



The Grief Connection

July 2026

JOY WITH GRIEF?

When we have had a significant loss, it may be normal to wonder if we will ever feel real joy again. What I am learning is that grief and joy become partners. You can experience both at the same time.

When our loved one dies, our heart and body are responding to something that we can't fix or resolve. Grief is love with no place to go. The math never changes; Love minus presence = grief.

If you are celebrating a milestone such as a birthday, wedding or new birth and you experience a mixture of both joy and grief, please know this is because you have loved deeply. Love is the reason that both the joy and the grief exist. One does not cancel out the other. Joy is not the absence of grief. They co-exist.

Our heart registers that while we may be celebrating one event, the WHO is still missing. The love never ends, but our relationship with the deceased has changed. Life after loss can be thought of as three strands braided together; Grief, Love, and Joy. Love is in the middle.

We don't "recover" from love and loss; we learn to carry it differently. Over time we learn to grow "around" the grief. It's still there, just not as sharp or raw. This is referred to as integrating grief, learning how to "hold" grief, how to live with it, and how to make space for it.

I hope that as our short U.P. summer is upon us, that you are able to find things that give you joy. I have included some ideas of "places" your love could go...

- Random acts of kindness/paying it forward
- Volunteer with an organization that your loved one liked
- Plant a memorial garden
- Make a scrapbook or journal
- Visit their favorite places
- Read their book collections
- Try a hobby they enjoyed
- Cook their favorite food.

Sincerely,

Wendy Prevost

Hospice Social Worker, LMSW

In this newsletter you can expect:

Lessons Grief has taught me

Save the Date: Memorial Service

Volunteer Spotlight

Grief Support Information

Book Spotlight

THE HARDEST LESSONS THAT GRIEF TAUGHT ME



“The tragedy of what happened will never go away, I will only move forward. It will forever be there.”

“It isn’t my job to be strong.”

“The life I always imagined is not the only life worth living.”

“Good things will continue to happen in this life even after the most devastating tragedy changed everything.”

“Carrying on is hard, but we need to create a new normal.”

“Being lonely has nothing to do with being alone.”



The Illustration That Helped Me Make Sense of Grief

Grief often begins as something heavy and overwhelming. Over time, it may not disappear, but it can change shape as we learn to carry it differently. This simple illustration offers a gentle reminder that grief is not something we leave behind—it becomes part of our story, woven together with the love we continue to hold.



Lake Superior
LIFE CARE & HOSPICE

PLEASE JOIN US FOR OUR

Annual Memorial Service

SAVE THE DATE: A Special Evening of Reflection and Remembrance

Love does not end with loss—it remains woven into our memories and hearts. We invite you to join us for our Annual Memorial Service, a special gathering created to honor and remember those in hospice who have passed away in the last 12 months. Together, we will take time to reflect, remember, and celebrate the lives that continue to inspire us. During the service, each loved one's name will be read aloud and a candle will be lit in their honor. The program will also include live music, inspirational readings, and a chance to connect with members of our team.

 **Date: 9/23/2026**  **Time: 5:30 PM**

 **Location: Presque Isle Pavillion, 3 Peter White Dr. Marquette**

Please note that this newsletter announcement serves as an early invitation. A formal invitation with additional details will be mailed to families closer to the event date. We hope you will join us as we come together in remembrance, support, and healing.

Following the service, guests are invited to stay for light refreshments and fellowship.

Note: If you would prefer that your loved one's name not be read during the service, please contact our office at 906.225.7760 and we will respectfully remove their name from the memorial list.



GRIEF SUPPORT SERIES

Registration is Required

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



Next Session begins 8/20/2026:
Thursdays: 8/20, 9/3, 9/17, & 10/1
10:30 AM - 11:30 AM

Please **RSVP** by 8/19 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.

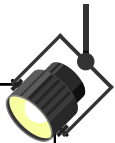
914 W. Baraga Avenue
4th Wednesday of each Month
4:00 PM

INDIVIDUAL COUNSELING IS AVAILABLE

Individual services are available for children, teens, and adults.

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



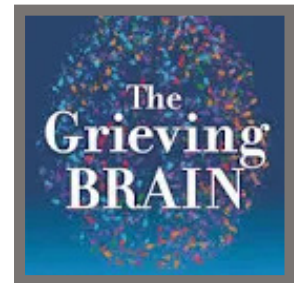


TURN THE PAGE TOWARD HEALING

Book Spotlight: *The Grieving Brain - Understanding the Science of Loss*

By: Mary-Frances O'Connor

Grief affects more than our emotions—it also impacts how our brains function. In *The Grieving Brain*, neuroscientist Mary-Frances O'Connor explains why grief can affect memory, concentration, and our ability to adjust after a loss. Blending science with compassion, this insightful book helps readers better understand the grieving process and reminds us that many grief experiences are a natural response to loss.

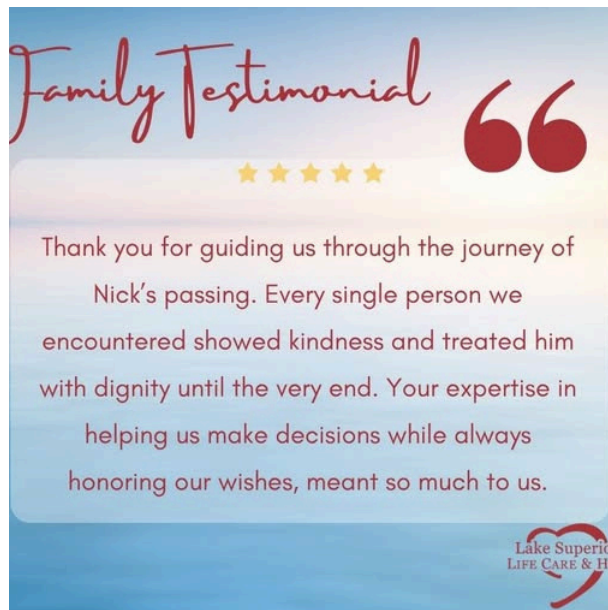


HELP OTHERS FIND COMFORT:

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 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.