



The Grief Connection

October 2026

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Yooper Explorer
Photography

GRACE & GRIEF - BEYOND I'M SORRY....

Change is in the air and hopefully you have had a meaningful summer. As we enter into fall, I wanted to take some time to reflect on our words and actions surrounding grief, grace and things better left unsaid.

If you have experienced loss, there is a good chance that you have been told at least one of these statements before:

- "At least you had them for _____ amount of time"
- "God only takes the best"
- "He's an angel now"
- "Only the good die young"
- "You can get remarried or have another child"
- "Everything happens for a reason"
- "They're in a better place now"
- "You just have to learn to let go now"
- "Good will eventually come from this"
- "At least you still have _____ in your life"

- "When my aunt died, I felt as bad as you do"
- "You must feel relieved now that it's over, no more suffering"

If you have had a well-intentioned person saying one or many of these statements to you, you know how diminishing and hurtful it can feel. It usually isn't helpful or comforting. It's difficult to know how to even respond to these types of comments.

I have found that most people feel very uncomfortable talking about death and dying. Most people feel inept about what to say because nothing anyone "says" brings your loved one back. The ignorance comes from a genuine heart, but also from a society that hasn't taught us well how to deal with the inevitable.

So, what are some things we can do to help? What are some helpful things we could say? How can we gently educate ourselves and others on how to respond with more grace?

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In this newsletter you can expect:

Coping Through the Holidays
Art & Loss
Intuitive vs Instrumental Griever
Personalized Ornament Request
Volunteer Spotlight & Training
Grief Groups
Book Spotlight



GRACE & GRIEF - BEYOND I'M SORRY....

Here are some things we could consider saying that would be gentler:

- I'm here for you.
- I don't know what to say, but I can listen.
- You're in my heart.
- You are loved.
- There are no words.
- You won't go through this alone, I will be here - (If you really mean it).
- I would love to hear more about _____.
- One of my favorite memories about _____ is...
- Your loved one will be remembered.
- I'm deeply sorry for your loss.

Some things we can do to help might include:

- Being present and continuing to show up in the future.
- Encourage others to visit.
- Attend to practical matters like housekeeping, errand running, pet care, child pick up, dinners.
- Offer a walk outside. Continue to include and invite them as you would have before.
- Send a heartfelt letter or card.
- Make a donation in their loved one's memory.

- Supportive presence, sit and hold their hand, actively listen and offer hugs.
- It's okay to say nothing, to accept silence.
- Be mindful of prolonged trivial talk in the bereaved one's presence (sports, weather, stock market, politics).
- Be mindful of probing questions about the details of the death. Some people don't feel comfortable sharing.
- Don't be afraid of the tears. Tears are normal, expected and a physical way for the body to release emotional pain.
- The bereaved isn't going to "be fixed" and it's not our job to try to do so. If you remain watchful and notice a need for professional help with a counselor or clergy person, gently encourage this.
- Continue to be your genuine self, showing natural concern in your own way.

Hopefully you will find this helpful as you navigate bereavement situations. May you have a beautiful transition into fall.

Wendy Prevost, LMSW

Social Worker, Lake Superior Life Care & Hospice





For some, the holidays bring wonderful memories. For others, they can bring reminders of who or what has changed. Maybe traditions look different this year, a loved one is no longer at the table, or family expectations are creating extra stress. Join us as we explore ways to cope with the Holiday Blues, manage stress and anxiety, and make room for what you need during the holiday season.

 **Wednesday, November 18**
 **3:30–4:30 PM**
 **Marquette Senior Center**
 300 W. Spring St., Marquette

*No registration is required.
All are welcome.*

COME CREATE A SPECIAL KEPSAKE IN MEMORY OF SOMEONE YOU LOVE

When someone we love dies, finding meaningful ways to remember them can be an important part of grief. Join us at Hot Plate for a creative opportunity to honor their memory.

Choose one pottery piece — an ornament, bowl, plate, or mug — and spend some time painting it in remembrance of a friend or loved one. Whether you create something that reminds you of them or simply enjoy a quiet evening of creativity, there is no right or wrong way to participate.

There is **no cost** to participate, but **registration is required.** Space is limited, so please reserve your spot in advance.



 **Thursday, November 19**

 **5–7 PM | Drop-in**

 Hot Plate | 130 W. Washington St., Suite 1. Marquette



ARE YOU AN INTUITIVE OR INSTRUMENTAL GRIEVER?

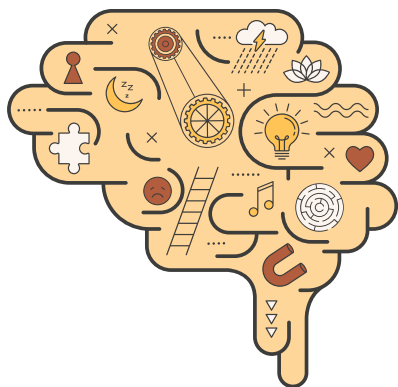
YOU MIGHT BE AN INTUITIVE GRIEVER IF:

- You identify as an “Emotional Person.”
- It feels natural to cry.
- You are comfortable acknowledging and expressing a wide range of emotions.
- You welcome the opportunity to share your feelings and find comfort in doing so.
- You are interested in support groups and other support spaces where you are encouraged to share.
- You struggle to return to day-to-day routines due to your intense and distracting emotions



YOU MIGHT BE AN INSTRUMENTAL GRIEVER IF:

- You identify as a “Thinker” or “Doer” rather than “emotional.”
- You believe you don’t feel things as deeply as others.
- You don’t naturally cry or show feelings
- Someone has told you that you’re not grieving or that you’re avoiding your grief.
- You want to be active in your grief by making things, doing things, and problem-solving
- You’ve wanted to “master” your feelings.
- Anger is your most accessible emotion.
- You welcome the distraction of work and other daily activities.



IN REALITY YOU ARE MOST LIKELY IN-BETWEEN BECAUSE THIS IS A CONTINUUM.

WE ARE BLENDED GRIEVERS

HOWEVER, IT’S STILL USEFUL TO CONSIDER WHICH END OF THE SPECTRUM YOU CURRENTLY ORIENTATE TOWARDS



HONORING THE
LIVES & MEMORIES
OF THOSE
WE CARRY IN OUR
HEARTS



Each year, Lake Superior Life Care & Hospice creates a *Tree of Remembrance* at the Peter White Public Library as a special way for our community to honor and remember those who have passed away.

For each loved one remembered, a personalized ornament will be created in their honor. Each ornament will become part of our Tree of Remembrance—a special way to keep their names and memories close during the holiday season.

The Tree will be available for viewing at the Peter White Public Library throughout December (dates and times for viewing will be shared in our December newsletter). Personalized ornaments will be available for families to pick up in January.

If you would like an ornament created in memory of someone you have lost, please email: Outreach@Lakesuperiorhospice.org by **December 5**. Please include:

- **The name of your loved one**
- **Your name & a phone number for an ornament pick up reminder**

During a season that can bring both cherished memories and difficult moments, we hope this tree offers a quiet place to remember, reflect, and honor those we hold close in our hearts.



Those who think
there is a
time limit...
when
grieving...
Have never lost a
piece of their
heart...



VOLUNTEER SPOTLIGHT



Madison Wenger

Meet Madison, one of our newest volunteers at Lake Superior Life Care & Hospice. Madison began volunteering with us in March and has already found something special in the connections she makes along the way. She especially enjoys meeting new people, hearing their stories, and being able to offer companionship and a sense of normalcy. For Madison, sometimes simply being there and spending time with someone can make a meaningful difference.

When she's not volunteering, Madison stays busy with a wide variety of hobbies and adventures. She enjoys photography, hiking, and competitive shooting, and when winter arrives, she's happiest skiing or snowmobiling. She also loves baking and hosting friends for game nights at her apartment.

Madison currently works as a Certified Nursing Assistant while pursuing her BSN in Nursing at Northern Michigan University. Her path into healthcare has been anything but ordinary - her very first job was as a farmhand on a small family farm, where she helped with planting, selling produce, and attending farmers markets. Today, she's building on those experiences as she works toward becoming a nurse, while giving her time to our hospice patients and families along the way.

Finding Purpose in Compassion: Become a Hospice Volunteer!

Have you ever felt called to **give back in a meaningful way**? Whether it's offering a listening ear, helping with daily tasks, or simply being present, volunteers make a lasting difference.

Volunteer Training
Wednesday October 14
9 AM - 2 PM
914 W. Baraga Ave
Marquette

**Please Contact Susie Duquette to
Register at 906.225.7760 or
Volunteer@LakeSuperiorHospice.org**



JOIN OUR

Volunteer Program



VOLUNTEER NOW | VOLUNTEER NOW | VOLUNTEER NOW | VOLUNTEER NOW | VOLUNTEER NOW

Please Note: We do ask that at least one year has passed since the loss of your loved one before joining our volunteer team—allowing time for your own healing before walking alongside others in theirs.



Loss of a loved one can look different for everyone. We will be exploring feelings, support, and tools to help guide you on your grief journey. Please join us, in a safe place to learn and share about the tender moments of grief. **This 4-part series will now contain a combination of both guided and open grief sharing.** The group will be led by: Lisa Marttila, Hospice Bereavement Coordinator.

Note: Registration is required for this series. No affiliation to our hospice is required.

Lake Superior Life Care & Hospice

914 W. Baraga Ave
Marquette



There is no date set yet for our next series, but we'd be happy to keep you on our list and let you know when the next one is planned. And if you find yourself needing support in the meantime, please reach out.

906.225.7760

or by email at:

grief@lakesuperiorhospice.org



DROP-IN GRIEF SUPPORT GROUP

Grief doesn't follow a schedule - and neither do we.

Our drop-in grief support group offers a safe, welcoming space for anyone navigating the loss of a loved one. Join us to share, listen, or simply be among others who understand. **No registration required.** Come as you are, when you need it most.

4th Wednesday of the month: 10/28, 11/25, 12/23

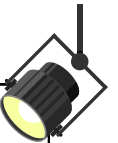
914 W. Baraga Avenue
4:00 PM

INDIVIDUAL COUNSELING IS AVAILABLE

You don't have to walk through grief alone. Whether you're feeling overwhelmed, looking for someone to talk to, or simply need a little extra support along the way, we're here to help.

To set up an appointment at our office or in your home, contact us at: 906.225.7760 or email us at: Grief@LakeSuperiorHospice.org





TURN THE PAGE TOWARD HEALING

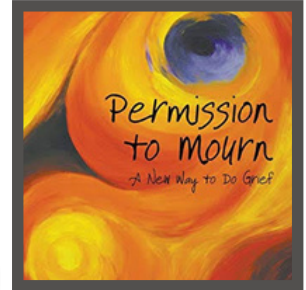
Book Spotlight: *Permission to Mourn - A new way to do grief*

By: Tom Zuba

Grief doesn't come with a timeline, a set of instructions, or a "right" way to do it. This book offers a compassionate perspective on loss and encourages readers to embrace their grief rather than rush through it.

Through personal stories and thoughtful reflections, Zuba reminds us that our feelings are a natural part of mourning and that we can honor both the people we've lost and the emotions that come with that loss.

A gentle and meaningful read for anyone navigating grief, no matter where they are in their journey.



HELP OTHERS FIND COMFORT:

LEAVE US A REVIEW



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Testimonial

“Thank you all so much for helping us navigate our mom's end of life journey and passing. It made a world of difference having you all by our side these past several weeks and we truly appreciate the support and comfort you provided not only to our mom but us, too.”



If our hospice team has brought you support or comfort, we would be truly grateful if you shared your experience on **Google or Facebook**. Your words not only encourage our team but also guide others who may be seeking compassionate hospice care for themselves or a loved one. Thank you for allowing us to be part of your journey.

YOUR VOICE MATTERS – SURVEY COMING SOON



In the next few weeks, you may be asked to complete a survey about your family member's hospice care.

If you receive a survey in the mail or by email from **Deyta (MatrixCare)**, please take a few minutes to share your and your family member's experience with our hospice.

Your answers will help us improve the quality of our care and help others choose a hospice. Your participation in the survey is voluntary.



906.225.7760



Grief @LakeSuperiorHospice.org



If you prefer not to receive future bereavement newsletters, **please contact us** to be removed from our mailing list.