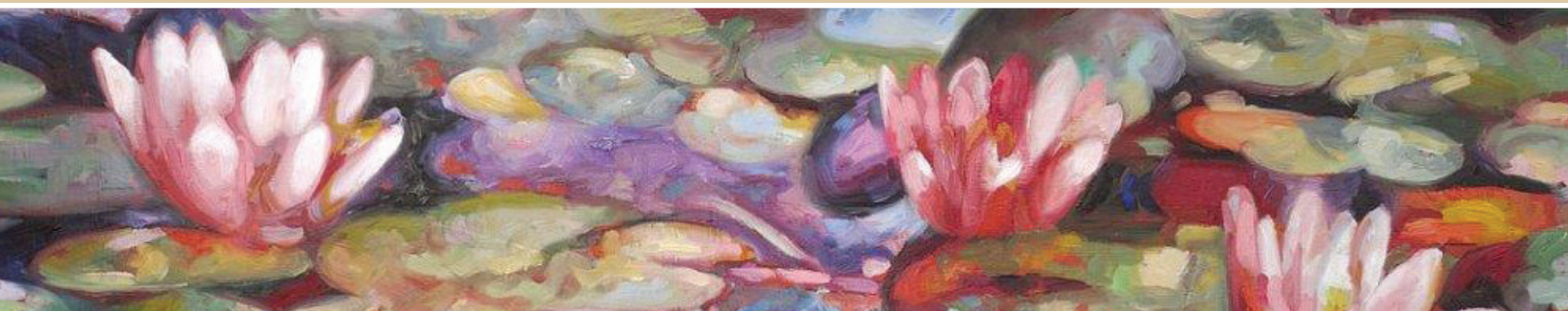




H O R I Z O N SM
Grief Resource Center



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 2026
Volume 17, Issue 2

Horizon's Luminary Memorial Service: The Afterglow

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

In the days following Horizon's Luminary Memorial Service, the candles' warmth lingered on in the hearts of those who came. An afterglow could be felt in the space where we gathered. This was the second year the event was held at Horizon's main office location in Milwaukee, and we look forward to continuing this as an annual event.

Guests included family members and friends of all ages who came to honor a loved one who had passed. Everyone gathered in the beautifully decorated space knowing that they were surrounded by people who understood grief. The ceremony included live music by Horizon's hospice music therapists and we were all deeply moved by their voices and accompanying acoustic guitars. Hospice social workers, chaplains and members of leadership shared words to comfort the bereaved and to honor the memories of patients and community members we've lost. The names of loved ones were read aloud, and a personalized candle was placed in a luminary in memory of each person.

Hundreds of candles glowed throughout the space, giving us light as the sun set outside. Each one thoughtfully placed by the hands of helpful staff members and volunteers. Each one representing the lasting memory of a person who is loved by family members and friends who miss them. Our deepest gratitude to all guests who attended, and all the people who worked together to organize the event.



Lonely but Not Alone

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

Many people experience loneliness after the loss of a loved one, even if they are surrounded by supportive family and friends. They may say “I know I’m not alone, but I am so lonely.” Research has shown that no matter the level of social support a person has, loneliness persists after a loss (Freak-Poli et al, 2025). The loneliness a person experiences after the death of a loved one is a particular kind of yearning for that one person we’ve lost. Loneliness goes beyond emotional pain – our brains and bodies are slowly adjusting to the absence of someone who was once a constant part of our world.

Loneliness is a growing social problem affecting 1 in 4 people worldwide (Meta-Gallup Study, 2023), and it is a problem to be taken seriously. Loneliness has the same impact on a person’s mortality as smoking 15 cigarettes a day, based on reports from the U.S Surgeon General in 2023. Even though many people report feeling lonely, loneliness is unique to each individual’s social needs. It is helpful to think about loneliness the same way we think about hunger. Just like each person needs different types and amounts of foods, people also need different types of social interactions to feel “full” and “healthy”. Our “appetite” for socializing may fluctuate, but like food, relationships are something we all need to survive.

The loneliness that results from the loss of a loved one is challenging. It can feel unsolvable because the person you are longing for is physically inaccessible. Our bodies are grieving along with our hearts. Our bodies get used to the presence of people we spend a lot of time with. Psychologist Dr. Mary-Frances O’Connor describes our “relationships as regulators” and when a relationship is suddenly gone, all of the smells, sounds, and

touches associated with that person are suddenly gone too. O’Connor reports that over time, our bodies do heal and adjust to loss as we get used to the many changes in our world. Loneliness in grief is also made worse by losses of other relationships – if our family and friends are grieving too they may not be able to provide support because of their own pain. People may also notice a decrease in social support as time passes since the loss happened. Support may be abundant in the days and weeks following a death, but fade away as months and years pass. Grief may also have caused changes in a bereaved person’s needs, where their social needs have changed compared to before the loss happened.

Loneliness after loss can feel like a paradox; no one can replace who you’ve lost and yet you cannot go it alone. It may be beneficial to reflect on what kind of social support you need right now. Do you need someone who is a good listener? Do you need someone to help with things around the house? Do you need someone to just have fun with? As you consider your needs, you may also consider the strengths of your



social connections. Dr. Lucy Hone, researcher, author and bereaved mother, encourages grievers to “accept people for how they are, and try to notice what they are able to give or do”. Dr. Hone also cautions against assuming your support system can read your mind and suggests grievers outright tell people what they need or specifically ask for help. People receiving your requests for help are likely to feel honored that you asked them, and relieved to know there is something they can do to help you.

During grief people can also benefit from their more casual connections, known as “weak ties”. Weak ties are people we have tiny daily interactions with; people you pass on your morning walk, the barista at the coffee shop you frequent, or people you see at the bus stop regularly. Think about the familiar faces you see in shared spaces. These relationships have a positive impact on our mental wellbeing according to researchers Gillian Sanstrom and Elizabeth Dunn. Weak ties provide a sense of normalcy and connection when loss has disrupted so many areas of life. Interactions with weak ties are a moment of respite from grief because

they don’t carry the weight and expectations of people who know us more deeply. Maintaining your routine activities and daily interactions with people while you grieve may help you feel less lonely and more connected, even without knowing the other people’s names. While weak ties provide often overlooked benefits, they are not a replacement for the deeper support provided by close relationships with friends and family (otherwise known as your “strong ties”)!

Feeling lonely isn’t a weakness. It’s also not being ungrateful to people who are there to support you in your grief. Loneliness is unfortunately a very common experience in grief. Knowing that our social needs are important for our physical health and wellbeing proves that these needs are worth attending to – either through a call for help to our strong supports, or an appreciation of our newly named weak ties. Your hunger for social connection deserves to be fed.



Have you found a glimmer today?

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

Appreciating the beauty of a garden, laughing with a friend, cuddling with a pet or hearing your favorite song on the radio. These mini moments are all examples of “glimmers” which may provide a small way to feel a big shift during grief. A glimmer is a small moment when our biology is in a place of connection or regulation; an experience that cues our nervous system to feel calm. The term glimmer was coined by licensed clinical social worker Deb Dana who is a clinician specializing in complex trauma. A glimmer is the opposite of a trigger, which is anything that causes a person to recall a painful memory or feeling. Just like how triggers shape the way we think and feel, glimmers can have the same effect but in a healing way.

Research has shown that our brains have a natural tendency to have a stronger response to negative experiences compared to positive experiences (Cacioppo & Berntson, 1999). This is an evolutionary survival tactic. Early humans had to pay more attention to threats in their environment and while this is overall very helpful, it has also resulted in our brains having negativity bias. This means that experiences that are physically or emotionally painful, threatening, or traumatic stick with us longer and are

more front of mind (Carretié, Mercado, Tapia, & Hinojosa, 2001). The good news is that we can train our brains to better attune to positive experiences, and that’s where glimmers come in.

Noticing glimmers is a coping skill for grief that helps reshape our thinking patterns after a loss. Once we start looking for and noticing things that bring us joy, connection or peace our brains learn to seek out these things because it is rewarding. Through her work with trauma survivors, Deb Dana LCSW reports that glimmers decrease emotional distress and help improve problem solving and logical thinking. It is important to note that looking for and finding glimmers doesn’t mean pretending grief isn’t emotionally painful. Since we are biased to experience negative experiences more strongly, building skills to engage more with positive experiences allows for a more balanced perspective. All emotions are valid in grief and allowing oneself to feel the complete spectrum may provide a path to healing.

Never underestimate the power of positive experiences. Even the U.S. Army has utilized this concept in their trainings for service members. Partnering with researchers from the University

of Pennsylvania, the Army developed a resilience training program called “Hunt the Good Stuff”. One way participants in the training learn to “hunt the good stuff” is by writing down three good things that happened to them throughout the day and taking time to reflect back on these things. Participants in the training have self-reported changes in self-awareness, strength of character, optimism, mental agility, and connections with others (Griffith & West, 2013).

Humans are capable of leveraging positive experiences to help them through tough times. Science has shown that paying attention to things that make us feel pleasant emotions is just as important as learning from painful emotions. Everyone has the ability to notice glimmers, or “hunt the good stuff”, and it is something worth trying. In her book, *How Will I Ever Get Through This?*, author Dr. Lucy Hone provides these words of encouragement “Allowing yourself to experience positive emotions is a vital part of your resilience blueprint, providing a temporary time-out from all the heavy lifting, letting you come up for air.” Have you found a glimmer today? If not, may you have the courage to hunt the good stuff and see what you find.



Golf Fore Horizon Tees Up Hope

What a day! Thanks to the generosity of our sponsors, golfers, volunteers, and supporters, the 8th Annual Golf Fore Horizon raised more than \$50,000 to support Horizon's Grief Resource Center and other programs that provide compassionate care and support to patients and families throughout our community.

Held at the beautiful Wisconsin Country Club, the outing brought together friends, businesses, donors, and community partners for a day filled with fun, camaraderie, and purpose. Golfers enjoyed a memorable round on the course, while special experiences like the crowd-favorite Golf Ball Cannon added excitement and a few extra laughs along the way.

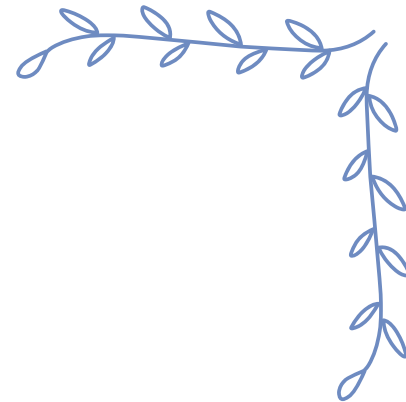
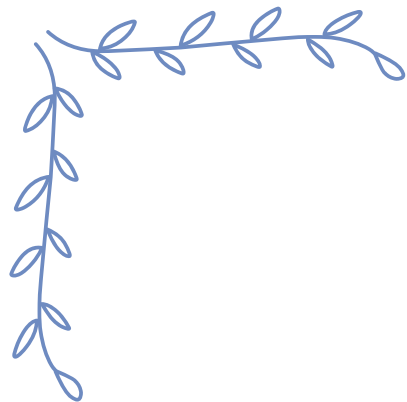
One of the highlights of the day was our VIP Caddie Experience, where volunteers served as personal caddies for select foursomes, creating a unique and engaging experience. Also, congratulations to Always Best Care, winner of this year's Best Dressed Foursome award, whose creative nod to Happy Gilmore brought smiles to golfers across the course.

While the event is known for its fun atmosphere, the true impact reaches far beyond the fairways. Funds raised help ensure that grief support remains available, free of charge to all individuals and families navigating loss in southeastern Wisconsin. Every golfer, sponsor, volunteer, and donor played a role in bringing comfort, healing, and hope to those who need it most.

Thank you to everyone who helped make this year's event such a tremendous success. Together, we are making a meaningful difference in the lives of families throughout southeastern Wisconsin.

SAVE THE DATE!

Join us for the 9th Annual Golf Fore Horizon on July 26, 2027,
at Wisconsin Country Club. We can't wait to see you on the course!



H O R I Z O NSM
Grief Resource Center

GUEST SPEAKER EVENT

Mental Health and Older Adults

Presented by: Dr. Elizabeth Bukowy, DO, CMD

Join us for an educational presentation about how mental health and grief impact older adults. Our presenter is a doctor who specializes in geriatric and palliative medicine. This presentation could benefit seniors who are curious about the intersection of depression and grief, or those who would like to learn more to support an older adult in their lives. Please be advised that this workshop is not a substitute for medical advice.

Monday October 26th 1:30PM-2:30PM
11002 W Park Pl, Milwaukee, WI 53224

Please call us at (414) 586-8383 or go to
www.surveymonkey.com/r/horizonGRC to register



On February 27, 2027, Horizon Home Care & Hospice will gather at The Pfister Hotel for a special evening as we celebrate our 20th Anniversary Gala, The Greatest Show. This milestone event honors two decades of compassionate care and support for individuals and families throughout our community.

While guests will enjoy an elegant evening filled with outstanding entertainment, inspiring stories, and memorable surprises throughout the night, the true heart of The Greatest Show is the people who make it possible.

For twenty years, the Grief Resource Center has been a place where individuals and families find understanding, connection, and hope. Every person who walks through our doors, attends a support group, volunteers their time, shares their story, or supports our mission becomes part of a community that reminds others they are not alone. Together, they create something extraordinary.

This special anniversary celebration will honor that spirit of community while supporting the many programs and services provided by Horizon Home Care & Hospice, including the Grief Resource Center, hospice care, and other programs that bring comfort, dignity, and support to individuals and families throughout our community.

Guests will also have a meaningful opportunity to honor and remember loved ones whose lives continue to inspire us. Along the way, expect a few surprises and exceptional performances that are sure to delight and wow you throughout the evening.

We hope you'll join us for this unforgettable night of celebration, remembrance, and hope. We look forward to seeing you on February 27 as we celebrate 20 years of compassion, community, and care.

For information about tickets or sponsorship opportunities, please contact Marcy Stutzman, Chief Philanthropy Officer at 414-586-8341 marcy.stutzman@horizonhch.org or visit our website horizonhch.org

A Sweet Gift of Kindness

One of our wonderful volunteers, Lauren Bullock, regularly shares homemade baked treats with our Grief Resource Center and Kathy's Hospice, and they are always a welcome and much-loved surprise. These thoughtful gifts bring comfort, smiles, and a little extra sweetness to the days of those who enjoy them.

We are so grateful for all our volunteers who generously share their baking talents with us. Their kindness and creativity help make our community feel even more caring and connected.

If you or someone you know enjoys baking, we'd love to hear from you! Please contact Kim Szymanski in the Volunteer Department at 414-586-8332. We'd be delighted to share your delicious creations and spread a little more sweetness throughout our organization.

CHOCOLATE RASPBERRY CRUMB BARS

1 C. Butter, softened
1/2 C. Brown Sugar Packed
1/4 tsp. Salt
1/2 C. Chopped Nuts
2 C. Flour
2 C. Chocolate Chips, divided
1/3 C. Seedless Raspberry Jam
14 oz. Sweetened Condensed Milk

In a large mixing bowl, beat butter until creamy. Beat in flour, sugar, and salt until well mixed. With floured fingers, press 1-3/4 C. crumb mixture onto bottom of greased 9"X13" baking pan; reserve remaining mixture. Bake at 350 degrees for 10-12 minutes or until edges are golden brown. Combine 1 C. chocolate chips and sweetened condensed milk in a small, heavy saucepan. Melt over low heat, stirring until smooth. Spread over filling. Drop teaspoonfuls of raspberry jam over crumb mixture. Sprinkle with remaining chocolate chips. Bake for an additional 25-30 minutes or until center is set. Cool completely on a wire rack. Makes 3 dozen bars.

"Death ends a life – not a relationship. All the love you created is still there. All the memories are still there. You live on – in the hearts of everyone you have touched and nurtured while you were here."

- Mitch Albom

How to Plan for the Holidays When Your Heart Is Heavy

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

Planning for the holidays can be stressful in general and can be overwhelming when dealing with grief. It is normal for our emotions to become heightened during the holidays and for our grief to intensify. Here are a few items to think about and discuss with family & friends to ensure the holidays are meaningful and hopefully less stressful.

COMPROMISE

Remember that each family member or friend may want or need something different for each holiday. Start a discussion about whether each person would find it helpful to maintain holiday traditions, do something completely different, or a mix of both. We often forget that we can compromise and find middle ground. For example, maybe you just show up for dessert instead of a whole party. Go to a different religious service or place of worship. Go out to eat instead of cooking an entire meal.

HONOR YOUR LOVED ONE

How could you bring your loved one's memory into the holiday gathering or season? Do you want to do that publicly or privately? You could light a candle each day. Make their favorite food. Set a place at the table to honor them and other family & friends who have passed. Plan to do their favorite activity. Have a linking object with you—something that immediately connects you to them and brings you comfort. The possibilities are endless and the best ones are personal to you and your loved one.

SPACE & FLEXIBILITY

Give yourself some extra space in your calendar this year. Grief is exhausting work. You will most likely be more tired than usual and unable to complete as many tasks as in previous years. Ask for help or eliminate a few things from your to-do list. And allow yourself the flexibility of answering "maybe" to invitations so that you can see how your grief feels that day. Remember that what you do this year is not how it has to be going forward every year. Be patient and kind to yourself and your family.



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 NSM
Grief Resource Center

What a Sheep Detective Movie Taught Me About Grief

Submitted by: Richard Dassow

Recently, I watched *The Sheep Detectives*, an unusual mystery about a flock of sheep trying to discover what happened to their shepherd. Although lighthearted, the story touched something deeper in me. The sheep loved their shepherd. They remembered his voice and the stories he had read to them. When he was gone, they knew his absence mattered. They searched for truth together. Their story reminded me of grief. Love remembers. Since my wife, Naomi, went home to be with the Lord, I have often returned to memories—not only memories of sorrow, but of love, faith, service, and God's providence. Naomi's compassion as a nurse, her love for Jesus, and her influence upon our family and church community still shape me. Grief is sometimes a kind of searching. We search for meaning, for what remains, and for how to live faithfully when someone we love is no longer beside us. Grief is not a lack of

faith. It is love continuing after death. The sheep also needed one another. No single sheep understood everything, but together they listened, remembered, and noticed what others missed. I believe grieving people also need a "flock"—friends, family, counselors, support groups, and Christian community. We were not created to walk through sorrow alone. Most of all, the movie reminded me of Jesus' words: "I am the good shepherd." Psalm 23 does not promise that we will avoid the valley of the shadow of death. It promises that our Shepherd will accompany us through it. I still miss Naomi's voice, presence, and companionship. Yet I believe she is safely with Christ. I am still learning how to live faithfully in this season, but I am not alone. The Good Shepherd knows me, walks beside me, and is still writing the larger story.

Grief: A Journey Through Defining Moments

Submitted by: Richard Dassow

Grief: A Journey Through Defining Moments When my wife, Naomi, died on November 8, 2024, after forty-five years of marriage, my life changed forever. Grief has not been a straight path with a clear beginning and ending. It has been a journey filled with unexpected turns, memories, questions, tears, and even moments of gratitude. Nearly twenty-one months later, I sometimes wonder why certain waves of grief are so strong. I am beginning to understand that I am not only grieving Naomi's absence today. I am also grieving parts of her life that I never fully knew. Before we met, Naomi spent formative years as a public-health nurse in northern Wisconsin and at a rural clinic in Buckhorn, Kentucky. She traveled into mountain communities, made home visits, lived with a remarkable midwife, and grew spiritually through those experiences. Recently, I have found myself longing to meet that younger Naomi and understand more fully how she became the compassionate woman I married. I may never recover every story from those years. That realization brings sorrow, but it also reminds me that her life continues to bear fruit. The compassion, faith, and desire to serve others that Naomi developed became part of our marriage, our family, and the ministries we later shared. Grief has taught me that defining moments do not end when someone dies. Remembering Naomi, honoring her life, and learning to live faithfully without her are defining moments in my life now. Moving forward does not mean leaving Naomi behind. It means carrying her love, influence, and legacy with me as I continue the journey—one day, one memory, and one faithful step at a time.



For Dad

Submitted by: By: Rosie Uhen, PA-C, Mount Sinai Queens, Department of Emergency Medicine

Disorganized, thoughtless cells,
Tore through the most thoughtful mind
I'd ever known.
And still you made plans for us.
While your brain was slowly invaded
You used the remaining wheels and cogs
To make a plan for us

So logical
So level headed
Even from the great beyond.
You wrote your own obituary
So we didn't have to.

Disease swept over your brilliance,
Like some sick metaphor for a lesson
A lesson, for which you'd quote Percy
Shelley,

"And on the pedestal, these words appear:
My name is Ozymandias, King of Kings;
Look on my Works, ye Mighty, and despair!"
Nothing beside remains. Round the decay
Of that colossal Wreck, boundless and bare
The lone and level sands stretch far away."

I get it, Dad, I do but, I want you to know,
That even from nothingness
You are still here
Being everything to us.

You told me
You told me
You told me

"Do not stop living
When I stop living"

And most days
I can hear you say this.
But some days
Like today
I lose the sound of your voice.
I can't hear your voice today, Dad.
And the silence is all consuming

I'm trying
But it's all consuming
How did you sound?

Making sense of the world
How did reason sound?
Cannot say I'll ever find
More meaning in life
Than showing my child
Meaning in life.
Just like you did, Dad.

And, Not to be dramatic, Dad,
But right now everything feels rather futile.
I know you'd say that isn't the case.

Or, actually,
Now that I think about it
you might laugh and say
"Exactly."

Real Hope,
Emerges from brutal logic.
Your super power was providing
Comfort with near-nihilism.
Answers to life's impossible questions
Through Skeptical Agathism.
"We did not fear coming into this world,
So why fear our departure."

So, This feeling of fallen Ozymandias
The feeling of you, and me, and everything
before my eyes being lost in the wind and
sand...
It used to make me sick,
but now
I'll sit with it.
Knowing that
I don't know a lot;
but, I know for certain,
"It all works out in the end."

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

Please note there will be no group on Thanksgiving Day and Christmas Eve.

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.

Fall Short Term Support Groups



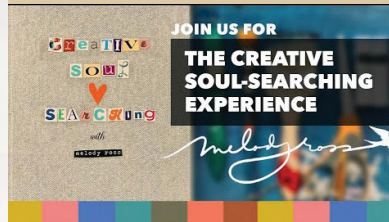
H O R I Z O N
Grief Resource Center

November 2026:

Writing to Heal Support Group:
Tuesdays, Nov. 10th - Dec. 15th
4pm - 5:30pm



Creative Soul Searching:
Fridays, January 15th - March 5th
1pm - 4pm



January 2027:

Writing to Heal Support Group:
Mondays, January 4th - February 8th
4pm - 5:30pm



Expressing Grief Through Poetry:
Tuesdays, January 5th - February 9th
12:30pm - 2pm



Loss of a Sibling:
Wednesdays, January 6th - February 24th
2:30pm - 4pm



**See descriptions on
our website!**



2026 Fall One Time Workshops



HORIZON
Grief Resource Center

October 2026:

**Getting a Handle on Grief: What Is
and Isn't in Your Control:**
Friday, October 16th
9am - 10:30am



Grief or Depression?:
Wednesday, October 28th
1pm - 2pm



Cultivating Joy:
Friday, November 20th
10am - 11:30am



December 2026:

Show & Share:
Tuesday, October 20th
4pm - 5:30pm



Soul Book Experience:
Fridays, October 30th - November 13th
12:30pm - 3:30pm



**Living Through Loss - Grief of
Dementia Patients and Their Caregiver**
Tuesday, December 1st
2pm - 4pm

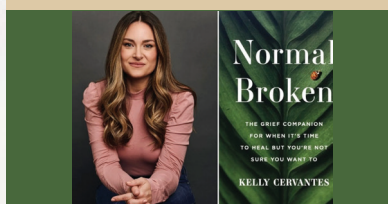


November 2026:

**GRC Book Club: *The Hot Young Widows
Club* by Nora McInerny**
Friday, October 23rd
1pm - 2:30pm



**GRC Book Club: *Normal Broken*
by Kelly Cervantes:**
Monday, November 9th
4pm - 5:30pm



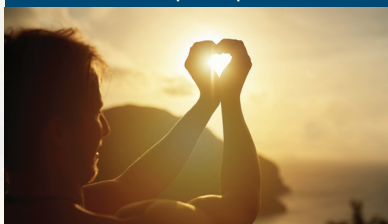
**GRC Book Club: *The Grieving Body*
by Mary-Frances O'Connor, PhD**
Wednesday, December 9th
12pm - 1:30pm



Mental Health in Older Adults:
Monday, October 26th
1:30pm - 2:30pm



**Honoring our Loved Ones & Our
Grief through Gratitude:**
Wednesday, November 11th
2:30pm - 4pm



Memorial Ornaments:
Friday, December 18th • 11am - 1pm
Tuesday, December 22nd • 3pm - 5pm



2026 Fall One Time Workshops



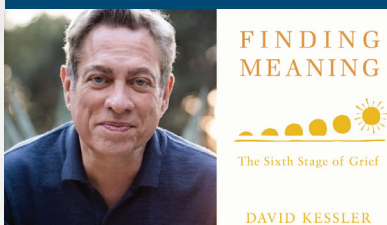
HORIZON
Grief Resource Center

January 2027:

Rebuilding Relationships:
Monday, January 4th
11am - 12pm



GRC Book Club: *Finding Meaning: The Sixth Stage of Grief* by David Kessler:
Friday, January 22nd
10am - 11:30am



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.

There will be no Grief 101 on Thanksgiving Day and Christmas Eve

Sleep & Grief:
Thursday, January 7th
2:30pm - 3:30pm



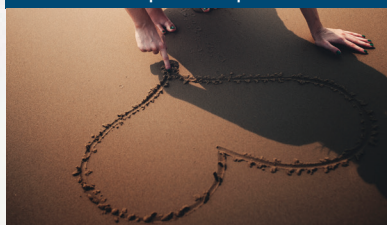
S.E.L.F Care: A Model for Wellness through 2027:
Monday, January 25th
1pm - 3pm



Shades of Grief:
Monday, January 11th
1pm - 3pm



Who Am I Now? Rebuilding Identity & Purpose After a Loss:
Tuesday, January 26th
4pm - 5:30pm



What Do I Do with This? Handling Belongings:
Wednesday, January 13th
12:30pm - 2pm



See descriptions on
our website!



2026 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.

Rhythms of Remembrance:

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.

Held on the 2nd Thursday of the month from 4:00-5:15 pm • November 12th, December 10th, January 14th

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, November 18th 2pm - 4pm • Wednesday, December 30th 1pm - 3pm
Tuesday, January 19th 3pm - 5pm**

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.

**Friday, October 16th 1pm - 4pm • Friday, November 20th 1pm - 4pm • Monday, December 28th 1pm - 4pm
Monday, January 18th 12:30pm - 3:30pm**

Handling the Holidays

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 has the same content each time.

**Wednesday, Oct. 28th 2:30pm - 4pm • Thursday, Nov. 5th 2:15pm - 3:45pm • Monday, Nov. 16th 4pm - 5:30pm
Wednesday, December 2nd 9am - 10:30am • Friday, December 4th 12:30pm - 2pm**



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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

The Gift of Comfort

A handmade blanket is more than something that keeps a person warm. For many hospice patients, it is a reminder that someone cares.

At Horizon Home Care & Hospice, our goal is to provide every home hospice patient with a handmade blanket. Some are quilted, some are knitted or crocheted, and others are simple fleece tie blankets made by caring hands. Each one provides comfort, dignity, and a special touch during an important time in a person's life.

For many volunteers, creating blankets is also a meaningful way to honor or remember a loved one. Their gift becomes part of another family's journey, extending a legacy of love and compassion.

Families often treasure these blankets long after their loved one has passed. What begins as a gift of comfort for a patient frequently becomes a cherished keepsake filled with memories.

We're looking for individuals, families, churches, scout troops, schools, businesses, and community groups to help us reach our goal. No sewing experience is needed. Fleece tie blankets are easy to make and are a wonderful project for all ages.

We are also seeking patriotic-themed blankets for our veteran hospice patients as a special way to thank them for their service. Together, we can ensure that every hospice patient is wrapped in comfort, care, and kindness.

Interested in donating blankets? Contact Horizon Volunteer Services to learn how you can help – volunteers@horizonhch.org or call us at (414) 365-8300.



"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