



Grief *in* Progress

Disclaimer / Listener's Note

A listener's note: Some episodes of this podcast include discussion of death and other traumatic experiences. Please use discretion when listening and take good care of yourself.

Grief in Progress Podcast Season 2, Episode 1 – Strength in Standing Together: A Mother and Father's Story

Introduction to Season 2 of the Grief in Progress Podcast

- Narrator** Human beings are wired for connection. We need other people in our lives—social connections—to survive.
- Claire Veseth** Connection is a link . . .
. . . something happens. There's a spark. There's a completion there.
- Narrator** Without connections, we feel more than just incomplete. Scientific research shows that loneliness can feel as real as physical pain. One National Institute on Aging study revealed that prolonged social isolation actually took years off someone's life and was as harmful to a person's health as smoking 15 cigarettes a day.
- Having social connections is especially vital when we are experiencing grief and loss.
- Katrina Murphy** It just eases your mind to know that there are other people that are in your shoes that have been through what you've been through and you have that special connection with them.
- Jessica Seaburg** The word connection, to me, means a bond. It means to be unified with something or someone, a connection that will help you, a connection that will inspire you, a connection that will empower you. If you have a good connection, you're going to want to be better.
- Laurel Van Auken** Connections to me. It's just kind of a synonym for family.
- You can reach out to them and say, "I'm having a tough time with this."
- I feel safe around you, I can talk to you, I can be open with you about this because you understand.

Narrator

Hi, I'm Alison Law. Welcome to Season 2 of the Grief in Progress podcast. This season is all about the power of connections, as told to us by family members who have lost a firefighter in the line of duty.

Joining me this season are Jenny Woodall, Grief Specialist at the National Fallen Firefighters Foundation.

And, Bev Donlon, Director of Family Programs for the Foundation.

Bev, we just heard a few Fire Hero Family members say what the word "connections" means to them. How do you define "connections?"

Bev Donlon

Well, the connections to me are the bonds that bring us together. When we connect families that have experienced similar losses, it allows them to express their feelings with somebody who truly understands, who understands what they're going through, their pain. And there's no judgment, so it's okay to feel the way that they do, and it helps them realize that they are not alone.

Narrator

Same question for you, Jenny. How do you define "connections?"

Jenny Woodall

I always like to go to the etymology of the word and look up its origins. And connection comes from the Latin, meaning "a binding or joining together."

For our purposes here, I think of a connection as anything that makes us feel less alone even when we aren't physically together.

Social connection increases our sense of safety and belonging, both of which can be really challenged during times of loss.

Grief can't be fixed, so presence becomes really fundamental to supporting people who are going through that very unique and personal process.

Narrator - from
Alison Narration

Thanks, Jenny and Bev, for lending your voices and insights into the personal stories we're going to hear in each episode. Starting now . . . with the story of Katrina and Dwayne Murphy.

Katrina and Dwayne have been married for more than 34 years but have known each other since they were kids. They enjoy the easy rapport of a couple who have spent most of their lives together. Two people bonded together by love, friendship, and loss in a small town with a population of 792.

Katrina Murphy

We live in Montgomery, Indiana. It's a small town in southern Indiana.

Dwayne Murphy

We were both born and raised. Katrina lived actually just a mile from me, but I wouldn't say I knew her. Katrina was more of a country girl.

Katrina Murphy

I lived south of the highway.

Dwayne Murphy

My dad always said stay away from those kids south of the highway. (They both laugh.)

Narrator

Thankfully, Dwayne ignored his dad's advice. He met Katrina on the playground when he was in fifth grade, and she was in sixth. They've been close to inseparable ever since. In November 2022, they celebrated their 34th wedding anniversary.

Katrina Murphy

I don't know if it was love at first sight or we just grew up with each other. I think back to our wedding day, the vows that we made to each other. It wasn't the traditional vows that you hear at weddings. The preacher had us write our own, and that was something special. You just think back to the commitment that you make to that person.

Dwayne Murphy

I think one of the big keys that I've seen out of Katrina is forgiveness. We got married young. I graduated in '86. I went to college to play baseball, and I could see that wasn't working very well.

I looked out on center field and there were three other players standing beside me wanting that spot. In high school, that spot was mine. I saw the competition there. I ended up going for a year and a half.

We come back, and then we get married. I'm 20 years old. All my friends were still running around and going to ball games in the evenings and partying or whatever they wanted to do. And I still wanted to do that. And I did that some. She would get mad at me, but she stuck with me. I guess she forgave me because I'm still here.

Katrina Murphy

It's hard work, and you've got to take it seriously. And yes, you're going to have your ups and your downs and your fights and your arguments and everything. At the end of the day, I love Dwayne and it boils down to that. He's my best friend. I've got female friends, but they don't know me like Dwayne knows me.

Dwayne Murphy

Had I not married the right person, I'm not sure I'd have been married that long.

And kids come along. Kids were a huge factor. You realize you have a family.

It makes you grow up quick. I know there was probably a lot of people in our community that didn't think we would make it.

Narrator

Daughter Kelsie and son Kendall completed their family of four. Katrina worked for the Barr-Reeve Community Schools, and Dwayne joined the family bricklaying business. It wasn't long before he followed his dad, Steve, into another field: volunteering as a firefighter. Dwayne's fascination with the fire service started when he was 7 or 8 years old and followed his dad to emergency calls.

Dwayne Murphy

I remember dad taking off in his pickup truck and putting his blue light on, and me getting on my bicycle and riding because we wanted to see the firetruck pull out of the station.

Dwayne Murphy

As I got older, I would go and help, maybe pull hose.

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| Narrator | As an adult, Dwayne helped his father at a serious fire scene and attracted the attention of the Montgomery Fire Chief. |
| Dwayne Murphy | We get back then, the chief says, "If you're going to follow us around, you might as well join." He gave me a pair of boots and rubber gloves. That was our turnout gear. |
| Narrator | As the Montgomery Fire Department grew and became better equipped, Dwayne trained and developed as a first responder. When acquaintances at a nearby city department said they were hiring full-time firefighters, Dwayne was ready. Katrina had some reservations. |
| Katrina Murphy | <p>He was on the volunteer department in Montgomery, and then when they offered him the job at Washington, I said, "Oh, but you'll have bigger fires. You'll have more fires and everything." He's like, "But I'll be safer at Washington." I said, "Why will you be safer? What's the difference?" He said, "I'll have better equipment. I'll have more equipment, you know. If I get in trouble at a fire, they know what to do and they know how to handle the situation."</p> <p>And I had never thought about it like that.</p> <p>It was a 24-hour shift. Which at first it was hard, when you're raising a family, when your husband's gone for 24 hours. I think within the first couple years, when he would be gone, our water heater went out. "What do I do now? How do I handle this situation?" It made me grow up. It probably made me more- ... independent Just take care of things on my own. Every once in a while, he would say, "You don't need me anymore. You can do that." I said, "Oh yeah, I still need you. I still need you to be here. So don't be getting any ideas."</p> |
| Narrator | Dwayne worked as a career and volunteer firefighter. He and Katrina were very active in their community and in their children's lives. Kendall looked up to his father. |
| Katrina Murphy | He was very much a daddy's boy. He loved Dwayne. He respected him. I've got pictures all the way from childhood all the way up of the two of them together. |

Dwayne Murphy

He just wanted to be where I went. As a young dad in the 20s and seeing your four-year-old all the way up to however old he got before he... The teenage years. But wanting to do everything you did, it just made you feel good.

But as he got older, he become a mommy's boy. (Katrina laughs.)

Katrina Murphy

When Dwayne was hired at Washington and gone for 24 hours, Kelsie got married, so she moved out. So, it was just Kendall and I at home. We would have good talks. Just having him there in the house was very reassuring to me. And then he went to college, so he moved out, so I was home by myself. But he would come home in the summertime. And then after he graduated from college, he was home again. It was just that mother-son relationship that... I miss it.

Narrator

Kendall was an insurance agent. He was also an avid sports fan who worked part-time at a local golf course and coached the high school basketball team. Unlike his dad, Kendall never really expressed an interest in becoming a firefighter.

Dwayne Murphy

I didn't see him excited about being a volunteer firefighter.

I mean, he respected me. He would ask questions. He would want to know stuff, but I just never really seen him doing that.

When Kendall got a job as an insurance agent in town, I went to him and I said, "Hey, you're in town. I know your boss. He'll let you off for fire runs. You need to join the department.

Dwayne Murphy

When I talked him into joining, him and his best friend and another guy, the three of them joined the same time. They came down, we took hazmat classes down at Washington. We were able to do some training down there with them. We were getting them going.

Narrator

Kendall volunteered for two years alongside his dad and grandad at the Montgomery Fire Department.

On Friday, November 10, 2017, he had been making wedding plans with his fiancé Jessica. Jessica left, and Kendall was on his way to bed, when he received a call about a car accident with injuries close to his house. Kendall drove to the scene, parked his car, and began gearing up to help the person who had wrecked in a ditch. That's when he was struck by another driver—a volunteer firefighter from a different department who was responding to the accident. Kendall Murphy died at the scene. He was 27 years old.

Katrina was the first to learn of her son's death.

Katrina Murphy

We had Kendall's dog at our house, and all of a sudden, she just starts going nuts barking. Somebody pulled in. Somebody's at our house. So, I get up and look. Well, it was his dad, and his Montgomery chief are knocking on the door, I was thinking it was Dwayne. Something had happened to Dwayne. And I said, "What?" "What's going on?" And they said, "It's Kendall." And from that point on, it's a blur. I remember, I think Steve probably... I think he caught me. They came in and sat with me for a little bit. I called my sister and told her. She just lived down the road from me. I called my parents. They waited until somebody came to be with me until they went to the station to tell Dwayne.

Narrator

Dwayne Murphy was working one of his 24-hour shifts in Washington and had just come back from a run.

Dwayne Murphy

As I backed the firetruck in at whatever time it was, it was after 11:00 probably, my Washington fire chief was there.

And he just looked at me and he couldn't say anything. As I walked to the back of the fire truck, I saw my dad and my volunteer fire chief, and then my nephew and a couple other people. I'm like, "What are you guys doing here?" And nobody would say anything. And so, you've been here long enough in this trade that this isn't good. So, I immediately thought of my mom. Nope. They just shook their head. And I said Uncle Jim, because he wasn't doing well. No. And then when they told me it was Kendall, I think I passed out. I just dropped to my knees; I know that. They were there to take me home. But it was weird because I was assistant chief of this department, and so I was in charge of training and all this other stuff, and my mode didn't stay in father that just lost his son. I went to the assistant chief I've got to go find all the training records. OSHA's coming in. I just went that route. And so, as we're driving, I'm telling my chief, "Hey, my computer has all the training records. We'll go find these files." He looked at me like I was crazy, I'm sure. And he says, "You don't need to worry about that stuff. We need to get you home to Katrina."

Katrina Murphy

People just showed up at our house.

But it's a blur. I couldn't tell you how many people were at our house. I called Jessica's dad to tell him, and that was very hard and difficult. They came, they brought Jessica, her sister was with them. Just people everywhere until all hours of the night.

And then when Dwayne got home, we went back in our bedroom, and we just held onto each other. We had known other couples that had lost their child in accidents. He just put his hands on my face and he looked at me and he said, " We can't let this tear us apart. We're still husband and wife. We still have a daughter. We have grandchildren. We've got to be strong for each other. We can't let this tear our marriage apart." And he said, "Yes, we'll have time where you don't think you can go on or you can't function. That's why we have each other, to lean on each other and to help each other to get through this. Our daughter needs us." I'll never forget that.

Jenny Woodall

What struck me about Dwayne and Katrina's story is that they made a decision and a commitment at the most difficult moment of their lives to see it through with one another. They set their intention to stay together no matter what, even though they did not know what it would look like or how they would get there. We always have choices. There are a lot of things that we can't control in that situation, but making that choice was for them, the first step of that path.

Katrina Murphy

It was hard because I couldn't see Kendall after the accident. One of the EMTs that was a good friend, she came in and she told us, "I will not let you see him. You don't want to remember him that way. You know the last time you saw him and what he looked like. That's how you need to remember him." They did bring him by in the ambulance and they stopped at our house. They let me hold his hand, which was hard, but I needed that. Dwayne and I both were in the ambulance with him, our daughter was in there with him, both of our parents got to go in and hold his hand. And then also, that was Friday night, Jessica wanted to put his wedding ring on him, and so we asked the funeral director if that would be possible. And she said, "Yes, that's fine. We can arrange that." So on Sunday, Dwayne and I and Jessica and her parents went to the funeral home. They had a white sheet over him. We were all back there. The funeral director pulled his left hand out, and on that hand, on the top part of his hand, there was a scar and it is the shape of a heart. I just broke down. And I took a picture of that. It's a perfect heart on his hand.

We get back home, and I showed it to our daughter, because I had a real hard time. As a mother, you want to be there for your children in their most hardest situations. You want to be there, you want to protect them, you want to take care of them, and I wasn't. I wasn't there for Kendall when he needed me most. And then I see this heart on his hand. When I showed it to Kelsie, she said, "Mom," "Jesus was there. That heart shows how much Jesus cared for Kendall and for you. That's your sign that he's in heaven, that God has him, and he's right where he needs to be." So that picture is so precious to me and it's what I needed.

Dwayne Murphy

The heart was Katrina's confirmation of Kendall's in heaven.

I hadn't cried. I couldn't cry. I kept saying, something is wrong with me. I go back to where I was putting the fire chief scenario. I was more worried about that and not my family. It was either Sunday night or Monday night, before the funeral. We go to bed, and I guess I was dreaming because I remember hearing Kendall come home and say, "Dad, I'm home. Dad, I'm home." And he went, "Dad." And I sat up in bed and I said, "What?" And he's not there. I looked at Katrina, it woke her up too, and I said, "I just had a dream I heard Kendall tell me he was home." And I started crying. I just bawled.

And again, we told our daughter about that, and she said, "Well, Dad, that was Kendall telling you he's home." So that was my breakdown of crying and my confirmation that he's in heaven. I tell that story to a lot of people in our foundation that look for a sign of this or that or are wanting to know about why they can't cry or... It's there.

Narrator

Even though they both received signs of comfort immediately following Kendall's death, Dwayne and Katrina struggled with how to grieve and with whom they could grieve. Grief specialist Jenny Woodall says it's important for parents to give themselves plenty of time and compassion while figuring these things out.

Jenny Woodall

Not everyone will be able to walk this with you. Some of the people who you have relied upon in your life will not be able to go there with you because it's just such an unimaginable thing, experience, but people will show up to walk with you. You will not have to walk it alone. I think it's critical to connect with other people who've experienced the death of a child.

Narrator

Learning how to grieve as an individual is challenging. Sometimes it's even tougher to navigate grief as a couple.

Katrina Murphy

Grief for me, I like to say, is unfinished love. And when you love someone and they pass away so unexpectedly, you can't complete that love. I remember it was one of the first couple days after his accident, a lady that had lost her husband had come over to our house and told me, "You grieve how you need to grieve. You do not let anybody else tell you you're doing it right or you're doing it wrong. You do it what feels right for you."

Dwayne Murphy

Grief for me is hard to explain. I think as a man, you try to hold your emotions in. And for me, my grieving is when I'm in my vehicle by myself a lot of times. I used to feel sorry for myself. And then I think of grief as, if I wasn't hurting, that means I didn't love him. So, I loved him with all my heart and that's why I hurt. And sometimes if you look at grief as making you happy, and I know that sounds weird to somebody that when you think of grief is all sad, but when I do start hurting, it's not very long I have a smile on my face and I start thinking of all the funny things he did and the memories pop up. And so grief to me brings memories and lets me think about him.

Jenny Woodall

Each person has to do their work. And to know that their partner's path will be different than theirs, that we cannot fix it for the other person, but we can be present and give one another and ourselves grace. And practice deep compassion and forgiveness on the days when everybody is going to be stretched thin at the same time.

Narrator

One thing that both Katrina and Dwayne have found helpful is keeping Kendall's name in their daily conversations.

Katrina Murphy

Another lady lost her son at a young age, and she was at our house, and she said, "You will never get over this. It will be with you the rest of your life. It's something that you're going to want to talk about Kendall. You're going to want to mention his name. Do it. Do it. Mention his name. Talk about him, all the funny stories, the memories. Bring those up." And I think that helps people that you're talking to feel more comfortable when you're around them.

Dwayne Murphy

Every day since that accident I have said his name out loud to somebody. And that somebody may be Katrina, but a lot of times it's guys at work. And if you can do that, like Katrina said, it kind of opens the door to where they may tell a funny story. And especially when we're around some of his buddies. We'll start telling a Kendall story. And one thing that really makes me proud is to hear somebody say, "Well, he was your son. I see where he gets it." In the grief there, I'm feeling proud. And so, grief is a lot of emotions. And one thing we like to say when somebody'll say, "It's been five years. Get back to normal." We'll look at them and say, "Normal is just a setting on the dryer." That's all normal is.

Jenny Woodall

Relationships don't end just because someone died. Those people, and all they represent within us, all our memories, all our stories remain, and in continuing to say their names and tell their stories, we keep them close to us. Death doesn't erase all of the warmth and richness that they brought to our lives, and we don't have to give that up. There used to be this idea that the goal of grief was to come to a point of acceptance and detachment from what used to be, and the thinking now is more that it can be a healthy, comforting, positive thing to continue to have a relationship with that person who died as we move forward in our lives.

Narrator

Katrina and Dwayne attended Memorial Weekend in October 2018. They were astonished to connect with so many other families who understood the depth of their loss.

Dwayne Murphy

Even though it's a total blur, our eyes were opened to ... There's other people here that have lost somebody and they're smiling. They're helping us. They're doing anything they can for us. And the first time we were at the store where you can go get souvenirs.

And this couple comes up and they're from Wisconsin. They lost their son Jamison. I like to mention their names because we like to hear the names. Jamison was killed in the line of duty and they come up to us and talk to us, want to know about our hero. We tell them, we ask them about theirs, they tell us.

That's just what you do when you're there. And so, then when we went back to help. We caught ourselves, walking up to people and, "Hey, tell us about your hero." Because we know that we want to talk about them. They're not going to hear that at their home, they're not going to walk into Walmart, and somebody walk up to them, "Hey, tell me about your hero." But it does here at the National Fallen Firefighters.

Katrina Murphy

There were people there that weekend that I connected with that I am still connected with. And it's like a family you don't want to be a part of, but you're happy to be a part of. And those connections that you make, all over the United States that we have met at Memorial Weekend that we feel we have connected with and will forever be connected with.

And it just eases your mind to know that there are other people that are in your shoes that have been what you've been through, and you have that special connection with them.

And then when COVID hit, everything was canceled, so they set up the Wednesday night Zoom meetings.

Narrator

In 2020, the Foundation paused all in-person programs and events due to the COVID-19 pandemic. The weekly Peer Support Group provided Fire Hero Family members a chance to meet virtually and share stories, struggles, and ideas. Director of Family Programs Bev Donlon says connecting online offered some unexpected pluses.

Bev Donlon

We use the breakout groups in Zoom, we learned that this was fabulous, that we could say, okay, here's a mother's group, here's a father's group, here's a siblings' group. And we just say hello. And then we're like, okay, we're going to put you in your breakout groups. And then they go into that group, and we are out in the hallway waiting basically, the virtual hallway so that they have their hour and they can discuss what they want to and it's private. And then they come back and they're like, "Thank you." And it just gives them that connection. It works, especially for those people who wouldn't travel, who maybe aren't able to travel for whatever reason. Children, finances, whatever the reason. If they can't travel, they've got this outlet. We have something there for them too. So that was our silver lining.

Katrina Murphy

With the Zoom meetings, we love them, we look forward to them every week.

If somebody's having surgery or something's going on in their personal life, you're just there to support them. It's not all about the loss of your hero. And if something's going on in your life, you can share it. It doesn't go any further than that group and they're there to support you.

Dwayne Murphy

Zoom started with National Fallen Firefighters and you might think what's the big deal in that? Well, these new families that couldn't go to the Memorial because of COVID now met families and they were learning about National Fallen Firefighters before they were really inducted if you will, without the Memorial.

There's a family in California that lost their brother.

We call them the California Girls. They looked at us and asked us a question because they wanted to know what their parents were feeling. That's when it really hit me that this Zoom is wonderful. Those California Girls asked us questions and how we feel, how we did this, what we did here. And they come back the next week and say, that helped, they figured out why their dad was acting the way he was or why their mom was doing this. And it opened their eyes a little bit. And then we could ask them questions because like I said, our daughter, we don't know some things. So how are you two doing now that you lost your brother? And what things do you do to think about him?

Katrina Murphy

At first, I was a little hesitant, do I really want to open myself up to these people that I don't know? But now it's like, yes, I can't wait for Wednesday night. That emotional and mental health from that aspect has been very beneficial. I can't thank the Foundation enough for starting that. And it's the little things that you don't even think about that will help you in the long run.

Dwayne Murphy

And then the men's group. Finally, I get other guys to talk to Men Forging Ahead.

Narrator

Bev Donlon says the Foundation established this virtual support group for men ages 18 and up after being forced to change their plans for an in-person retreat.

Bev Donlon

It was going to be our first retreat for men only. The fathers, the sons, the brothers, the stepsons. And unfortunately, with the pandemic, we had to cancel it for two years straight. So, we were like, how are we going to connect these men? So, we started with the Men Forging Ahead. It's very informal. It's a support and fellowship kind of group. They meet once a month on Zoom. And the men have told me that they have great conversation on many different topics as they relate it to their firefighter heroes and how they dealt with their loss.

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| Dwayne Murphy | I was the newest one there, if you will, everybody else's hero had passed years before. And so, when I'd have to talk about Kendall, I'd get broke down. I couldn't finish and I'd have to wait, and they would, "Hey, it's okay. We're crying with you." And so, you'd get through it. And then the next month, somebody new would get in and so you'd go over it again. But it feels good to tell your story and hear their stories. |
| Narrator | Five years after Kendall's death, Dwayne says he still struggles with regret and anxiety. He feels responsible for encouraging Kendall to become a volunteer firefighter and can feel overcome with worry when he's on duty at the fire station in Washington, as he was the night of Kendall's accident. Katrina can always tell when Dwayne's had a hard night. |
| Katrina Murphy | He'll be, I'm going to say, agitated almost. He might be a little bit grumpy, but if I can get him to talk about it, just to get it off of his chest, to get it out, to hear it spoken into words, I think helps him. |
| Narrator | And on those overnight shifts—when he's away from home and Katrina's asleep—Dwayne has a new lifeline to his friends in Men Forging Ahead. |
| Dwayne Murphy | I got them in my phone under Men Forging Ahead. We now text each other. We call each other on their hero's anniversary date, tell them we're thinking of them. |
| Narrator | Jenny Woodall says these connections—whether we make them in person, online, or via text messages—are essential to our health and well-being. |
| Jenny Woodall | Social connection increases our sense of safety and belonging, both of which can be really challenged during times of loss. And fundamentally, just knowing that we don't have to figure it all out on our own and do it by ourselves helps decrease anxiety and stress. Grief can't be fixed, so presence becomes really fundamental to supporting people who are going through that very unique and personal process. |
| Dwayne Murphy | Taking care of yourself, you hear that mentioned a lot. We used to get up in the morning and walk two miles every morning before I'd go to work before, she'd go to work. And we haven't done that since Kendall's accident. And I don't know if it's just because we're getting older and aches and pains or I look at it as I lost my gumption. |

Jenny Woodall Self-care during grief is not optional. It's essential. The emotions come when they come. They last as long as they last. So basic, boring wellness practices become really important during this extended period of elevated stress, which you can't control, but there is a lot you can control, and you have choices around that. One of the keys in everything related to grief is flexibility and gentleness with yourself. What you need now might not be what you needed before. Maybe you used to go to hot yoga and now you need to go to gentle yoga. Maybe you used to run marathons and now you need to go take a quiet meditative walk in the forest. It will shift over time, and it will continue to shift as you move through the process of grieving.

Narrator For Katrina and Dwayne, staying active now means trying to keep up with their next-door neighbors. Otherwise known as their daughter Kelsie, son-in-law Eric, and three grandkids.

Katrina Murphy The house beside us came up for sale.

So, we kind of told Kelsie and Eric, "Hey, this house is for sale. Would you like it?" And so, they are our next-door neighbors, which is wonderful. Hopefully, they feel the same. The grandkids can run back and forth. They keep us going, they are our motivation.

Narrator And during COVID-19, they came up with another routine for nurturing their connection with each other.

Dwayne Murphy Katrina and I, we bought a golf cart that we could ride around town, and we would go out in the evenings and be together.

Narrator Katrina and Dwayne Murphy and some of Kendall's friends set up a scholarship program in his memory. Funds raised through various 5-Ks, golf scrambles, and other sports-related events go to set up college savings plans for incoming kindergartners. Since 2018, they've raised more than 15-thousand dollars.

Narrator

On the next episode of Grief in Progress, we'll introduce you to Mary Hollis, a Fire Hero Family member who wrote her "next chapter" by creating a vibrant community and resources for widows.

Thank you for listening to the Grief in Progress podcast, a production of the National Fallen Firefighters Foundation. If you enjoy this podcast, please consider subscribing and leaving a positive review. For transcripts and other episode extras, visit griefinprogress.com. To learn more about the National Fallen Firefighters Foundation, visit firehero.org.