



Cornerstones

A Newsletter From Oak Grove Cemetery

Fall ♦ 2002 ♦ Vol I ♦ No. 3



- ♦ *Burial Services*
- ♦ *Chapel*
- ♦ *Grave Sites*
- ♦ *Monuments and Markers*
- ♦ *Cremation Services*
- ♦ *Urns*
- ♦ *Mausoleum*
- ♦ *Pre-arrangement Counseling*

Grief Dealing with the death of a loved one

Bereavement is a powerful, life-changing experience that most people find overwhelming the first time. Although grief is a natural process of human life, most of us are not inherently able to manage it alone. At the same time, others are often unable to provide aid or insight because of discomfort with the situation and the desire to avoid making things worse. The following passage explains how some of our “normal” assumptions about grief may make it more difficult to deal with.

Five Assumptions That May Complicate Grief:

1. Life prepares us for loss.

More is learned about loss through experience than through preparation. Living may not provide preparation for survival. Handling grief resulting from the death of a loved one is a process that takes hard work. The fortunate experience of a happy life may not have built a complete foundation for handling loss. Healing is built through perseverance, support and understanding. The bereaved need others — Find others who are empathetic.

2. Family and friends will understand.

If a spouse dies children lose a parent, a sibling

loses a sibling, a parent loses a child and a friend loses a friend. Only one loses a spouse. Each response is different according to the relationship. Family and friends may not be capable of understanding each other thoroughly. Consider the story of Job’s grief in the Bible. Job’s wife did not understand his grief. His friends did their best work the first week when they just sat and did not speak. It was when they began to share their judgments of Job and his life that they complicated Job’s grief. Allowance must be made so that grief may be experienced and processed over time. The bereaved need others — Find others who are accepting.

3. The bereaved should be finished with their grief within one year or something is wrong.

During the first year, the bereaved will experience one of everything for the first time alone — anniversaries, birthdays, occasions, etc. Therefore grief will last for at least one year. The cliché, “the healing hands of time,” does not go far enough to explain what must take place. The key to handling grief is in what work is done over time.

Continued on page 2

in
this
issue:

- ♦ *Famous sites*
- ♦ *Monuments and Markers*
- ♦ *Silent City Tour*

Shattering Eight Myths About Grief

In order to effectively cope with loss, and to help others who are struggling, it is important to get past some of the common misconceptions about grief. The grieving process is a series of ups and downs, and often it’s more intense in the early years. The thing that we need to remember is that you never have to like a loss. You just have to learn to accept it and deal with it.”

A more accurate understanding of the way grief affects us can facilitate healing.

Myth 1: We only grieve deaths.
Reality: We grieve all losses.

Myth 2: Only family members grieve.
Reality: All who are attached grieve.

Myth 3: Grief is an emotional reaction.
Reality: Grief is manifested in many ways.

Myth 4: Individuals should leave grieving at home.

Reality: We cannot control where we grieve.

Myth 5: We slowly and predictably recover from grief.

Reality: Grief is an uneven process, a roller coaster with no timeline.

Myth 6: Grieving means letting go of the person who died.

Reality: We never fully detach from those who have died.

Myth 7: Grief finally ends.

Reality: Over time most people learn to live with loss.

Myth 8: Grievers are best left alone.

Reality: Grievers need opportunities to share their memories and grief, and to receive support.

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Grief, continued from page 1

It takes time and work to decide what to do and where to go with the new and changed life that is left behind. The bereaved need others — find others who are patient.

4. Along with the end of grief's pain comes the end of the memories.

At times, the bereaved may embrace the pain of grief believing it is all they have left. The lingering close bond to the deceased is sometimes thought to maintain the memories while, in fact, just the opposite is true. In learning to let go and live a new and changed life memories tend to come back more clearly. Growth and healing comes in learning to enjoy memories. The bereaved need others: Find new friends and interests.

Grief and the Holidays

“A Light to Remember” can help

Last year, Oak Grove Cemetery helped people remember their loved ones in a special holiday event. “A Light to Remember” was held December 23, 2001. More than 80 individuals braved the windy, snowy weather to create an ornament for their loved one and hang it on a Christmas tree. This year's event is set for Sunday, December 15. Please join us!

A Light to Remember

Sunday, December 15

Services at 3:30 and 6:30 p.m.,

Oak Grove Cemetery Chapel

1407 La Crosse St., La Crosse (across from UW-L)

5. The bereaved should grieve alone

After the funeral service is over the bereaved may find themselves alone. They may feel as though they are going crazy, painfully uncertain in their world of thoughts and emotions. The bereaved begin to feel normal again when the experience is shared with others who have lost a loved one. Then, in reaching out, the focus of life becomes forward. The bereaved need others: Find others who are experienced.

Provided courtesy of Jack Redden, CCE, M.A., and John Redden, M.S., grief counselors in Memphis, Tennessee, Memphis, Tennessee. Call Oak Grove Cemetery for contact information.

- ◆ Customize a holiday ornament for your loved one.
- ◆ Participate in a non-denominational service.
- ◆ Take a brief candle-lit walk outdoors to hang your ornament on a tree.
- ◆ Listen to holiday music.
- ◆ Enjoy warm beverages and holiday cookies.

There is no charge for this event.

If you can't make it to the event, but would like to customize an ornament for your loved one, fill out the coupon on page 3 and we will send you this simple, paper ornament. You can either keep the ornament for your tree or send it back to hang on ours.

For more information, call Oak Grove Cemetery, (608) 782-6956

Famous sites:

In The Cemetery: Cadwallader C. Washburn

Cadwallader C. Washburn (1818-1882) was a man of extraordinary talents.

He was a soldier who achieved the rank of Major General during the Civil War. He was a Congressman, elected by the people of La Crosse in 1866, and re-elected in 1868. Not quite ready to end his political career, the people of Wisconsin elected him Governor in 1871.

He was a tremendously successful businessman. He and his brother established Washburn Mills in Minneapolis, known today as General Mills. He was also a philanthropist, who funded the Public Library in La Crosse and several other educational and benevolent organizations in Wisconsin and Minnesota.

His memorial, the 22-ton, 45-foot tall granite obelisk, was erected in 1885 by the Smith Granite Works of Rhode Island at a cost of \$46,000. The monument was so large and heavy that a temporary spur of railroad track had to be laid to the site.

Befitting a man of his stature, his monument is the tallest in Oak Grove Cemetery.



**C. C. Washburn
Monument**

Self-Guided Walking Tour

Brochures Now Available

You can easily visit the Washburn Monument, along with several other historic sites in Oak Grove Cemetery, thanks to our self-guided walking tour brochure. This guide leads you to gravesites of famous people, as well as interesting structures and works of art. You'll also learn about the lives of the people buried in the cemetery, including G. Heileman, the Hixon Family and the Tranes.

The guide is free of charge and is a great way to learn more about area history – and get a little exercise at the same time. To order your copy, mail back the coupon on page 3.



Monuments and Markers

Everything you ever wanted to know . . .

A monument or marker is a lasting tribute to the deceased. At Oak Grove, we have literally thousands of samples on our grounds. We offer a beautiful line of granite markers and monuments for purchase and can help you design a new marker or match an existing marker or monument.

When the time comes to commemorate a life, or perhaps to plan ahead for yourself, remember that you will be creating a permanent historical record. If designed with careful consideration it will provide future generations with a valuable link to the past that will inspire and enrich their lives.

Granite is the most commonly used material and is available in numerous colors— traditional grays, blacks, a variety of reds, pinks, browns, greens and near whites.

Monuments come in a variety of styles.

Flat markers lie level with the ground and bevel. Markers are above ground level but are low. Their small size naturally restricts the decoration, although they still can be personalized by our staff.

Upright monuments are the preferred style for most families because they provide the maximum surface area for creative personalized design and they can be cut into a variety of different shapes. Design options are limitless.

Upright monuments are the most easily recognized and provide a distinctive touch to the gravesite.

Personalizing It

At Oak Grove Cemetery, the monument or marker can be as unique as the individual it memorialized. There are a number of ways to personalize a monument, including:

Shape: Modern stonework technology now allows a monument to be designed in literally any shape you can envision. From freeform, entwined hearts, or a special object, your choices in shape are limitless.

Image or graphics: One of the more popular means of personalizing a memorial is through the use of an image or graphic. Our staff have a number of methods and tools that can incorporate the image you desire within the design of the monument. A variety of images such as landscapes, scenes, floral and religious ornamentation and even portraits can be reproduced.

Inscription: Inscriptions or epitaphs are an easy way to personalize a monument. Even signatures can be exactly produced. The staff at Oak Grove can also provide inscriptions on markers already in place.

To learn more about monuments and markers, or to see samples of available markers, call or visit Oak Grove Cemetery.

term

Of The Issue:

Inurnment (in-urn-ment) v.

The placing of cremated remains in an urn.



Our Mission:

Oak Grove Cemetery exists to provide a beautiful and serene final resting place. We will provide comprehensive services for clients in an environment of trust, compassion and respect. The cemetery recognizes its importance as a historical resource, and is committed to enhancing public knowledge of that history.

Please Send Me:

- A paper ornament to be hung on Oak Grove's Holiday tree during "A Light To Remember."
- The Oak Grove *Self-Guided Walking Tour* brochure.

Your name: _____

Your address: _____

City/State/Zip: _____

e-mail: _____

- Please have someone at Oak Grove Cemetery call me regarding pre-arrangement counseling or other questions related to the cemetery.

Telephone number: _____



Trust ♦ Compassion ♦ Respect

Send to: Oak Grove Cemetery, 1407 La Crosse Street, La Crosse, Wisconsin 54601

Oak Grove Cemetery News Briefs

Mausoleum open houses

Are you making your final plans? Have you ever considered space at a mausoleum? Oak Grove Cemetery's Garden Mausoleum is a unique and serene environment. Beautiful landscaping, including a waterfall and fountains enhances this new space, constructed with quality brick and granite. We offer single and double niches for cremated remains and single, double and triple crypts for full-sized caskets. For more information or to schedule a personal tour, call (608) 782-6956.

New area for in-ground burials

In 2003, Oak Grove Cemetery will be announcing a new area for burials. Stay tuned.

Oak Grove launches web site

We're on the web! Check out Oak Grove's new web site at www.oakgrovecemetery.com to learn more about our history, services and upcoming events.

Need a Speaker?

Does your organization need a speaker? Let Oak Grove help! We can give talks on the history of the cemetery, pre-arrangement issues/estate planning, and cremation. Give us a call at (608) 782-6956.



Silent City Tour 2002



An historic horse drawn hearse makes its debut at Oak Grove's Silent City Tour.



Larry Green portrays the late La Crosse prominent businessman Alexander McMillan.

School kids that participated in the Silent City Tour say...

"Thank you for putting on the program at Oak Grove Cemetery for my class. My favorite part was when we went inside the mausoleum. I thought it was amazing! Everything looked beautiful!"

~ Alex

"I want to thank you for a great learning experience at Oak Grove Cemetery."

~ Tony

"I thought the performers were wonderful...I will come back next year!"

~ Kayla

"I'd like to thank you for a tremendous and interesting experience."

~ Ashley

"I really enjoyed hearing all the history because I take after my mom - we both like history. Thanks you for a wonderful time."

~ Haeli