

# The Grief Connection



January 2026

## LIFE IS A SERIES OF SMALL CHOICES

January seems like an ideal time to discuss choices. The New Year is often when we naturally reflect on changes we would like to make. Even if you are still feeling paralyzed or stuck in grief, we can continue to learn, change and grow.

For better or worse, every moment shapes who we are becoming. We often assume that doing nothing means nothing changes. But no movement is its own kind of movement. Inaction is still action. Not choosing is still a choice. As time moves forward, we are continuously becoming someone new - even if we have no idea who that person is yet.

Life is a series of small choices... let this be a simple, yet daily reminder that even with a little awareness we can make good, healthy choices for ourselves. There are days when we have to do "5 minutes at a time" "1 hour at a time" and more frequently, one day at a time. We can only be present in this moment. During grief this can be a truth that oscillates between bringing us feelings of empowered resilience or existential nausea.

"Do I get out of bed?" "Do I cancel my plans with a friend?" "Do I keep ruminating and obsessing, or do I stop the thought?" "Do I smile at the stone-faced cashier, or mirror her expression?"

"Do I step outside and sit in the sun to enjoy some coffee, or do I stay inside?" There are countless decisions and choices that we make daily that maybe we have never given thought to before. Stop and consider choices you regularly make that you are proud of, that make you feel good. What are some choices that you don't love or move you forward toward who you want to become? What would you need to do to alter them? What would daily life look like if you did alter some choices? In a year from now, how could your life look different?

As you take time to reflect on this past year and in welcoming a new year, consider these questions and either find a safe person to discuss them with, or try journaling.

Grief is difficult, especially when facing a New Year. However, our choices matter even when our heart is broken. Grief is something that we carry, not fix. It's something we tend to, not get over. As you take in 2026, may you find peace and comfort.

*Wendy Prevost*

Hospice Social Worker, LMSW

**In this newsletter you can expect:**

**Resource Spotlight: Website**

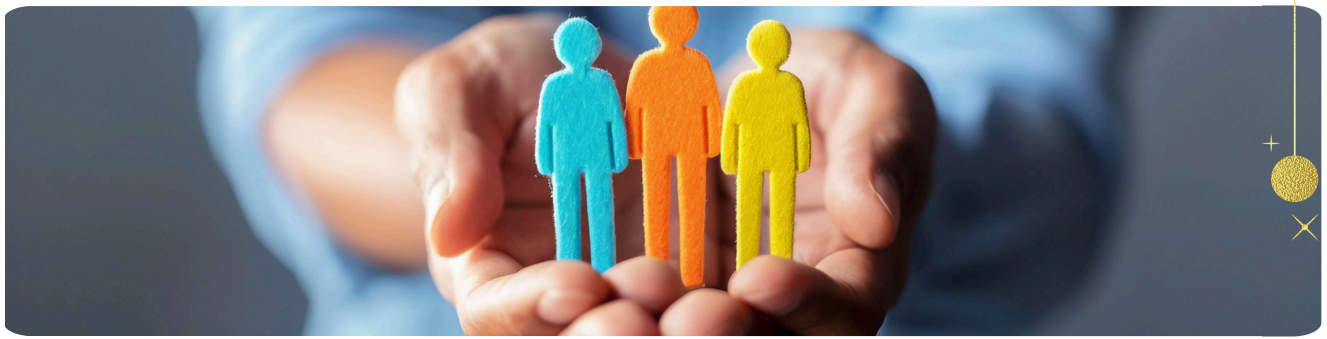
**Ornament Pick-Up**

**Volunteer Spotlight**

**Grief Support Groups**

**Book Spotlight**

**2026**



## Resource Spotlight: Refuge In Grief

*A supportive space for people navigating loss*

**Website:** <https://refugeingrief.com/>

### **Why we recommend it:**

Refuge In Grief offers compassionate, practical support for anyone navigating loss. Created by grief advocate Megan Devine, the site provides tools for both people grieving and those supporting them, focusing on real-world guidance rather than clichés.

### **What You Can Find**

- Resources for grievers: Articles, tips, and writing exercises to process grief honestly.
- Supporter guidance: Advice for friends and family on how to be present and helpful.
- Community & courses: Monthly Q&A sessions, workshops, and private consultations.

### **Why It Helps**

- Honest, non-judgmental guidance
- Actionable tools for everyday life
- Support for both grievers and supporters

Refuge In Grief is ideal for anyone looking for real, meaningful support during one of life's hardest times.

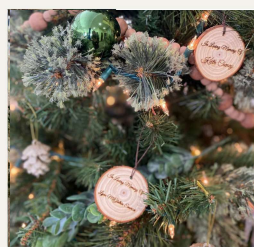




## Ornament Pick-Up *Forever in our hearts*

For those who previously requested an ornament for our “*Forever in Our Hearts*” remembrance tree, they will be **available for pick-up** from our **Lake Superior Life Care & Hospice office after January 6th, 2026.**

We are truly honored that you entrusted us to help commemorate your loved one with a personalized ornament. Each ornament is a small, heartfelt tribute, and it brings us comfort to know it will serve as a lasting reminder of the love and memories you hold close.



**Lake Superior Life Care & Hospice**  
914 W. Baraga Avenue, Marquette  
(Located alongside Marquette GMC)

**Office Hours:**  
Monday - Friday  
9:00 - 4:30 PM

*...at the heart of every moment*



## Carrying Them Forward

We carry them in the stories we tell, in the traditions we keep, in the love we share. They live through us, in the kindness we give to others. Their legacy is not just in the past but in every moment, we honor their memory.



# VOLUNTEER SPOTLIGHT

## Cindy Bal

### Finding Joy in Simple Moments

This April marks two years since Cindy began volunteering with Lake Superior Life Care & Hospice, and we are so grateful for the compassion and presence she brings to our patients and team.

One of the things Cindy enjoys most about volunteering is the simple, meaningful time spent sitting and visiting with patients. She especially loves engaging in coloring activities, something she has always enjoyed personally and continues to find joy in today. Whether she's at the table with her "lady friends" or coloring alongside other patients, Cindy cherishes these moments of connection, creativity, and shared calm.

Outside of volunteering, Cindy's hobbies reflect her thoughtful and active spirit. She loves reading and enjoys walking, especially during the spring, summer, and fall months when she can be found on the bike path along Lake Superior, taking in the beauty of the outdoors.

Family is also an important part of Cindy's life. She is a proud grandmother to seven grandchildren, five of whom she happily travels to visit whenever she can. Spending time with them brings her great joy.

Cindy describes herself simply and beautifully: "I am blessed."  
We feel blessed too—to have Cindy as part of our hospice family and to witness the gentle kindness she shares with those we serve.

## ♥ 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.

If you'd like to learn more about the joy and fulfillment of becoming a hospice volunteer, we would love to connect with you!

Contact Susie Duquette at  
906.225.7760



Photographed are our 2025 Volunteers at our Volunteer Appreciation Event in November

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.



# GRIEF SUPPORT SERIES

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.

This event is **free** and open to anyone to attend.

## Lake Superior Life Care & Hospice

914 W. Baraga Ave  
Marquette



Next Session begins 1/8/2025:  
**Thursdays: 1/8, 1/22, 2/5, & 2/19**  
10:30 AM - 11:30 AM

Please **RSVP** by 1/5/26 at  
906.225.7760  
or by email at:

[grief@lakesuperiorhospice.org](mailto: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.

914 W. Baraga Avenue  
**4th Wednesday of each Month**  
4:00 PM

## GWINN GRIEF GROUP

Open grief support group will take place monthly on the **2nd Wednesday** of every month at the Forsyth Senior Center. This group is open to the public.

165 N. Maple St, Gwinn  
2nd Wednesday of each Month  
2:00 - 3:00 PM

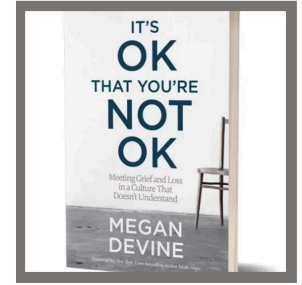




# TURN THE PAGE TOWARD HEALING

## Book Spotlight: *It's OK that you're NOT OK*

By: Megan Divine



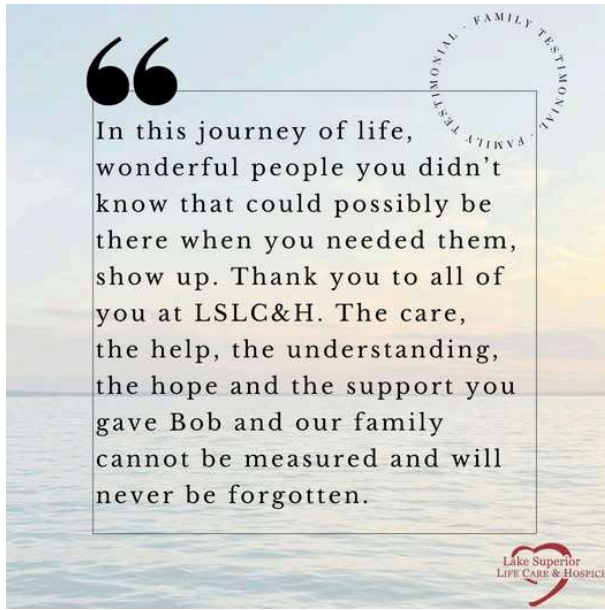
Grief doesn't follow a timeline—and it's okay to not be okay. This book offers compassionate guidance for anyone navigating loss, acknowledging the raw, difficult emotions that come with grief. This book helps readers understand that their feelings are natural, validates their experience, and provides practical insights for coping while honoring their pain.

Whether you're grieving yourself or supporting someone who is, Devine's honest and empathetic approach is a comforting reminder that you are not alone on this journey.

## HELP OTHERS FIND COMFORT:

LEAVE US A REVIEW

SCAN ME!





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, by email, or receive a phone call 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	 LakeSuperiorHospice.org
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