



The Companion

Oh the “dog days of summer”, what does that even mean? Most people think the “dog days” are those summer days so devastatingly hot that even dogs lie around doing absolutely nothing because it is simply too hot to move. It’s these days that many people usually just complain or simply stay inside enjoying the comforts of the air conditioning.

Thankfully, we don’t get many of these days in Wisconsin; so our summers (although short) are filled up quickly with summer vacations, baseball/softball, cook-outs, trips up north, fishing, boating, parades, fireworks, the Polka Days and Farmer’s Markets. We might even get in a game of golf, ride a bike, see a race or two, or maybe eat a cream puff (or two) at the State Fair, and lots of family and friend gatherings. One only need look across the street, in a park, or even on Facebook to see all the memories that are being made, except . . . wait, we don’t have that opportunity to make any new memories. Or do we?

Yes, you actually continue enjoying life and the activities that summertime brings. It will be different; but let’s face it, life is different now. So, how can you do this? You do this when you wake up each day. Before you even get out of bed, say a prayer, meditate, read a positive quote, or just simply look in the mirror and say, “Today is going to be a good day.” Your loved one continues to live in you, so make life count, make it special, because of the love you have for your loved ones. Look at your loved one’s picture and say, “today is for YOU and ME!”

Yes, the pain you are experiencing doesn’t completely go away, but lessens with time and what is left can be managed. Rise up and enjoy the life you still have to live, with the people who are still very much alive and active in your life. Rise up for your loved ones who never meant for you to stop living, but who are ever present in your heart. Hold onto the bonds of love with them.

My challenge for all of you is to go out and explore new places. Make new memories, all while remembering your loved ones. Do something you always said you would do, but never took the time. Take family and friends with you, and take your loved one with you too. Talk to them along the way, take pictures, laugh and tell stories, and share the moments. Celebrate those still in your physical presence and share the love you have for life – you are alive – you make a difference. Love is truly the greatest gift of all, so why not share it? Share it not only with others, but with yourself, you deserve it!

Last year while in Portage, Wisconsin, I discovered **Garden of Angels**. It is open to the public and is run by Joanne Alt, who lost her husband to suicide. She opened her flower gardens to others who have had loved ones die by suicide. She calls it “a place of peace and hope.” There are angel figurines and 18 different types of flowering plants. She encourages visitors to cut flowers and take a bouquet home or simply sit in the garden and enjoy. There is no cost, but donations are welcomed. If Joanne is there, she will greet you with a smile and a friendly hug. It is located at W11360 Highway 33, Portage, WI. Sharing Robby’s story and hearing Joanne’s story was one of my sister’s greatest memories from last summer. Just sharing our little find from last year with you. Remember . . . you are never alone.

Peace and Love my friends, Jeanette

Comfort Corner
A Vacation from Grief
Vacations, beaches, traveling and fun
Playing, talking, baking in the sun

Summer a season of relief
Can there be a vacation from my grief?

Grief does not ever go away
For summer or any other day

Remembering is what I can do
Thinking of all things done with you

I can let the tears to be washed away
By the waves insistent play

I can remember all the times of fun
And feel your love in the hot, hot sun

I can feel you in the wind’s warm breath
And for a moment think of life not death

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www.facebook.com/grieftoolbox
-Tanya Lord

WE OFFER SUPPORT

** Please note: there will be no meeting on Thur. July 5th*

General support meetings:
1st & 3rd Thursday of the month.

LGBT support meetings:
2nd Thursday of the month

Sibling support meetings:
4th Thursday of the month

Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street Appleton, WI

UPCOMING EVENTS

July 21 & 22: Paperfest Trout Pond Fundraiser, Sunset Park, Kimberly, WI. 6 volunteers needed each day to take 2-hr shifts between noon and 6:00 p.m.

August 16th 5:00-9:00 p.m.: 50/50 Raffle Fundraiser at WIR, Kaukauna, WI. 10 volunteers needed to sell raffle tickets.

August 30th at 7:05 p.m.: PSFC Night at the Timber Rattlers. Free tickets available, families welcome. Please let us know if you plan to attend.

October 18th 6:00-8:00 p.m.: Reflect and Remember Day for Survivors of Suicide Loss, Scheig Center, Appleton Memorial Park. (*This will replace our regularly scheduled support meeting at PSFC that night.)

PEOPLE TO REMEMBER

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| Eternal Rest: | Birthdays: |
| Tanner August 2 nd | Derek July 12 th |
| Joe August 13 th | Artem August 13 th |
| Bruce August 25 th | |
| Jackson August 31 st | |