Sister Joyann Repp, BSN, MSN
Sister Joyann Repp serves as a casual status bereavement specialist after retiring from the bereavement outreach coordinator position with the Agnesian Bereavement Center. She graduated from the St. Agnes School of Nursing with a bachelor’s of science degree in nursing from Marian University and a master’s of science degree in nursing from Indiana University. She has a variety of experiences in nursing and administration throughout United States.

Megyn Wirkus, MST
Megyn Wirkus graduated from Marian University in May 2014 with an undergraduate degree in expressive and therapeutic arts. During her time in the expressive arts program, Wirkus volunteered with the Agnesian Bereavement Center and Grief Relief services for three years. After graduating, Wirkus started the master’s of science in thanatology program through Marian University, which she graduated in December 2015. During her time in the master’s program, Wirkus completed an internship at Children’s Hospital of Wisconsin, Milwaukee, in the bereavement program. Wirkus started working at the Bereavement Center in March and offers one-on-one support, leads grief support groups, and facilitates a lunch and learn group at La Clare Farms once a month.

Lori Tschetter, CSW
Lori Tschetter graduated from Augustana University with an undergraduate degree in social work and sociology. She worked for several years as a case worker in the adult services field, providing case management for clients. Ten years ago, she became a volunteer for Hospice Hope, as well as Grief Relief. She has been with Grief Relief since its inception. Tschetter joined Agnessian HealthCare as a bereavement specialist a year ago. Her main focus is facilitating the children’s Grief Relief group, as well as facilitating groups in the schools, and providing one-on-one support to individuals at the Bereavement Center.

Sharon Stoffel, MS, LCSW, LPC
Sharon Stoffel has been in the mental health field for more than 30 years as a licensed clinical social worker/professional counselor. In that time, she has worked as a crisis counselor, supervisor, outpatient therapist, youth mental health assessment counselor and bereavement specialist. For the past four years, she has been working as a bereavement specialist at Agnesian HealthCare Bereavement Center. She works with children, adolescents, adults and families in their journey through grief. Stoffel facilitates groups in schools and meets with individuals, families and groups at the Bereavement Center. She also organizes a day retreat for teenagers through Equine, which is a horse therapy.

Dawn Rehrauer, Certified Grief Support Specialist
Dawn Rehrauer, bereavement specialist, has a long history with Grief Relief services, as she co-founded it more than 10 years ago. Today, she offers one-on-one support, facilitates groups in schools and also facilitates spouse/partner grief support groups at the Bereavement Center. She also organizes an annual Kids Survival Kamp for grieving children and Journey of the Heart Weekend Retreat for those who have experienced the death of a spouse/partner.

Melissa Klebs, MS
Melissa Klebs, bereavement services supervisor, has been working at the Bereavement Center for a year. She has her master’s of science degree from Marian University in grief and bereavement. Klebs has been working in the bereavement field for the last seven years. Currently, Klebs facilitates the adult Grief Relief group, and meets with families and individuals who are grieving the death of a loved one. She is also the Resolve through Sharing™ (RTS™) coordinator for Agnesian HealthCare. The RTS™ service is a services provided to families who have experienced an infant death, ectopic pregnancy, miscarriage or stillbirth.
So over the last month, I have been talking with my friends, co-workers and family about what’s the difference between a father and a dad? What I learned, is that everyone had something different to say.

Fathers seem to be viewed as providers, breadwinners, strong, the rock, set the family standards or expectations. He is an example of strength and discipline. He is the head of the household and the one who had the final say when it came to making decisions for the family. A father will tell you to go do your homework. He demands respect. A father taught the value of a hard day’s work and the value of a dollar.

Dads were described more than just providers. They were described as selfless, someone who has earned the title “My Hero.” Dads are viewed as the protector, dependable, kind hearted, Mr. fix-it, fun and resourceful. The one you could go to when you were in trouble or needed advice. A dad will help you with your homework. A dad is someone who has earned the respect of his children. A dad is someone who is a great role model for not only his sons but his daughters as well. Dads put their family's needs/wants before their own needs/wants.

Moms - For those of you who didn’t have a dad growing up do not forget to honor your mom this Father’s Day. She worked hard to fill all the roles while you were growing up.

Most of our fathers and dads possess qualities from both the father role and the dad role, and that’s what makes each of them unique. So take the time this Father’s Day to celebrate them. Acknowledge the time they took raising us, for providing us with material comforts for our well-being, and the basic necessities to grow. For all the times they put our needs before their own. For all the hard work and dedication they showed over the years, just so that we could have a better life. This year when you celebrate father’s day, don’t hesitate to utter a few words of thanks and show your love and respect.

Here are a few thoughts to get you started:
1. “I love you.”
2. “Thank you.”
3. “I’m so proud to be your son/daughter because _____!”
4. “This is what I have learned from you ____.”
5. “I am grateful for you because _____.”
6. “The most important thing you taught me was ____.”
7. “We may not always agree, but ____.”
8. “Someday I would like to hear the story about?”
9. “What is one thing you want my children to know about?”
10. “I have always wanted to tell you ____.”

Dawn M. Rehrauer, bereavement specialist, Agnesian HealthCare

To be a dad, you don’t need to be a father, and to be a father doesn’t mean you’re a dad.

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle’s flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities, When there was nothing more to add, He knew His masterpiece was complete, And so, He called it... “Dad.”

~unknown
In nearly 43 years of working with those who grieve, I have observed differences between men and women in their coping styles. The traditional grief theory I had been taught - that healing results from people identifying their feelings and sharing them - did not fit many men.

Men grieve. Men cry. Men have feelings. And men heal. They just have a different way that is often not seen or understood by others. The first step for many men in their grief work is to go into their solitude. Solitude is the place within oneself where memories are recalled, feelings are felt, and conversations are held with whom we need to talk to. There, men get in touch with themselves, including their pain, and begin to work through their pain. Solitude not only teaches men to deal with their pain but it also reminds them to move beyond their inner solitude and relate to those beyond them.

Interestingly, men talk about their losses and grief. But not through naming feelings. Men often use storytelling. Storytelling is a vehicle to express feelings without naming the feelings. If one listens to such a story, one can feel the feelings “dripping off of the words.” The storytelling is doing the work of healing. When the story is done, the man is often done “sharing” his feelings. The listener has to be OK with that. In doing so, the listener is honoring the man’s feelings and grief. The listener is a witness to the story.

In being with men who are dealing with a loss ask, “How are you doing?” versus. “How are you feeling?” Often men don’t have many words for feelings. Give them space to go into their caves, their solitude. Assist and create ways for men to “do” things in their grief work. Provide openers for storytelling. Ask, “What happened?” or “Where were you when you heard?” etc. Once a story is being shared, one needs to avoid interrupting by asking about feeling or more details. If one interrupts it may interrupt the train of thought and the man may not be able to get back to what he was feeling.

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Kids Survival Kamp
GROWING THROUGH GRIEF

Tuesday, June 20 through Wednesday, June 21, 2017

• Guided activities
• Fun, sharing environment
• Swimming, hiking
• Games and outdoor activities
• Bonfire

For children entering grades Kindergarten through seventh grade to work through the grieving process after a death of a loved one.

Call (920) 907-3940 or e-mail griefrelief@agnesian.com.

Registration runs from May 1 to June 9, 2017.
Bereavement Support Groups

Agnesian Bereavement Center is located at 1161 W. Johnson Street in Fond du Lac. Support is available during the grieving process to individuals and their families following the death of a significant person in their life.

For more information on any of our Grief Support Groups listed, contact the Bereavement Center at (920) 907-3940 or e-mail us at bereavement@agnesian.com.

Grief Matters Monthly Grief Support Groups
First & third Thursday of each month  
6 to 7:30 p.m.  
Agnesian Bereavement Center  
1161 W. Johnson Street, Fond du Lac

Second Tuesday of each month • 1 to 2:30 p.m.  
Ripon Medical Center  
845 Parkside Street, Ripon

Third Tuesday of each month • 1 to 2:30 p.m.  
Agnesian Bereavement Center  
1161 W. Johnson Street, Fond du Lac

Fourth Tuesday of each month • 1 to 2:30 p.m.  
Waupun Memorial Hospital  
620 W. Brown Street, Waupun

Resolve Through Sharing™  
For those who have experienced a miscarriage, stillborn or infant death.  
Third Monday of each month • 6 to 7:30 p.m.  
Agnesian Bereavement Center  
1161 W. Johnson Street, Fond du Lac

Individual appointments available.  
Please call to schedule an appointment at (920) 907-3940.

Spouse/Partner Grief Support Groups
First Wednesday of each month • 1 to 2:30 p.m.  
Agnesian Bereavement Center  
1161 W. Johnson Street, Fond du Lac

Second & fourth Wednesday of each month  
6 to 7:30 p.m.  
Agnesian Bereavement Center  
1161 W. Johnson Street, Fond du Lac

Third Wednesday of each month • 11:30 a.m. to 1 p.m.  
Learn & Lunch  
La Clare Farms Dining Room  
W2994 County HH • Malone

Grief Relief  
Grief Relief Peer Support for grieving children and families  
For more information, call (920) 907-3940.

Grief Relief in Schools  
For more information on Grief Relief support in area schools, call (920) 907-3940.

agnesian.com/bereavement
The crackling, sizzling sound of coils of Italian sausage broiling on the barbecue grill this warm summer evening.

That sound, and the smell, takes me back to a feast - Saint Anthony’s? Saint Rocco’s? Our Lady of Perpetual Hope?

It was in Melrose Park, Illinois.

Sausage sandwiches with fried peppers, we called them “Melrose” peppers, sweet and thin-skinned, and I haven’t seen them since.

Under lights, hundreds, hung from one side of the street to the other to form arches under which the saint was carried in solemn procession.

Still, there was time for an Italian lemonade - sort of like sherbet - haven’t had that for years, either; we stayed for the fireworks.

Rockets forming multicolored flowers, with a bang and a boom, with such reds and such blues, in the warm summer sky!

Dad loved fireworks.

Now, so do I, but it gets longer each year till the Fourth of July.

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