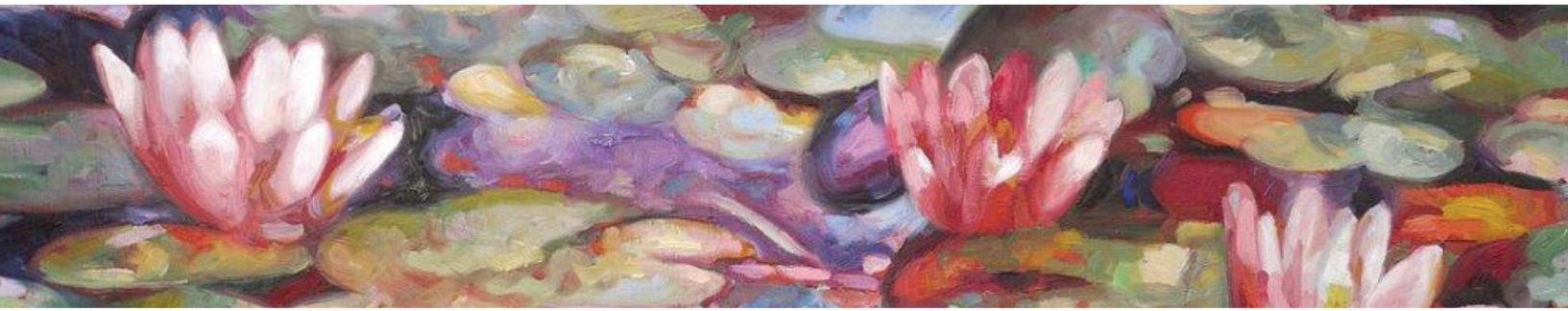




# H O R I Z O N<sup>SM</sup>

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.*

Spring 2024  
Volume 15, Issue 1

## Matters of the Heart 2024



Horizon Home Care & Hospice dazzled attendees with its 17th Annual Matters of the Heart Gala, held on Saturday, March 9 at the beautiful Pfister Hotel. The evening's theme, Studio '24, transported guests back to the glitz and glamour of the disco era, with sequins, glitter, and infectious energy filling the air. Reminiscent of the legendary Studio 54, Horizon's gala united a diverse array of individuals in a celebration of hope and resilience.

This annual gala serves as a vital fundraiser for Horizon's Grief Resource Center, a place of solace

and support for those navigating the difficult journey of grief. Each year, the center extends its compassionate services to over 6,000 individuals, providing counseling and assistance free of charge to those who have lost a loved one. The event featured an emotional presentation by Kalyla Waldschmidt, Lead Counselor in the Grief Resource Center and a heartfelt testimony from the featured "Saturday Night Fever" dancer, who had lost his grandfather while under the care of Horizon Hospice.

One of the evening's highlights was the presentation of the Touching Lives Award, an honor established in 2007 by Horizon Home Care & Hospice to recognize individuals whose dedication and compassion have profoundly impacted the community. This year, Horizon honored Mary Haynor, CEO and President Emeritus who was nominated by Horizon's Board of Directors. The award was presented to her by the selection committee and the current CEO and President of Horizon, Coleen Schmidt. Mary's visionary leadership

and pivotal role in establishing the Grief Resource Center have provided comfort and support to countless families throughout the Greater Milwaukee area. Horizon Board Chair, Diane Ehn, VP of Post Acute Care, Froedtert and the Medical College, states "Mary has been a long-time advocate for the patients, the staff and the home care and hospice industry as a whole." Broadway stars Susan and Andrew Varela added to the evening's magic as emcees and entertainers, joined by the talented D Eric Woolweber, fresh from his acclaimed performance in Skylight Theatre's Xanadu, and singer Courtny Giovinazzo. Local artist, Sherman Pitts, shared his talent by creating a live painting at the event, which was auctioned off. The crowd, donned in sequins and smiles, enthusiastically participated in a lively game of "Musical Squares," raising funds to support Horizon's vital programs.



Thanks to the generosity of event sponsor AT&T, sponsors Action Graphics, Digicorp, Bell Ambulance, Irgens, StaveServ/Delta Care Rx, the Regnitz Family and additional table sponsors and attendees, the event raised over \$140,000, ensuring that Horizon's programs continue to thrive and that the Grief Resource Center remains accessible to all who seek its comfort and support.

# Blessing Vessel: Reflection on a Broken Heart

By: C. Jan Borgman

Several years ago after the death of a dear friend, I experienced a “broken” heart—a pain in my heart that I was sure would never heal. The pain was so intense that I truly understood what it meant to have a broken heart. I felt like I had a huge hole in my heart, and I couldn’t believe how painful that hole was. In addition to my own experience of a broken heart, I have worked with several grieving clients who talked about the pain in their hearts and we connected when I not only understood their pain but I could help them put words to their pain.

Last year it seemed that I experienced one loss after another and I wondered if the pain would ever end. I felt like each loss and transition re-opened the wound in my heart. One day, after feeling overwhelmed and defeated, I realized that I needed to refocus my attention from all that I felt I had lost and I started to remember my blessings. I needed a way to ritualize the blessings as part of my grief journey.

I decided I needed to find a vessel that would hold my blessings. And the vessel needed to represent me. My first thought was “I’ll take an old jar and drop a stone or marble in it for each person and blessing I counted.” “I don’t know why but I found myself saying, “I’m not a used jar, a recycled container used for something else.” I was feeling lost and worthless enough without placing my most cherished memories in an old jar!

I started to look for something else when I decided on a vase. I opened my cabinet and surveyed the variety of vases I had when once again I found myself “looking for a recycled, used item to represent me.” My old vases wouldn’t do.

For several months, whenever I went shopping, I would look at vases. I had an idea of what kind of vase I thought represented me. And I looked, and I looked, and I looked. I found some cheap vases that would do but this project had taken on meaning to me and I didn’t want to just settle on something. One day while at a department store, I saw the “perfect vase.” I realized that while I didn’t want to settle for something cheap or recycled, I didn’t want to have to take out an insurance policy on my blessings! The Waterford vase was beyond my limits!!

I wasn’t discouraged because I knew I would eventually find the vessel that would hold my most cherished memories and help mend my broken heart. I finally found the vase that I knew I wanted to hold my blessings. I wanted a vase that was etched

with flowers but also translucent so my memories could be seen. I decided to use glass stones for my blessings. I chose a variety of colored stones to represent the colors of life. And then one by one, I named the blessings I could recall. It was important that each stone represented just one person or event. I continue to add to the vase each time I recall a memory or have a new experience.

You might be asking what this has to do with mending a broken heart? As I recalled people, events, opportunities and successes, my sadness was lightened because I realized that without that person, event or activity in my life, other opportunities would not have occurred. At times I cried at what was gone but I can look at this vase with my colorful blessings and find comfort in how rich my life has been and continues to be. It forced me to focus my attention on the goodness in my life, not on the pain of my losses. The vase isn’t full yet because I know that I will continue to

experience blessings in my life. And it also means that I will experience loss and pain. I know that my heart will be broken again if I am lucky enough to have people and events and opportunities as part of my life. But unlike before, this time I know that my broken heart will mend.

Recalling memories can be a way to help mend a broken heart. Perhaps an exercise like this one will be helpful, or you can use photographs, videos or story telling. For me, a part of mending my broken heart was to be able to forgive and to ask for forgiveness. With each memory, I asked for forgiveness for any hurt that I might have

caused and I offered forgiveness for any unresolved issues that I remembered.

As I placed each of my blessings in my vase, I remembered how many people, events and situations have made me the person I am today. And each time I look at my vase, it reminds of this. It reminds me how deeply the people who I loved and still love most continue to live in my broken heart. The memories I hold in my heart will always be present. Our loved ones may not have had a choice about their dying, but I believe they never would have wanted to leave us with a broken heart.

The vase is a visual reminder for me on the days when I can’t remember the blessings. It sits on my dresser so I can see it every day. I am grateful for the many blessings that I have experienced even when my broken heart can’t due to my grief.

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# "Missing"

By: Pamela Hoopes, LCSW

"Missing" is a feeling associated with some kind of loss. It is an aspect of grief that is inevitable. Missing typically is a quiet, personal, private emotion. For me, it is a difficult and sometimes lonely one. I have learned to embrace what once was with appreciation. Have you ever thought about this before?

It may seem like an action, a verb, "to miss" – but, if you really 'feel' the word, breathe in the word, it is so much more. The feeling can be heartbreaking, heavy and sad, yet also nostalgic, graceful and filled with gratitude.

I love the French translation of 'missing'. "Tu me manques" – "You are missing from me." The words are unique and special in this language. They are small words with big meaning. In French the subject (You) being missed is the highlighted first.

In an every day way 'missing' would refer to a person who has passed to spirit. We miss this loved one being physically present to touch, hug, love, talk with and enjoy time with. We can also miss our carefree wonder, freedom, feeling safe, a romantic love relationship, traditions, health, and so much more. I miss friends and family who I can not see often. Life is full of experiences we can miss, but also in time we look back on and reflect with love, gratitude and admiration.

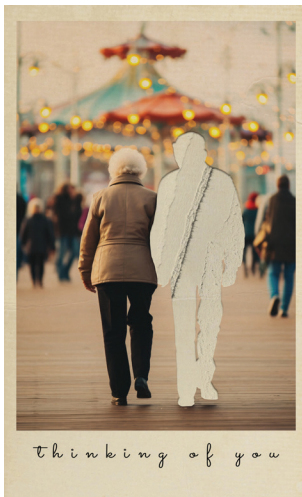
Like many of all of you I have had my share of loss and 'missing'. I have lost cherished pets, loved ones to death, and a love romantic relationship that just could not be. Some I miss still with a heavy heart and others in a more wistful, pleasant, nostalgic way. I have learned to think of them by my side with me all along my way. They sometimes feel closer to me now. I have gotten quite close to my maternal grandfather who passed in 1988.

Someone dear to me recently taught me the words, "More Beyond". I can not tell you how much I love these words. They have become a part of my daily life. Many moments they have helped me move past the 'missing' feeling into a time and space of trust and peace. It is important to move through and dedicate time to reflect and grieve the people, places and things we 'miss' as equally important not to get lost in our loss or losses. We must tap into our light within and miss with glorious remembrance. No matter how long ago it was.

We may not fall in love again, be young again or even be the same person we used to be, but there are more people and friends to meet, experiences to be had and things to learn.

Be present, create loving energy, be compassionate towards yourself and others. Breathe in joy. Live life with optimism, no regrets, curiosity and an open heart.

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## Touch

By: Elsa Lichman

The feel of your hand in mine,  
the feel of your shoulders when we hug  
the feel of your stunning soft white hair  
the feel of your fingers as we drive  
the feel of you.

Now that presence is gone.  
Unimaginably, impossibly gone.

I look out the window  
to see if your car is here.

I long for that touch,  
that first kiss hello,  
that deep and sexy voice,  
that boisterous laugh.

I yearn for a trip, short or long,  
in your Jeep,

your finding magic  
on my city block, at a beach,  
pond, mountain, or cemetery.

How can you just be gone?

I will never understand  
how children can comprehend  
this silent void  
which screams out.

*"My grief is tremendous, but my love is bigger. So is yours."*

*- Cheryl Strayed*



## Pilgrimage By: Shannon Shpak

I started planting roses and for a few years it was this peaceful respite that I looked forward to each summer. Radiant petals would bloom, rising out of cold, lifeless soil bursting into an explosion of color.

Early May, I started the cycle again and for weeks the roses were vibrant and rich with life. My dad died and I realized I was no better at grief than I had been before. For two days we clung to the tiniest sliver of hope. We showed up, we stood vigil, we prayed, we cried. I watched my mom, my sisters, my children...so vulnerable, each one of us far too accustomed to loss.

In the hospital room it was busy, pulsing with expectant energy. People came and went, conversations were lively, doctors discussed next steps. And if there were next steps, there was still a chance, right?

His body was warm. He looked like himself. He was still with us. I went out to my gardens today and stood silently, the stillness of the world echoing in my ears. The moment he left; the world went quiet. It was

as if a light went out and the darkness became consuming.

The world went gray...a colorless splotch of nothing. You keep busy, of course, in the days following. You go through the motions, tend to the people - all the people. And for a while they fill the void. There are stories to hear and memories to share. You go back...only to walk through the years again, suspecting that somehow, somehow the ending is different.

The leaves on my rosebushes are tinged with brown, the thorns sharp and piercing... undoubtedly the effect of a particularly dry spell and limited water to nourish their roots. Yet, in stark contrast, the soft, velvet petals wear their colors boldly in hues of magenta, crimson, peach, coral.

My phone rings and for a brief moment, I think it is my dad. A butterfly dances in the breeze. The trees sway, casting shadows in the noonday sun. My mind is fleeting between past and present. There is no after yet. No future I am ready to embrace. There is only

today and yesterday.

In all the potential circumstances I had considered might happen in life this was never one of them. There is an overpowering sense of injustice that the world should carry on. Had his work been complete? What do you with an unfinished existence? I suppose life reveals its mysteries only slowly.

Perhaps in time, this too, will make sense. Stepping out from the hospital doors that day there was a tangible sense that the whole world had shifted. Suddenly everything had changed. The bells had sounded for last orders and there was no refuge for the unprepared.

I had taken advantage of time. And somewhere along the way, I created the delusion that there would always be more. That there would always be another day.

While I was busy worrying about a million other things that in hindsight seem

significantly unimportant and entirely irrelevant, time was slipping away from us. The pilgrimage from holding tight to letting go was underway. Great love is so intimately connected to that of immense suffering that denying this reality can only bring further despondency. And the paradox here, is that this great love is the same love that allows us to let go in order to move through.

With his last breath, the world fell silent. We were left to confront death with an unflinching courage. To let go of fear and face our own human boundaries and limitations. I suppose that is the hope that reignites our power to live. That even with fragile hearts - even there, in the midst of our mourning, we have faith that the deep pain of this suffering might one day allow us to experience the true fullness of life.

Out of the vast stillness a bird sings out.

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# Who Is Your Hero?

By: Nan Zastrow

Several years ago, I wrote about the idea of heroes that emerge as the result of some event. And many of these thoughts came back to me that I'd like to share.

I never was much of a football fan, the kind that followed every game faithfully. But over the past few years, I've found a greater interest in sharing this sport. Our son's interest in football is probably the closest I ever got to the game before. Chad, played football in high school; and we watched his games with hearty bravos for his team. But Chad's passion for football never spilled over into my life that much. He became a pure, through-and-through Vikings fan. So, we humored him with a little Packer rivalry, for the fun of it. When Chad died, we had a teddy bear made with a Viking Tshirt, because it just felt right. Next to the Tshirt, Chad's Marlboro hat was probably his favorite piece of clothing. For a period-of-time, the Vikings were his heroes.



I believe that our heroes in life change from time to time. On a talk show, several years ago, the show host asked his guest who his role model or heroes were in his life. For a moment, he hesitated, trying to decide how to answer that question. He went on to name a few childhood super heroes—mostly cowboys and a couple fictional characters. Then he commented that he

acknowledged that his heroes in his life changed as he grew older...to be more realistic people like his dad and uncle.

When he became a dad, his heroes changed again as he tried to model himself after people he thought were super-dads.

I believe this is true. Our heroes do change. A few stay forever constant. Some of our heroes are living and some may have died. Characteristically, true heroes are those who have achieved against incredible odds or influenced our lives in positive ways. We want to believe in someone who seems to have figured out life. We also want to identify with real people who have the courage to endure anything and everything.

Then there are the heroes who take their spot in our lives for a period-of-time. They may walk quietly into our lives and gently fade away. Perhaps he or she is the athlete, businessman, or teacher (to name a few). We follow their public lives, their careers, and their successes. We connect with their goals or achievements and visualize what it must feel like to be in their shoes.

There is also the hero who is the unlikely hero, but something he or she does captures our attention; and we enthusiastically yell hurrah! The unlikely hero doesn't ask to be a hero and probably prefers anonymity.

He or she may seem like the underdog, the forgotten, or the impromptu hero that was in the right place at the right time. His or her choice to do something resulted in a heroic event.

And ultimately, there is the hero who affects one's life personally, for whatever reason. That hero may not have done anything that receives attention or deserves public recognition. It's a heart and soul connection. There is a tie that sings to your soul and captures your love. He or she is the hero that motivates, inspires, and changes lives. He or she is the hero that becomes the "wind beneath my wings."

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Omaha, NE 402-553-1200

# 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



H O R I Z O N<sup>SM</sup>  
Grief Resource Center

## I Thought

Submitted by: Ric Halterman

I thought I was prepared...  
I was fine...  
until everything  
that needed to be done was done...  
then, after all was said and done...  
the reality set in.

I was alone...  
Finished with all the arrangements.  
Done with the assignments.  
All the notifications taken care of...  
and the gifting of his "things".  
All the loose ends tied up.  
Left alone...  
with the bills...  
and the uncertainties.  
Wondering what to do next ...  
and there was nothing left to do!

Who was "I"?  
What was "I" going to do?  
Still left with the grief,  
the emptiness, the loneliness?  
What was/is my future?  
Thank God for friends and relatives...  
who, for the most part,  
have been wonderfully supportive.  
But even so,  
still left with the pent up emotions and anger.  
REALLY angry.

NO... I was NOT prepared...  
And these days some months later,  
am still not totally out of despair...  
Realizing that I probably never will be...

No more "We"...  
Only me...  
But...  
I'm OK.

# Registration Support Groups



**H O R I Z O N**  
Grief Resource Center

## Continuous 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 Grief Resource Center to speak with a Bereavement Counselor and fill out opening paperwork.*

### **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*

## Short Term Support Groups

*To participate in support groups, participants will be required to fill out paperwork provided by the Grief Resource Center. Please note: all support groups need a minimum number of registrations to run. Participants are required to attend each meeting.*

**Register:** <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

### **Creative Soul Searching Group**

Who am I now? How do I navigate life going forward? Life transitions, change, grief and loss impact our sense of identity as well as our dreams and future plans. This eight week group will use Melody Ross's Creative Soul Searching curriculum to help you discover who you are now and connect to yourself. We'll create an art journal using cut & paste curriculum. All supplies provided. No creative skills or art journaling experience necessary.

Minimum 3 registrants required to run this free group.

**Tuesdays, June 11th - July 30th**  
**3:00 - 5:00 pm**



### **Loss of a Parent**

This eight-week support group is for any adult (18+ years old) who has lost a parent. Each week will focus on a different aspect of grieving a parent. Participants are required to attend the first meeting and asked to be present for all 8 sessions. Participants may attend this support group more than once.

(Minimum 5 registrants required. Must be able to attend all sessions, attendance required at 1st session.)

**Mondays, July 8th - August 26th**  
**4:00 - 5:30 pm**



# Registration Support Groups



**H O R I Z O N**<sup>SM</sup>  
Grief Resource Center



## ***Writing to Heal***

This six-week group helps you process and heal from your grief through a variety of writing exercises and activities. All supplies will be provided.

Minimum three and a maximum of five registrants required to run this free group.

This group will be meeting in person at Horizon Grief Resource Center.  
**YOU ARE REQUIRED TO ATTEND ALL SIX SESSIONS.**

Wednesdays, July 17th - August 21st  
12:30 - 2:00 pm

# 2024 Spring Workshops



**H O R I Z O N**<sup>SM</sup>  
Grief Resource Center

## ***Truth Card Workshops***

You'll be inspired and encouraged as we create Truth Cards, beautiful little messages of love and truth that are written directly to our souls. These mini masterpieces remind us of the good stuff about ourselves and our lives. With a little glue and some scissors, you'll create art! No art experience necessary. Get ready for some fun and connection with other amazing people.

With four different curriculums from author & artist Melody Ross, this workshop is fun to take again and again! Each theme has curriculum for men and women.

Everything you need will be provided for you. Just put on something comfy and come join us!

Friday, May 10th 12:30-3:30 pm Truth Cards for Grief & Trauma

Friday, June 14th 12:30-3:30 pm I've Decided Truth Cards

Friday, July 12th 12:30-3:30 pm Basic Truth Cards

Friday, August 9th 12:30-3:30 pm Truth Cards for Grief & Trauma

# 2024 Spring Workshops



**H O R I Z O N**  
Grief Resource Center



## ***The Grief Spectrum: Finding Your Fit Workshop***

Grief is not a “one size fits all” experience. We all need different outlets to help ourselves lean into our unique grief journey. But where do we start? Join us to learn creative ways to embrace your grief and learn what feels right for you.

Monday, April 29th 3:00 - 4:00 pm

## ***Building a “New Normal” Educational Workshop***

Our society does not speak much of grief, so it's common to wonder if you are “grieving correctly.” This workshop will discuss common myths of grief, discuss how individual grief can be, and give some resources to help build a “new normal.”

Monday, May 6th 3:00 - 4:00 pm



## ***S.E.L.F. Care Workshop***

Did you know that you can practice self-care in 15 minutes a day? Come learn the powerful tools of S.E.L.F. care and how you can integrate it into the fabric of your day—no money or extravagant tools necessary. Practice tools that will give you peace and calm amidst the storm of grief and for life in general.

Wednesday, May 15th 2:00 - 4:00 pm



# 2024 Spring Workshops



**H O R I Z O N**  
Grief Resource Center



## ***Building Authentic Connections through Grief Workshop***

Have you ever felt as though your grief is a burden to others? Or even yourself? This webinar will help us find different outlets to connect in ways that help us to feel more authentically connected inwardly and to those around us. Grief can feel like a lonely journey, but we are all in it together.

Monday, May 20th 3:00 - 4:00 pm

## ***The Art of Finding Purpose Workshop***

Our purpose throughout life shifts, but when we are in times of grief, it can be hard to spot what our purpose is in this piece of our journey.

Without purpose, we may feel lost and isolated. Join us as we look through aspects of our lives that may help us uncover hidden purpose and how we can use it to find connection, belonging, and fulfillment.

Wednesday, June 5th 3:00 - 4:00 pm



## ***Can I Talk to You?: Finding Outlets to Talk about Grief Workshop***

Talking about our person or people who have died and about our grief – or feeling like we are not able to talk about them - are completely normal patterns throughout our lives. Our society can be quite awkward and uncomfortable around these topics, which can make it difficult to navigate.

Join us in taking some time to learn how to advocate for yourself and these important conversations in a way that feels right for you.

Monday, June 10th 3:00 - 4:00 pm

# 2024 Spring Workshops



**H O R I Z O N**  
Grief Resource Center



## ***Journaling for Grief Workshop***

Journaling is a great way to get in tune with how you are feeling, gain insight into yourself, as well as see the changes in your grief journey. Learn and experiment with basic written journaling techniques and learn about art journaling.

**Friday, June 21st 1:00 - 3:00 pm**

## ***The World Spins On: Keeping Your Grief Close Educational Workshop***

What happens when the condolence cards, casseroles, and check-in calls stop coming in. Our grief can feel lost in the ever-spinning world. Take some time to learn ways to keep your grief close so you can take time to remember, honor, and celebrate your loved one.

**Monday, June 24th 3:00 - 4:00 pm**



## ***Handling Anger & Guilt Workshop***

Guilt and anger can be two of the most persistent and intense feelings during grief. This workshop will give you tools to handle both tumultuous feelings.

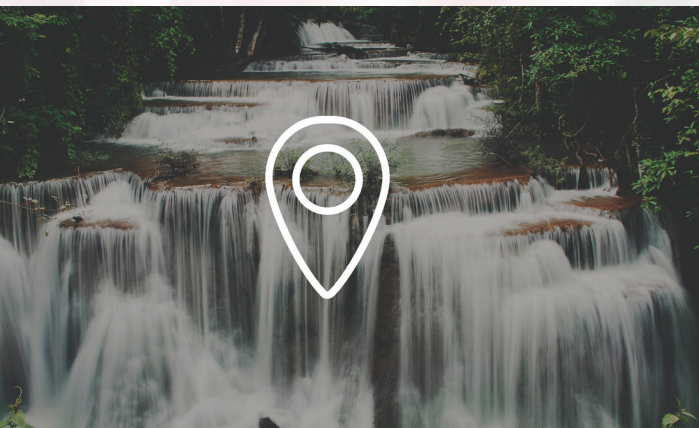
**Wednesday, June 26th 2:00 - 4:00 pm**



# 2024 Spring Workshops



**H O R I Z O N**  
Grief Resource Center



## ***What do I do with this? Re-purposing Places & Spaces Workshop***

Do you ever look around your space and have memories flooding back? Or feel like certain places in your home just don't feel the same now that your person has died? Join us in thinking through how we can re-purpose places and spaces to feel more meaningful, to lessen some of those memory floods, or to create a place of honor for your special person.

Thursday, July 11th 2:30 - 3:30 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. Registrants are asked to bring a photo of your loved one. Minimum of 3 registrants required.

Friday, July 19th 1:00 - 3:00 pm



## ***Building Resilience for Some of Life's Toughest Journeys Workshop***

Do you ever feel as though it's just expected that you bounce back from some of life's toughest journeys? Resilience is part of our being, but is like a muscle – the more we work on it, the stronger it grows. Join us as we work through outlets to help grow your resilience so you can face these journeys with confidence and inner-strength.

Wednesday, July 24th 3:00 - 4:00 pm

# 2024 Spring Workshops



**H O R I Z O N**  
Grief Resource Center



## ***Gratitude in Grief Workshop***

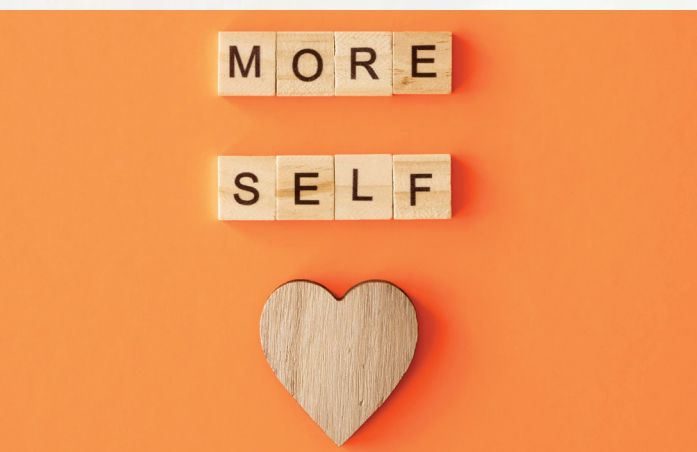
You may think that during your time of grief there is very little to give thanks for. Come learn how gratitude can change your worldview without changing your circumstances. You will learn several gratitude practices to find one that works well for you.

Friday, August 2nd 12:30 - 2:00 pm

## ***Tools to Survive Tough Days Workshop***

Grief is at times like an uncontrollable roller coaster. What do you do to help yourself through the rough days? Come learn strategies to give you strength, hope, and tools to get through your toughest days of grief.

Tuesday, August 6th 10:00 - 11:00 am



## ***Mindfulness & Grief Workshop***

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Come learn and practice mindfulness skills to help you navigate your grief.

Friday, August 16th 12:30 - 2:00 pm



## Exploring the 4 F's of Grief Educational Workshop

It seems that there is so much to think about while we are trying to find our way through our grief journey. What if we were able to break things down into 4 areas of focus?

Join us as we talk about the theory of the 4 F's of grief and how we can focus on helping ourselves with our overall wellness.

Wednesday, August 21st 3:00 - 4:00 pm



## 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](http://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/springGRC2024>

## The Peace of Wildlife Things By: Wendall Berry (USA, b. 1934)



When despair for the world grows in me and  
I wake in the night at the least sound in fear of  
what my life and my children's lives may be, I go  
and lie down where the wood drake rests in his  
beauty on the water; and the great heron feeds.  
I come into the peace of wild things who do not  
tax their lives with forethought of grief. I come  
into the presence of still water. And I feel above  
me the day-blind stars waiting with their light. For  
a time, I rest in the grace of the world, and am  
free.





**HORIZON**  
Grief Resource Center

11400 West Lake Park Drive  
Milwaukee, WI 53224  
414.586.8383

Also visit us on the web  
[www.horizonhch.org](http://www.horizonhch.org)

[www.horizonhch.org/grc](http://www.horizonhch.org/grc)

## Golf Fore Horizon

The 6th annual Golf Fore Horizon will take place on August 26th at the Grand Geneva Resort in Lake Geneva. Join us for a day of incredible views and rolling fairways, all while supporting Horizon's Grief Resource Center. We have limited hotel rooms available for Sunday or Monday evening, so reserve your spot soon!

For information on sponsorship or attending the event, please contact  
Marcy Stutzman, Director of Development  
at (414)586-8341 or [marcy.stutzman@hhch.net](mailto:marcy.stutzman@hhch.net)



**SAVE THE DATE  
FOR THE 6TH ANNUAL**

**GOLF FORE HORIZON**

**MONDAY, AUGUST 26, 2024  
GRAND GENEVA RESORT & SPA**



*"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