article in our quarterly Grief Center newsletter, post your article on our website, post your article on our social media, and/or print your article in a collective to distribute to clients and post on our website. There will be no compensation for the articles.



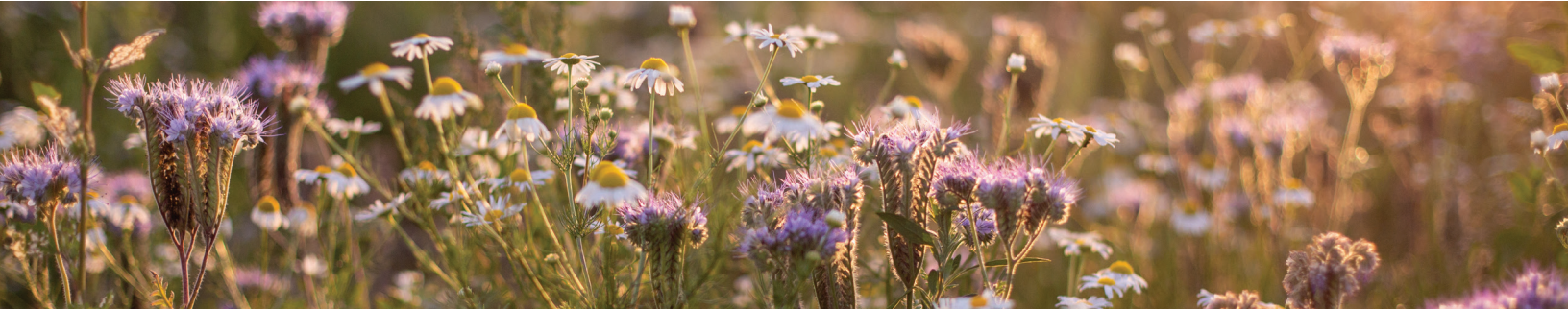
Submit your
articles here!



Our Community Voices

Fusion

Submitted by: Mary Buchel



On the 14th of every month
I visited your peaceful prairie grave
now covered with waist-high grass and wild flowers
remembering your last hours above ground
inside your woven wicker casket.

Forty years together
full of good times and bad,
intimate and distant.

You taught me so much by who you were.

Your respect for people and time,
always showing up early.

Your clever planning on graph paper,
then completing a project:
building a deck
fitting out a bathroom,
installing wood flooring.

You at evening
sitting outside, smoking a contemplative pipe.
Drawn by your red shirt, a hummingbird
helicoptered in your face
lingered, then flitted away.
A moment in time, never to be repeated.

You changed our family game of charades
adding the category of 'concept.'

Your joy, your laugh.
Your giggle and guffaw
struggling to deliver a punch line.

Your employees at your Celebration of Life,
honoring your integrity.
Your inability to lie or dissemble.
It wasn't in you.

I no longer need to visit your prairie grave each month
nor do I need to stay in our home
imbued with reminders of you
the chandelier you installed
the deck you built
your handwriting labeling boxes of tools.
Neither do I need to keep your Neil Diamond CD's
nor your four crowbars.

You no longer walk beside me
Now your character is forever fused with mine.

I show up on time
watch for hummingbirds
take on home improvement projects
and try to live with integrity.

You are how I carry myself in the world.

DEATH: Life and Career Changed

Submitted by: Bonnie Falk, RN

My history of grief began as a young mother with a terminally ill child in 1962. Kevin died at age one after a painful year with hydrocephalus. No options for palliative care or hospice then. After birthing two more children, my young husband died of cancer. We were married less than five years, and I was just 26 then. No palliative or hospice care in 1967. My life was upended being widowed with two small children, relocation, and going back to my nursing career to provide income. Only the grace of God carried me and within a couple years I met a loving young man who married me, adopted my children and we had a child together!

In 1974 hospice care was initiated in the USA with Connecticut Hospice, and then in 1982 the Hospice Medicare Benefit promoted good care along with private insurance. I chose to change my nursing career from general medical-surgical to become first an oncology certified nurse, and then a home care hospice nurse. I carried some experience in both of these fields from just “living”. Those personal experiences truly enhanced my passion for patient care. My philosophy was “There is ALWAYS something to help patients and families through this most difficult time”, which was unavailable in my family life at the time I needed it. The nursing care was truly rewarding, and sad at the same time.

Now, reflecting at age 84, and grieving again, my second husband's death (after 53 years of marriage). Well, I can only say . . . practice doesn't make perfect here. But the resources, education, professionals, support and faith certainly help this walk through the dark valley. I've just recently become acquainted with Horizon's bereavement center as I was supporting a friend through grief. I marvel at the outreach and resources now available. Truly a blessing.

P.S. I met Dr. Cicely Saunders, founder of the modern-day hospice which she began in 1967 in London. It then became a worldwide movement. It was in London I met her at a hospice seminar for nurses in 1991. Incredible woman!

“The deeper sorrow carves into your being the more joy you can contain.” – Khalil Gibran

The Importance of Crying

By: Hillary Pioletti, MA, LPC, GC-C

Crying is one of the most common ways people respond to the death of a loved one. Despite crying being a normal and healthy response, many people express discomfort when they witness others crying or even when they cry themselves. There is a stigma around crying that exists due to unhelpful societal messages that label tears as a sign of weakness. This is especially true for men, who are often told from a young age that “boys don't cry” and that to “be strong” they shouldn't shed tears. Crying is an important bodily function that can help us feel better physically and emotionally.

Our bodies produce different types of tears in different situations. The stimulus that produces the tears causes them to have a different chemical and biological make up (which can actually be seen when looking at tears under a microscope). There are three different types of tears; basal, reflex and emotional. Basal tears are always present to lubricate our eyes and keep out dirt and dust. Reflex tears happen in response to an external trigger like cutting onions or getting smoke in your eye. Emotional tears occur when someone experiences an emotion with great intensity, and the body needs a release.

Crying is a natural response to many different emotions including grief, sadness, anger and joy. Releasing tears helps our bodies stabilize when we are overwhelmed with big feelings. Tears flush out cortisol, a stress hormone, from our bodies which decreases stress. When we cry, our bodies also release the hormone oxytocin and endorphins which help dull physical and emotional pain. These are the reasons why people often report feeling better after they've cried.

Shedding tears is also an important social behavior. Infants cry as their way of communicating their needs and throughout our lives we associate crying with a need for support. As adults when we cry in front of others, it can build trust in our relationships. Tears signal to others that a person needs help and may make us more likely to empathize and offer help. At the Grief Resource Center, we recognize the importance of crying during the grief process and acknowledge this in our support group rules. Our group rule #13 reads “Tears are healthy and aid us in healing from our grief. For this reason, we do not apologize for heaving tears or crying in group”.

Be kind to yourself if you have been tearful as you grieve the loss of your loved one. Know that your body uses tears to help decrease stress and relieve pain. We honor our emotional and physical needs when we let ourselves cry. In the words of Charlotte Brontë “Crying does not indicate that you are weak. Since birth, it has always been a sign that you are alive.”

Ongoing Support Groups



Ongoing Weekly Support Groups

These groups meet weekly. However, you are not required to attend each week. Before your first time attending a group session, you will need to contact the Horizon Grief Resource Center at (414) 586-8383 to speak with a bereavement counselor and fill out opening paperwork.

These groups are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224 (located on the border of Menomonee Falls & Milwaukee).

Death of a Spouse/Partner Support Group

Thursdays 12:30 - 2:00 pm

All new group members start in this group

Second Phase Death of a Spouse/Partner Support Group

Thursdays 10:00 - 11:30 am

Permission from facilitator required to attend this group

Holidays Closures: These groups will not be meeting on Thanksgiving Day, Christmas Day or New Year's Day. Due to the holidays, these groups will be held on Tuesday December 23rd & Tuesday December 30th.

Free Short-Term Grief Counseling

Grief counseling is an opportunity to share about your loved one, talk about your loss, learn about the grief process, find ways to cope effectively and adjust to life after a death. Talking about loss and sharing feelings is one way to reduce the intensity of grief.

Kayla Waldschmidt & Hillary Pioletti are both Licensed Professional Counselors (LPC) and Certified Grief Counselors (GC-C). They are available Monday thru Friday for individual, couples and/or family grief counseling. Sessions are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224.

All of our services, including counseling, are free of charge and available to anyone experiencing grief. Each person has five sessions available to them and there is no time limit in which sessions need to be used.

To Schedule an Appointment: Call the Horizon Grief Resource Center at (414) 586-8383

How to Register for Programming & Support Groups

Option One: Works best if you'd like to see descriptions of the programming prior to registering.

1. Go to the Horizon Home Care & Hospice website: www.horizonhch.org
2. Click on "Grief Resources"
3. A drop down menu with three items will appear.
4. Click on "Calendar"
5. Click on the program you are interested in, which will open a page with a larger description.
6. Click on the Survey Monkey link inside that description to register.

Option Two: Works best if you want to register without seeing descriptions.

Go directly to Survey Monkey for our programs: <https://www.surveymonkey.com/r/horizonGRC>

Option Three: Works best if you'd rather speak to someone to register.

Call the Horizon Grief Resource Center to register with our GRC Administrative Assistant, Taryn, at (414) 586-8383.

Short Term Support Groups

Short-term support groups typically meet weekly for a prescribed period of time, typically 3-8 weeks in a row. Participants are asked to attend all sessions. To participate in these support groups, participants will be required to fill out opening paperwork provided by the bereavement counselors.

Please note, all support groups need a minimum of 5 registrants to run, unless otherwise listed. See descriptions on our website: www.horizonhch.org/grc. See registration instructions on Page 11.

These groups are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224 (located on the border of Menomonee Falls & Milwaukee).

Groups Beginning in November:

GRC Book Club: <i>The Phone Book at the Edge of the World</i> by Laura Imai Messina (4 part guided discussion)	Wednesdays, November 5th - 26th	12:30 - 2:00 pm
Soul Book Experience (3 week group)	Fridays, November 7th - 21st	1:00 - 3:00 pm

Groups Beginning In December:

GRC Book Club: <i>Always a Sibling</i> by Annie Sklaver Orenstein (4 part guided discussion)	Fridays, December 5th - 26th	2:00 - 3:30 pm
--	------------------------------	----------------

Groups Beginning in January 2026:

Expressing Grief through Poetry (6 week group)	Fridays, January 2nd - February 6th	9:00 - 10:30 am
Soul Book Experience (3 week group)	Wednesdays, January 7th - 21st	1:00 - 4:00 pm
Creative Soul Searching (8 week group)	Fridays, January 9th - February 27th	1:30 - 3:30 pm
Writing to Heal (6 week group)	Tuesdays, January 13th - February 17th	12:30 - 2:00 pm
Loss of a Sibling Support Group (8 week group)	Tuesdays, January 13th - March 10th	4:00-5:30 pm *No group on 2/24/25
GRC Book Club: <i>The Hot Young Widows Club</i> by Nora McInerney (4 part guided discussion)	Thursdays, January 15th-February 5th	2:30 - 3:30 pm

Groups Beginning in February 2026:

Loss of a Parent Support Group (8 week group)	Mondays, February 2nd - March 30th	4:00 - 5:30 pm *No group on 2/23/25
Increase Happiness & Wellbeing (6 week group)	Wednesdays, February 4th - March 11th	2:30 - 4:00 pm
Writing to Heal (6 week group)	Wednesdays, February 11th - March 18th	9:00 - 10:30 am

See descriptions on our website!



2025 Fall One Time Workshops



One-time Workshops

These workshops are offered once. They are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224 (located on the border of Menomonee Falls & Milwaukee). Opening paperwork is not required to attend these workshops.

Please note, all workshops need a minimum of 5 registrants to run, unless otherwise listed. See descriptions on our website: www.horizonhch.org/grc. See registration instructions on Page 11.

October 2025

S.E.L.F. Care Workshop	Tuesday, October 21st	1:00 - 3:00 pm
Handling Anger and Guilt	Wednesday, October 29th	8:30 - 10:30 am

November 2025

What do I do with this? Handling belongings	Tuesday, November 4th	2:00 - 3:30 pm
Who am I Now? Rebuilding Identity and Purpose After a Loss	Friday, November 7th	10:30 - Noon
Coping with Loneliness after Loss	Tuesday, November 18th	3:00 - 4:00 pm
Honoring our Loved Ones and our Grief through Gratitude	Wednesday, November 19th	2:30 - 4:00 pm

December 2025

Memorial Ornaments Workshop	Monday, December 15th	3:00 - 5:00 pm
What Do I Tell Them? Tips for Talking with Children about Death and Grieving	Tuesday, December 16th	10:00-11:00 am
Memorial Ornaments Workshop	Monday, December 22nd	10:00 - Noon
Who Am I Now? Rebuilding Identity & Purpose After a Loss	Monday, December 29th	3:00 - 4:30 pm
S.E.L.F. Care: A Model for Wellness throughout 2026	Tuesday, December 30th	2:30 - 4:30 pm
Rebuilding Relationships	Wednesday, December 31st	1:00 - 2:00 pm

2025 Fall One Time Workshops



H O R I Z O N
Grief Resource Center

January 2025

What do I do with this? Decluttering Belongings	Monday January 5th	4:00 - 5:30 pm
Cultivating Joy	Tuesday, January 6th	11:00 - 12:30 pm
Sleep & Grief	Monday, January 19th	2:00 - 3:00 pm
Shades of Grief	Wednesday, January 28th	2:00 - 4:00 pm

February 2025

Journaling for Grief	Monday, February 2nd	1:00 - 2:30 pm
Coping with Loneliness After a Loss	Wednesday, February 11th	Noon - 1:00 pm
Coping with Anxiety After Loss	Tuesday, February 17th	10:00 - 11:00 am

SAVE THE DATE! Horizon invites you to our Welcome Home Vietnam Veterans event on March 25th, 2026. The event is from 1:30 pm - 3:30 pm and will be held at our office located at 11002 W Park Place in Milwaukee. Additional details about the event along with how to register will be in our next newsletter issue.

Grief 101: An Introductory Class on Grief & Healing

Grief 101 meets every Thursday, 4:00-5:00 pm. No registration required.

A cycle of 4 classes will run continuously, each of the 4 weeks covering unique topics.

- Class 1: Getting the Lay of the Land
- Class 2: Navigating the Ups & Downs
- Class 3: Exploring New Territory
- Class 4: Honoring the Journey

Participants may join at any point in the cycle and participate in the classes as many times as they like. Grief 101 will not be running on Thanksgiving Day, Christmas Day, or New Year's Day.

See descriptions on
our website!



2025 Fall Multiple Time Workshops



Workshops Offered Multiple Times

These workshops are offered multiple times. Please see descriptions to see which ones you can attend multiple times and those that allow only one-time attendance.

Workshops are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224 (located on the border of Menomonee Falls & Milwaukee). Opening paperwork is not required to attend these workshops.

Please note, all workshops need a minimum of 5 registrants to run, unless otherwise listed. See descriptions on our website: www.horizonhch.org/grc. See registration instructions on Page 11.

Drum Circles:

Drum circles create a fun, supportive, and safe environment to lose yourself in the rhythm and beat. Be creative as we improvise rhythms on a variety of instruments such as bongos, tubanos, shakers, and other small rhythm instruments. Drumming in community creates space to be creative and free. No music experience necessary. Drums are provided.

Minimum 3 participants required to run this free drum circle. Participants can attend as many drum circles as they would like. Drum circles are led by Horizon Hospice Music Therapists Lisa & Hanna.

Drum Circles are held on the 1st Thursday of the month from 4:00-5:15 pm • November 6th, & December 4th

Handling the Holidays Workshop

It is normal for grief to intensify during the holiday season. Come learn tools and strategies to navigate through the last two months of the year. We'll discuss how to develop a plan for yourself and your family. This workshop is offered multiple times, but is the same content each time.

**Friday, October 24th, 2:30-4:00 pm • Wednesday, November 5th, 2:30-4:00 pm
Tuesday, November 18th, 4:00-5:30 pm • Monday, December 8th, 4:00-5:30 pm**

Shattering Grief Workshop

This workshop will provide a unique approach to naming the emotions surrounding loss of a loved one, letting go of regrets, and reconnecting with life without them through an interactive project where participants shatter a clay pot. This workshop is offered each month and can be attended once.

**Wednesday, October 29th, 2:00-4:00 pm • Wednesday, November 12th, 8:30-10:30 am
Tuesday, December 2nd, 3:30-5:30 pm • Monday, January 12th, 3:30-5:30 pm • Friday, February 13th, 9:00-11:00 am**

Truth Card Workshop

Need some inspiration or a pep-talk to help you cope with your loss or life stressors? Use cut & paste journaling to create little Truth Cards with the words you need to hear. Tuck them in your purse, wallet, or hang them on your mirror to soothe your heart and soul, and provide inspiration and motivation. This workshop is offered each month and can be attended multiple times.

**Tuesday, November 11th, 1:00-3:00 pm • Wednesday, December 10th, 2:00-4:00 pm
Monday, January 26th, 3:30-5:30 pm • Monday, February 16th, 12:30-2:30 pm**



NON-PROFIT ORG.
U.S. POSTAGE
PAID
MILWAUKEE, WI
PERMIT NO. 3808



H O R I Z O N
Grief Resource Center

11002 W. Park Place
Milwaukee, WI 53224
414.586.8383

Also visit us on the web
www.horizonhch.org

www.horizonhch.org/grc

A Dog's Devotion: A Daughters Tribute

At Kathy's Hospice, we are privileged to witness moments of deep love and connection—moments that remind us of the beauty in life, even as it draws to a close.

One such moment came through a patient who spent her final days in our care, accompanied by a constant and comforting presence: her beloved dog. This gentle companion never left her side, offering quiet support and unconditional love. Their bond was a powerful reminder of how healing can come in many forms—sometimes with a wagging tail and soulful eyes.

After her mother's passing, the patient's daughter made a remarkable decision. She chose to honor her mother's memory by continuing the dog's journey—not just as a pet, but as a source of comfort for others. Today, she is training her mother's dog to become a certified pet therapy companion, with the goal of bringing joy and peace to other patients at Kathy's Hospice.

This act of love and generosity is more than a tribute—it's a legacy. It's a way of giving back to the place that cared for her mother, and a way of ensuring that her mother's spirit continues to touch lives.

We are deeply moved by this story and grateful to welcome this special dog into our hospice family. Through every gentle nuzzle and quiet moment of connection, this dog will carry forward a legacy of love, reminding us all that healing doesn't end with goodbye—it continues in the hearts of those who choose to give back.



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

- Ralph Waldo Emerson