

# The Grief Connection

April 2026

## REDEFINING “OK” AFTER LOSS

What does “being ok” mean to you?

In early, acute grief, pain is everywhere. When a significant loss destroys the only world that makes sense it’s hard to imagine being “ok” again. For some, it may feel like a betrayal to their loved one. For others, it just seems impossible.

Time doesn’t necessarily “heal all wounds”. It does, however, soften and dull some of the pain. Loss teaches us that life is a series of peaks and valleys. Feeling “ok” or happy is a transient state because we as humans are always navigating life.

It seems we frequently get asked “are you ok” while we are grieving. Some truly want to know and want to be a safe person for us, while others may use this as a prompt to “help us” move forward or “get over” our grief and sadness. It may also be their own discomfort surrounding death.

Very likely there will be days when you do feel “okay”, only to find yourself the very next day slammed with a grief wave. Some good questions to ask yourself are: What gives me strength? What would it look like and feel like to be “ok” in

my post loss life? Is it reaching a point when good days outnumber the bad? Perhaps it might be discovering a new sense of purpose or having a type of ongoing bond with the person who died.

The real work of grief is finding that middle ground, not denying the grief and or dismissing it, but also not allowing it to define our lives forever. Are we able to see grief as an experience that needs support rather than solutions? Suffering and pain are not the same thing. We can feel pain in grief and choose not to remain in suffering. Loss gets integrated into our lives moving forward.

In grief, experimenting means looking for things that bring even the tiniest amount of relief or peace in your heart. Micro distinctions or micro distractions. Those who have experienced deep loss and grief carry a wisdom that the rest of us need to know. May you find this Spring as a place of renewal.

*Wendy Prevost*

Hospice Social Worker, LMSW

**In this newsletter you can expect:**

**Resource Spotlight: Podcast**

**This month I will try to...**

**Grief Support Series**

**Grief Support Groups**

**Book Spotlight**



# PODCAST

## Resource Spotlight: Good Grief Podcast

Grief can feel overwhelming, lonely, and confusing—but you don't have to face it alone.

One resource we find helpful is the podcast Good Grief, available on YouTube, Apple Podcasts, and Spotify—for free.

### Why Listen?

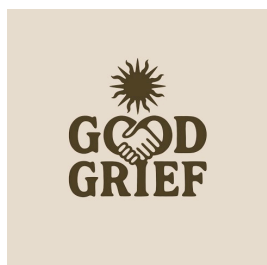
- **Real Stories:** Hosts and guests share personal experiences with loss, helping you feel less alone.
- **Practical Tools:** Each episode offers coping strategies, self-care tips, and ways to honor loved ones.
- **Compassion, Not Fixes:** Grief isn't something to "fix." Good Grief reminds you it's okay to feel everything—sadness, anger, confusion, and even joy.

### How It Helps

Whether you're newly bereaved or have been grieving for years, Good Grief provides gentle support. Episodes are short and easy to listen to while walking, commuting, or sitting quietly.

### Ready to Listen?

Find Good Grief on Spotify, Apple Podcasts, or YouTube. Take a few minutes, listen, reflect—and remember: seeking support is a sign of strength.

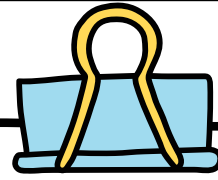


## Grief is like a snowflake...

Sometimes it comes one flake at a time; other times, it comes like a blizzard.

It melts away, but it always comes back.

Just as each snowflake is unique, each person experiences grief in their own unique way.



### This month I will try to...

- Take a quiet moment each day to remember my loved one
- Write down one happy memory that makes me smile
- Reach out to a friend or family member for support
- Go for a walk or spend time in nature
- Light a candle in honor of my loved one
- Listen to a song that brings me comfort
- Try one small act of self-care (bath, journal, tea, nap)
- Allow myself to feel whatever comes—without judgment



*Remember: Even small steps are part of healing.*



Micro joys are how we survive macro grief.



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 4/2/2026:  
**Thursdays: 4/2, 4/16, 4/30, & 5/14**

10:30 AM - 11:30 AM

Please **RSVP** by 3/31 at  
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.

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: *Understanding Your Grief*

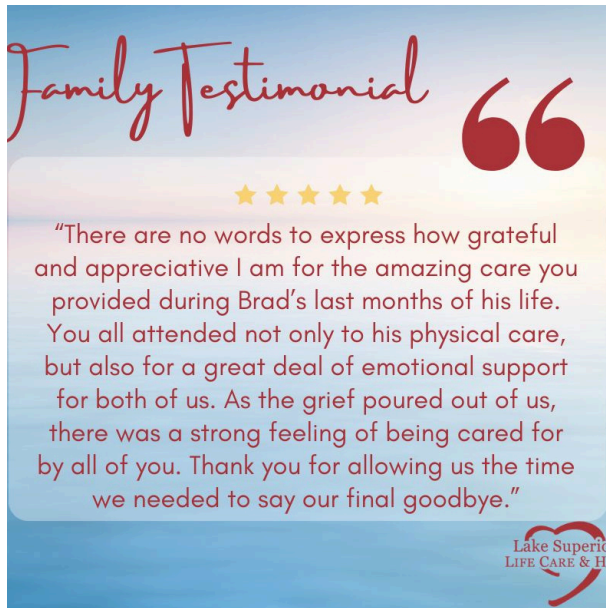
By: Alan Wolfelt

Grief isn't something to rush or fix—it's something to experience. In *Understanding Your Grief*, Dr. Alan Wolfelt guides readers through the six essential experiences of mourning, from feeling the pain of loss to finding new meaning in life. With compassionate insights and practical guidance, this book reminds us that healing is a personal journey, and it's okay to grieve in your own way.



## HELP OTHERS FIND COMFORT:

LEAVE US A REVIEW



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.