



# It’s true: We will get through it together

By Linda Wilk

They say the first year is always the hardest.

I was reminded of that recently when my brother confided in me that he was grappling with all that took place a year ago to our family.

It began in early March 2019, when my mom was rushed to the hospital where we learned she had a stroke. She spent about a month in the hospital, even celebrating her birthday there.

When she was strong enough to come home, her one goal was to attend Andrea and Marissa’s high school graduation in early June.

To make that happen my sister, her husband and their grandson drove my parents from Nebraska to Indiana. My brother and his wife also made the journey.

It was the weekend of Andrea and Marissa’s graduation that we learned my dad had been walking around for months with a huge mass on his right lung. It was in Marion that he was diagnosed with lung cancer. It was on Father’s Day that he died.

During a phone call to my brother to talk about getting a web cam for my mother’s computer to allow her to be better connected to her Bible study during this coronavirus time, my brother disclosed his struggles.

He commented how the first year after his divorce, he struggled with the memory of what had taken place. I felt bad when he said that, never having experienced a divorce, and believing he weathered through it just fine, I never thought to console him on that anniversary time.

Now, as the many firsts happen to our family, coupled with the COVID-19 virus, which has literally turned the world upside down, I feel compelled to encourage my brother and anyone struggling to reach out for help.

I asked my brother if he had talked to anyone professionally about what he is mentally going through. His reply was that it was not that bad. The response I expected, since our family was never one who believed in talking about our feelings.

I feel blessed to work at Family Service Society, Inc. where it is natural to think about your mental health, as much as your physical health.

A common term my boss likes to use is to get a “checkup from your neck up.” I pushed my brother a bit further when he said what he was experiencing was not that bad, I encouraged him to consider talking to someone to work through the emotions, instead of just stuffing them.



A SLICE OF LIFE

Linda Wilk



“To get it out of my head,” he replied. Yes, to help you understand that what is going on with you has merit and needs to be discussed, I said.

I was not going to lie to my brother about how I was feeling. I could not say that I found myself struggling with the same things that he was. For me, yes, the loss of my dad has been hard, there will always be a hole in my heart for my dad. However, I know he is in Heaven and no longer suffering.

I also know that as my sister and I have discussed things could have been far worse if my mom had suffered her stroke and my dad had died this year.

Most likely I would not have been able to visit my mom in the hospital. My parents would not have come to Indiana for the graduation, because it would not have taken place. My dad would have eventually been diagnosed in Nebraska with lung cancer and I would not have been with him and the rest of the family when we learned the diagnosis. And, my family would not have been able to attend the funeral given to the social distancing requirements that have been critical during this time.

So, while this year has been difficult in other ways, I feel blessed that what happened in my parents lives, happened last year and not this year.

And, for my brother and anyone else, who is finding themselves wrestling with their emotions and how to grapple with what life is throwing us these days, I would strongly encourage you to do two things. Find a personal relationship with God and pray to God that he will help you through this time. And, find a licensed clinical therapist to help you work through this time of uncertainty. Sometimes just talking it out can provide you with clarity that otherwise may not happen.

Because as I have heard countless times during this pandemic, we are in this together and we will get through this together!

2020

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mentor who works to recruit, retain, and support underrepresented minorities in STEM-related fields

Jim Brunner, honorary inductee, longtime local sports broadcaster, “Voice of the Marion Giants”, Marion Community Schools Board of School Trustees Member, City Council Member.

The 2020 inductees will be honored at an induction ceremony and banquet set for Saturday, Sept. 19, 2020, at the Barnes Student Center, Indiana Wesleyan University, part of Marion Giants homecoming weekend. More details and ticket information will be provided closer to the date of the event. Inductees will also be honored at the Giants’ homecoming football game on Friday, Sept. 18.

The MHS Hall of Distinction gives lasting recognition to alumni who have made exceptional contributions to the achievements and prestige of Marion Community Schools. It also serves to help inspire current students to aspire to similar success.

Any MHS alumnus or alumna who graduated at least five years ago and who have made substantial contributions to the achievements of Marion Community Schools or whose exemplary actions reflect honor on MCS are eligible for nomination. The Hall seeks to honor men and women who have distinguished themselves through superb accomplishment on a local, state or na-

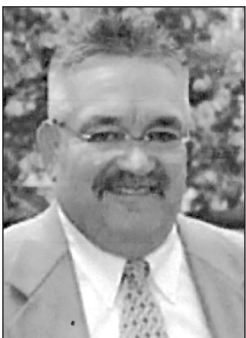


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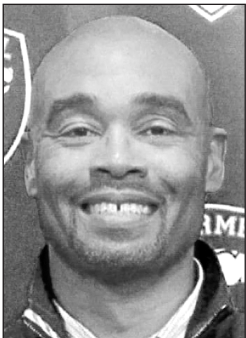
tional level in diverse fields of endeavor.

Non-MHS graduates may be afforded honorary status in the MHS Hall of Distinction.

The nomination period will be reopened next year. For more information, including nomination forms and details on previous inductees, visit the Alumni section of the Marion Community Schools website, [www.marion.k12.in.us](http://www.marion.k12.in.us).



Mark Boatwright



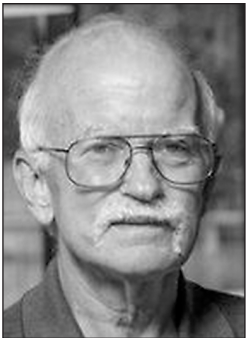
Kenneth Browner



Jim Brunner



Howard Livingston



Richard Osburn



Jim Walton



Lesley Weaver



Jerry Whitton

## Indiana History Answers

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