



# 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.

Fall 2021  
Volume 12, Issue 3



“Life isn’t about waiting for the storm to pass...It’s about learning to dance in the rain”. -Vivian Greene

The 3rd Annual Golf Fore Horizon event was scheduled for Monday, September 13, 2021 to support the Grief Resource Center. We had a record number of golfers, sponsors and volunteers for this event, including eleven new sponsors this year! We had hole-in-one prizes lined up, including a new Honda Civic, Breitling watch, \$10,000 cash and a Hawaiian vacation. We had a Bloody Mary Bar, a drone drop, a raffle, drink carts on the holes and games planned. Mother Nature had other ideas.

Golfers were sent a text that lunch was on, but golf was not. Amazingly, more than 75% of attendees still showed up, ate lunch, networked, bid on our silent auction, played our games, bought raffle tickets and had a great time!. At the end of the day, we ended up raising more money than in 2019! Thank you to everyone that danced in the rain with us. Because of your support, the Grief Resource Center can help many more people can find their rainbow after the rain.

Weather and life can be unpredictable. At 3:30am, I was awoken to the sound of a loud crack of thunder. It didn’t stop for hours. I could hear the rain pouring and I knew, we may not be able to golf tomorrow, however, I remained optimistic. The volunteers arrived bright and early at North Shore Country Club to begin setting up for the event. We charged on, ever-hopeful that the rain would end soon and that the course would be fit to have our golfers play on. Our nurses checked vaccination cards and administered COVID tests to the unvaccinated, as attendees began to arrive at the course in the misty rain. Unfortunately, the water standing on the course prevented us from playing golf that day, and the club decided we would have to cancel. Golfers would be mailed certificates to come back to the country club and golf on their own.



# Grief and Gratitude

By: Allen Klein

After we experience a loss, we tend to focus on what we no longer have. As a result we focus our energy on the negative, or what is missing in our life, rather than on the positive, or all of those wonderful things we still have. One of my spiritual teachers once told me that when we want what we don't have, we waste what we do have. To translate that into loss-related situations—to want what is no longer in our life is to waste what still remains in our life.

We usually don't think about giving thanks when someone dies. Yet gratitude can be one of the most healing tools we have.

Being grateful for what remains after you have experienced a loss can be a powerful way to deal with, and heal, that loss. Turning your attention on how your life was enriched because that person was in it, for example, rather than on the vacuum the loss created, might be one powerful and healthy approach to confronting grief.

After my wife died at the age of thirty-four, my thoughts, as often experienced by someone who is grieving, sometimes turned to darker questions like, "How can I go on with my life without her?" Grief also brought up a feeling of emptiness, depression, and hopelessness. Once I started to be thankful for all that remained in my life—my daughter, my friends, my work, etc.—I got a glimpse of why I could go on living and, in fact, fully enjoy life again.

Richard Carlson, author of a number of self-help books, talks about how gratitude comforted him after the loss of a close friend. In *You Can Be Happy No Matter What*, Carlson writes about how gratitude comforted him after the loss of a close friend.

Carlson says, "When we access our healthy functioning, emotional pain has a different feeling to it—it is still painful, but it includes genuine gratitude for having known the person we have lost. This

for my friend's family, fond memories began to surface from our past together. I was not overwhelmed by my sad feelings and was able to function."

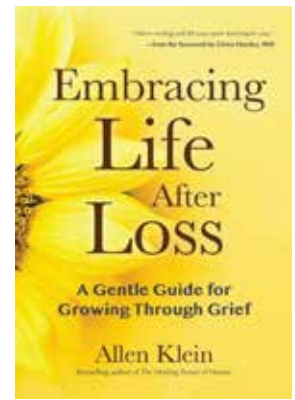
Gratitude has the power to help those in mourning rise above their loss. It is life affirming. It can provide hope. And, perhaps most important, it can help us let go of the past and focus on the abundance that surrounds us now.

P.S.- In my book, *Embracing*



worked beautifully in my own life, when one of my best friends was tragically killed by a drunk driver on his way to be in my wedding. Rather than think about him sadly, I was able to clear my mind and feel tremendous gratitude for having known such a wonderful friend. Instead of feeling sorry for myself or

*Life After Loss* (<https://tinyurl.com/2yywxhv2>), I suggest a simple way to move towards being grateful after a loss: Tomorrow morning, before you get out of bed, think of at least one thing that you are thankful for. And then, when you get out of bed, start writing down all the wonderful things in your life.



- You can be thankful for:
- a penny found on the street
  - the cookies a neighbor brought you
  - the friends you have
  - a rainbow
  - flowers in the park
  - a cup of tea.

Those are just a few little gratitude's that can keep you afloat while you are in a sea of grief. But you might also want to note some of the bigger things for which you are grateful.

- For example:
- that the deceased was in your life
  - the lessons you learned from them
  - that their spirit still lives within you.

And, you can be grateful for life itself. As comedian Robin Williams discovered after his heart surgery: "When you have something like heart surgery, you appreciate the simple things, like breathing."

Originally published on Examiner.com on May 14, 2013 "Learning to Laugh When You Feel Like Crying."

Allen Klein saw the therapeutic value of humor during his wife's terminal illness. Klein is an award-winning professional speaker and author of 30+ books including *The Healing Power of Humor*, *Embracing Life After Loss*, and *The AWE Factor*. [www.allenklein.com](http://www.allenklein.com)

# Our Community Voices



H O R I Z O N  
Grief Resource Center

## Widowhood: Only Strong Women Need Apply

By: Dawn Safran

I'm over a year into being a widow, a term I'd never thought I'd have to think about until I was in my eighties, at least. I became a widow at age 60, my husband was 62. After living with metastatic melanoma for 5 years, enduring numerous clinical trials, surgeries, and various drug cocktails, the hospital bed and hospice team arrived in our home and in less than a week he was gone.

My loss was not a sudden one; I knew from his diagnosis that if we were lucky he would live maybe 5 years, barring a miracle. There was no miracle, and he lived just about the proscribed 5 years. Even though he had his "affairs in order" it was as if I had been hit with a battering ram over and over. And he died during the throes of a pandemic: his memorial service was held virtually, and there was no communal sharing of food or hugging.

I learned quite quickly that grief is not a linear process; you don't start at ground zero and gradually climb up. You take a step, then fall down into a hole, the abyss of sadness, disbelief, and anger. The next day you take another step and perhaps you're able to enjoy an hour or two without tears; you might even manage a smile. Each day is an uncertain mess, a Forrest Gumpesque "you never know what you're going to get" that day. Every aspect of how you live has been altered forever.

And then the raging waters recede a bit. You can enjoy a brief calm, delight in past joys and future hopes. You know you might enter an eddy at any time, but you also now own the strength that it will eventually dissipate, and you can come home to you.



## Healing after Loss Book Review

By: Jill Giencke

When my mom lost her 17-year battle with rheumatoid arthritis, I felt adrift. We had been especially close, so I grieved both my parent and my best friend. My cousin, Lynn, who is ten years older than I am, had grown up admiring Mom, her Aunt Joan. Lynn was a shoulder for me to cry on, my lifeline to the new "normal" I had to create.

She sent me a book called *Healing after loss: daily meditations for working through grief*, by Martha Whitmore Hickman. When her own parents had died, Lynn told me, this guide helped her to cope. So it proved with me.

Each entry began with a quote. Then in a paragraph or two, the author spoke straight from her heart to mine. I found myself nodding my head, marveling at how she could know just what I was feeling, just what I was thinking. At the bottom of each page, a simple call to action--a thought to ponder, a promise to make to myself--offered a bit of encouragement that, one day, I would smile again.

As I read, that first long year without Mom, I made many notes in the margins, as my response to the day's entry. Even now, thirteen years later, I still have times I reach for the book, needing the author's comfort and wisdom. And I add more notes to my original ones.

I share this book with others, whenever I can. I donate copies to my local library every year or two. (There is so much grief in our world that it wears out and needs replacing.) And when someone I love loses someone they love, I send them a copy. Paying forward the gift my cousin gave me, I hope I can help, if only a little.



# 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!



# Día De los Muertos: Celebrating Life & Death through Art

By: Brianna L Hernandez Baurichter

Día de los Muertos is a Mexican celebration dedicated to remembering our loved ones who have passed away. Over the course of multiple days in Mexico and in the communities and homes of those who celebrate Día de los Muertos, we honor the dead with decorations of flowers, papel picado (delicately hand cut tissue paper designs), candy calaveras (sugar skulls and skeletons), and through parades, dancing, and singing.

In the home specifically, families make altars and place ofrendas (offerings) of special foods such as pan de muertos baked in shapes of skulls and figures or tamales, velas (candles), incense, yellow marigolds known as cemazuchitl (also spelled zempasuchil) and most importantly photos of the departed souls are placed on the altar.

As a Chicana artist who has also experienced traumatic loss, I am so grateful to have such a vibrant and creative cultural practice to find healing for my own grief and inspiration for my artwork on the topic of grief. The U.S. tends to have difficulty confronting the realities of life as it relates to death, leaving the bereaved to feel isolated and shamed into silence. Día de los Muertos does not shy away from grief. On the contrary, it integrates it into life thoroughly through creativity of all kinds.

As a griever, knowing there is a welcome place to express my continued love of my mother and other lost loved ones is the greatest gift in grief. Silencing does not exist in this space, and its absence plays a crucial role in fully feeling and processing the life-changing nature of loss.

As an artist, seeing this shining example of everyday creativity being accessible for all to engage with is also deeply inspiring for my own artwork. The bright colors, sounds, smells, textures, and movements all provide an entry point for anyone to participate in both active grieving as well as find agency through artistry of their choosing.

No matter how we choose to honor the dead, we will all face loss one day and find ourselves seeking comfort in ritual and memorialization. In reminding us of our universal experience of grief as human beings, Día de los Muertos honors the dead with non-avoidant mourning as well as celebration for the life still yet to live. How we choose to memorialize our loved ones, and wish to be memorialized ourselves, is not a frightening chore, but a warm embrace.



## Day of the Dead activities around Milwaukee

**Day of the Death Ofrendas Exhibit**  
at Latino Arts, October 15th - November 12th

**Día de Los Muertos Ofrenditas  
Workshop**  
at UWM Studio Arts & Craft Center  
Tuesday October 26th 1:00 - 4:00 pm

**Day of the Dead Virtual Event**  
by the Domes on Friday October 29th  
Check out their website for celebration kits  
and links to their virtual event.

**Day of the Dead Concert: Las Cafeteras**  
at Latino Arts on Friday October 29th at 7:00 pm

**Día de los Muertos Festival & 5K  
Run/Walk**  
at Forest Home Cemetery & Arboretum  
Saturday October 30th



*Brianna L. Hernández Baurichter is a Chicana artist, curator, and educator guided by socially-engaged practices. Brianna's interdisciplinary practice focuses on end-of-life care, grief, and trauma, informed by her own experience as her mother's caregiver and formal death doula training. Her work can be found on her website at [www.briannalh.com](http://www.briannalh.com)*

# GOOD NIGHT MOON

By: Desiree Woodland



Shafts of light cut sharply through the southern facing windows of the greenhouse. Dust particles dance and sway like fairies celebrating the last rays of sun before evening. I sink into the comfortable green couch that was my family's refuge in times when children's tears needed comforting, sprained ankles and fevers required rest, and just plain old snuggling was required. I wait for my son, Ryan, to finish dressing for bed, and join me for our nightly story time ritual. No longer a toddler, he was a busy five year old, with legs sturdy enough to win races with his older sister, climb the cottonwood tree behind our house, and ride his bike to the end of the street by himself.

"Are you ready yet, little man?" I call, hoping my voice carried up the stairs. Soon, I hear small footsteps running down to join me. I scoop him up, noticing he has chosen his light

blue t-shirt with Alvin and the Chipmunks on the front, and I wrap him in the cocoon of my grandmother's colorful afghan. He smiles and works his arm out to encircle my waist and lay his head on my shoulder.

Life will never be better than this, I think to myself. I close my eyes to savor the love of this precious moment. Surely, heaven will be like this.

I tilt my head to kiss the top of his blonde head and linger to breathe in the fragrance of shampoo and soap. Little boys can get so sweaty after a day of playing outdoors, but tonight freshly bathed, I revel in his scent.

"I want Goodnight Moon," he says in a husky little boy voice. Of course, I want Goodnight Moon too. Such a simple book, but the repetition has always tickled Ryan's funny bone. Tonight, is no exception. When we get to the part where

the little old lady whispers hush and bids goodnight to mush, he cannot contain his laughter. Giggles roll over him as he repeats the words again and again. "Goodnight to the little old lady, goodnight moon and goodnight mush"...

This precious memory is tucked away in my heart.

Ryan died by suicide at age 24, and I struggled to make sense of it. Grief had spun my life out of control, and I needed to hold onto something bigger than myself. The moon in the night sky became a symbol that supported me during the most intense sadness. Each month I watched as the moon completed its phases and I was filled with a sense of mystery and the overwhelming peace that I craved.

The moon was a shining

beacon to my heart, a powerful sign that one day all will be well. Psalms 89:37 says, "It shall be established forever as the moon, and [as] a faithful witness in heaven. Selah." KJV. God is present in the seemingly random events of our lives, as well as tragedies that make no sense, but he has set signs in the earth as reminders of his eternal faithfulness.

Even now, nearly 15 years later, when the moon is full, I often go outside and gaze upward and think about God's faithfulness. Sometimes, with tears, sometimes without, I whisper to Ryan; goodnight dear son, never goodbye, but see you later. Goodnight, sleep well. I will see you in my dreams, and one day I will again hold you in my arms.

*Reprinted with permission from "Wings, an educational ministry" at wingsgrief.org*



# Tips for Navigating the Holidays through Grief

By: Marni Henderson

That time of year is peeking around the corner. Holidays. Although originally created as times of festivity to honor significant dates, people, and times of the year, the holidays can be a source of added stress and anxiety if you are grieving the death of a loved one.

Because holidays are often shared with our closest family and friends participating in special traditions, it is exactly this situation that adds additional layers of mixed emotions and stress to the experience. That special person whom we shared those moments with will not be there.

I used to be that person that could not imagine how or why the holidays would be a stressful time for others. Until I found myself grieving the future holidays I would never experience. It was Christmas Eve and I was in our closet quietly wrapping gifts to be shared in the morning. My tears blessed each one with tenderness. Something in me knew this would be the last Christmas we spent with him. I cannot remember what any of the packages were, but they all held this precious knowledge. A deep and dull pain overwhelmed my heart with the thought of carrying on this tradition without him. My throat clenched tight knowing my children would grow up without their father not only during the holidays but every future moment of their lives.

I tried so hard to focus on the moment and be present right here, right now. I savored every breath, sound, touch, and kiss from this man. We all did. As he unwrapped my gift to him, I watched closely for his reaction. We gathered around him as he quietly took such thoughtful and sweet time looking at every page. It was a picture book of all the adventures we had taken during the last year and he was soaking up every single one. Tears slowly rolled down his cheeks as he looked at me and said "This is the most meaningful gift you've ever given me.... thank you."

It was not the book he was thanking me for, it was the memories, the time we spent together as a family, especially the last 15 months of his amazing life. It was the substance and meaning of his life.

We took our last family picture on Christmas morning. I have never looked at or experienced holidays the same. From Memorial Day, Valentines to New Year's Eve, birthdays, and everyone in between, I am now that person who struggles during any holiday. For many reasons: missing the memories, the

loss of traditions, the making of new ones, grieving the future ones without him, and many more. I now see a whole world filled with tender hearts during the holidays. I understand with so much more empathy and compassion.

With each passing year and every imaginable emotion, my heart cracked open, I have learned to navigate these moments with a bit more grace and wisdom. I have learned to create new traditions, honor and be grateful for the memories, and approach each holiday with vigilant tenderness and appreciation for how my holiday coping skills have awesomely developed!

**1. Expectations:** NONE The biggest lesson learned was to not place any extra expectations during the holidays. It is already a day or season widely promoted by our culture or the public so why carry an additional load of keeping up with expectations. My favorite quote for this is "please excuse me for not meeting the expectations you've placed on me". Later I realized that it also included the expectations I put on myself! So, more than likely your understanding of life, love, and death



has changed, why not give yourself permission to be real with where you presently stand in life. Grieving is an honoring of love and a precious act of humanity. Be present with it. Let it flow through you. This is not the time to add stressful situations on top of what you are already experiencing.

**2. Communication:** This can be tricky depending on your current relationships. However, if you can share with family and friends a full disclosure stating how you are feeling, that

Continued on page 8

puts all the cards on the table. One moment you may feel like being with others, another you may need to be alone. Give yourself space to grieve through the holidays at your own pace. When those that love us are aware of where we are, it opens the door for honest conversations that can support us now. The death of a loved one often gives us the tender firsthand knowledge that time is our greatest gift. If you have the energy, share this wisdom with those around you. The gift of presence can be so meaningful to not only others but to our hearts as well. With that in mind, sharing time with people who tenderly support you in your grief can remind us that we do not have to be alone all the time.

**3. Honoring Precious Moments:** Your traditions and routines have now changed. Honor That! Your life has changed and that deserves recognition in deeply meaningful ways. Hold onto the traditions that work for you and maybe you will also find new traditions that become part of your holidays. This is the space between honoring the past, celebrating the present, and dreaming for the future. Letting go of the past can be a ceremony which can then offer space to reimagine new traditions. Check out the ideas of different ways to bring the meaning of our loved ones to the present in various ways.

**4. Self-Care:** Be patient and oh so very tender with yourself. Grief permeates our body, mind, and soul. It is so important to really embrace self-care. Holidays or not, this is the time to rest, choose what activities or events “fill you up” and allow yourself to NOT attend the activities that do not fill you up! Breathe, rest, fresh air, movement, sunshine.... repeat. Give yourself extraordinary amounts of tenderness and love. The holidays are stressful enough.

Make the self-care part of your daily routine a non-refundable appointment! Grieving affects our heart, mind, body, and spirit so replenish it with nourishment, whatever that looks like for you. It is also okay and very healthy to allow joy. Is it a walk through the quiet forest, baking, traveling, attending a church service, gathering with friends, watching a movie, volunteering, doing crafts, playing music, or going to a concert? Explore different ways to replenish and nourish your WHOLE self. Searching for gratitude, joy, and laughter is very healing to our hearts!

**5. My favorite:** Give yourself an exit plan. This goes along with number one, no expectations. Prepare yourself by acknowledging that you may want to leave an event unexpectedly. AND THAT IS OK. Grief is unpredictable. Say you go to an activity and realize halfway through that it is just too overwhelming or does not even have any meaning to you anymore, take care of yourself and exit. This may happen quite often. When we are grieving, we are missing something or

someone we have lost, and the flood of emotions can happen unexpectedly. There may be times we can let it flow and other times we need to have space. Take away the added pressure and again, give yourself permission to live in the moment with your needs and emotions.

**6. Holiday Helper:** Keep in touch with someone that loves you wholeheartedly. Share with them how you are feeling and ask them to check in with you. Whether it be a counselor, close friend, support group, or an online community, make a commitment to be there for each other during exceptionally emotional times like the holidays. This way you can hold each other accountable for any pitfalls or rabbit holes you may get stuck in. If you have found yourself on the 5th day of Hallmark Movies wearing the same set of pajamas, let them come over and coax you into greeting the sunshine or taking a shower. Rabbit holes are real, we just do not want to get stuck in them for too long.

**7. Anticipatory Grief:** At a certain point, I started to feel anxious before a holiday would even arrive. At first, I did not understand why I was experiencing all the emotions and then I would look at the calendar and realize that a holiday or special day was soon approaching. This is when I was able to really acknowledge my needs, emotions, and grief. Our body stores emotional memories and responds with a physical response, even when we are unaware of the trigger. Check-in with yourself, the date, memories, and surroundings to bring awareness to the emotional experience. And then, give yourself tenderness and self-care to navigate the next steps of living and grieving. You may be crying one minute and joyfully laughing the next. It is all the natural process of living, loving, birthing, and dying.

Grieving is the consequence of experiencing love. We grieve the ones we love who are no longer with us. It is an act of love and the most natural and normal response to the human experience. The uniqueness of each person's grieving journey makes no two responses the same and therefore means there is no right or wrong way to grieve or timeline. Surround yourself with as much love, support, tenderness, and compassion as you can. Take a breath, cry, laugh, dance, curl up in a ball, reminisce, welcome joy, or sing your way through the special days, seasons, and holidays remembering that TIME is the most precious gift we can share with each other. The heart connection will always remain, no matter how we choose to live our lives without them. So why not make it count and live out the rest of our lives fully, in the name of love! Breathe and take good care of yourself. Grieving and mourning are normal, healthy, and precious.

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# Registration Support Groups



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

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.

*The emotional and physical safety of our participants is of the utmost importance to us. Due to COVID-19 concerns, all groups and workshops will be held virtually via Gotomeeting until further notice.*

## ***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 Virtual Support Groups***

To participate in virtual support groups, participants will be required to fill out paperwork provided by the Grief Resource Center, before the beginning of the group. Please note: all virtual support groups need a minimum of 5 registrants to run.

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

## ***Writing to Heal Virtual Support Group***

*Wednesdays, October 13th - November 17th at 8:30 - 10:00 am*

## ***Self-Care Journaling Virtual Support Group***

*Mondays, January 3rd - January 31st at 4:00 - 5:00 pm*

## ***Loss of a Parent Virtual Support Group***

*Wednesdays, January 5th - February 23rd at 8:30 - 10:00 am*

## ***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/2021SFprograms>

For our Ask the Expert registration only: <http://www.surveymonkey.com/r/QAgrief2021>

# 2021 Virtual Education



**H O R I Z O N**<sup>SM</sup>  
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The Horizon Grief Resource Center provides a variety of virtual programming—webinars, interactive workshops, and discussion groups throughout the year presented by our Bereavement Counselors and guest speakers. **Please note: All offerings are free and require a minimum of 5 registrants to run. To participate in interactive workshops, participants will be required to fill out paperwork provided by the Grief Resource Center before the program.**

**To register visit:** <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

## **October 2021**

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Compassionate Transitions through Grief Webinar	Friday, October 8th	2:00 - 3:00 pm
Holiday Grief Webinar	Tuesday, October 12th	4:00 - 5:30 pm
October Movie/TV Show Club: Collateral Beauty movie	Friday, October 15th	3:00 - 4:00pm
Radical Compassion Webinar	Tuesday, October 19th	3:00 - 4:00pm
Forgiveness Webinar	Wednesday, October 27th	2:30 - 4:00pm

## **November 2021**

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Quarterly Virtual Book Club: Wintering by Katherine May	Monday, November 1st	4:30 - 5:30pm
Self-Compassion for Type A Grievors Webinar	Thursday, November 11th	2:30 - 3:30pm
Ask the Expert: Intimacy through Grief Webinar	Date to be announced	
Compassion-focused Yoga for Grief (Virtual)	Monday, November 22nd	4:30 - 5:30pm
November Movie/TV Show Club: The Christmas Ornament movie	Tuesday, November 30th	4:30 - 5:30pm

## **December 2021**

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Building Resilience for Some of Life's Toughest Journeys Webinar	Friday, December 3rd	2:00 - 3:00 pm
Holiday Grief Webinar	Monday, December 6th	4:00 - 5:30 pm
December Movie/TV Show Club: The Family Stone movie	Thursday, December 16th	4:30 - 5:30pm

# 2022 Virtual Education



**H O R I Z O N**<sup>SM</sup>  
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## January 2022

January Movie/TV Show Club:  
Life or Something Like It movie Tuesday, January 11th 4:30 - 5:30 pm

The Art of Finding Purpose Webinar Wednesday, January 12th Noon - 1:00 pm

## February 2022

Quarterly Virtual Book Club:  
The Gifts of Imperfection Tuesday February 1st 4:30 - 5:30 pm

February Movie/TV Show Club:  
The Secret Life of Bees movie Thursday February 17th 4:30 - 5:30 pm



## Come & Create

Every 3rd Tuesday of the month  
3:30 - 5:30 pm

October 19th, November 16th, December 21st, January 18th

## Weekly Restorative Yoga for Grief

Beginners welcome at this virtual class—attend one or all!

Wednesday, December 1st  
Noon - 1:00 pm

Friday, December 10th  
3:00 - 4:00 pm

Tuesday, December 14th  
10:00 - 11:00 am

Monday, December 20th  
4:00 - 5:00 pm

Thursday, December 30th  
4:30 - 5:30 pm







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# Thankful

## Be Thankful

Author Unknown

*Thanks for not having  
Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?*

*Thanks for lacking knowledge  
Be thankful when you don't know something,  
for it gives you the opportunity to learn.*

*Thanks for difficult times  
Be thankful for the difficult times.  
During those times you grow*

*Thanks for limitations  
Be thankful for limitations,  
because they give you opportunities for improvement.*

*Thanks for challenges  
Be thankful for each new challenge  
because it will build your strength and character.*

*Thanks for mistakes made  
Be thankful for your mistakes  
They will teach you valuable lessons.*

*Thanks for exhaustion  
Be thankful when you're tired and weary,  
because it means you've made the effort.*

*Thanks for setbacks  
It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who  
are also thanks for the setbacks.*

*Thanks for troubles  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.*

***"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***