



Good Grief  
of Kansas, Inc.

# Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700 December 2019  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## *Caring For Yourself During the Holidays*

*by Fran McNeill*

- 1. Be Honest - Tell family and friends how you really feel about the holidays.**  
Family and friends are often unable to understand how painful the holidays can be for someone who is grieving the loss of a loved one. We can help them to learn by telling them that loss becomes more obvious when we think of happy holiday memories and when we remember those special family gatherings and traditions. Don't try to hide hurt, loneliness or longing. When you express yourself you will feel better.
- 2. Be kind and gentle to yourself emotionally.**  
It is OK to feel happy about things and to be heartbroken even within the same hour. The holiday ride can be an emotional roller coaster. Accepting this rather than fighting it lessens both the physical and emotional strain on you. It also helps you be more with yourself and those around you.
- 3. Take care of yourself physically.**  
Get adequate sleep, daily exercise and be moderate with food and drink intake.
- 4. Don't isolate yourself.**  
It is natural to think you may be a burden to others because you are in pain. Isolating yourself only increases your loneliness and despair. Create a support network of friends and family. Give them suggestions about what they can do to help.
- 5. There is no right or wrong way to spend the holidays.**  
You have a choice to spend the holidays as you have in the past, avoid the holiday, or do something brand new-spend it in a different place or designate it as a different day. Recognize that the holidays will be hard no matter what you do, or where you are so make a choice that is right for you.
- 6. Help someone else in need.**  
The act of helping is healing for your emotional wounds. When you help to meet someone else's needs, you feel good about yourself. Contact hospitals, nursing homes, orphanages, shelters, soup kitchens, and charities for suggestions of how you might help.
- 7. Take encouragement from the fact that you will survive this painful time.**  
You will survive, even though you may feel as if it will never get better. You will find comfort and strength in you ability to survive the pain and manage successfully. It is OK to have a good time. Enjoying the holidays does not mean that you forget your loved one or miss him or her any less. How much you grieve is not a measure of how much you love.
- 8. Make a list of names.**  
List close family and friends who can and will help you through this time. Some people cannot provide what you need. This helps you and gives those who want to help some direction in knowing what they can do.
- 9. Make a list of needs.**  
List those things that you would like from your loves ones and show it to them. For example: a hug, time to talk about the person who has died, daily walks together, sharing photos, time to cry.
- 10. Write a letter.**  
Write a letter to your loved one and say all the things you are feeling. Write a letter to yourself including things your loved one would say to you with knowledge of the pain you are feeling.
- 11. Be kind to yourself.**  
Having a difficult time during the holidays does not mean there is anything wrong with you. It does not mean you are weak, unable to get better or have emotional limitations. It simply means there is an enormous "hole" in your heart and life and it cannot be filled by anyone else or anything else. Treat yourself as kindly and gently as you would someone else going through this pain. Healing will come.



## SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

**Be sure to check the website for any changes to meeting schedules.**

### **Mondays: 7:00 - 8:30 PM**

Grace Baptist Church – (1414 W Pawnee)  
*Facilitators:* Bob & Connie Westerfield

### **SOUTH WICHITA**

### **Mondays: 7:15 - 8:30 PM**

East Point Church of Christ - (747 N 127th Street E)  
**Go to separate building north of playground**  
*Facilitators:* Adrienne Massey, Melissa Warnken, Phyllis Nichols

### **EAST WICHITA**

### **Tuesdays: 10:00 - 11:30 AM**

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room  
*Facilitators:* Marjorie Watkins & Jack Elder

### **CENTRAL WICHITA**

### **Tuesdays: 6:30 - 8:00 PM**

West Heights UMC - (745 N Westlink Avenue) Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.  
*Facilitators:* Evelyn Reece, Marsha Huffman, Bonnie Workman

### **WEST WICHITA**

### **Tuesdays: 7:00 - 8:30 PM**

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door  
*Facilitators:* Kathy Thomas & Linda Burris

### **CLEARWATER**

### **Wednesdays: 7:00 - 8:00 PM**

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)  
 RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room  
*Facilitators:* Deana King, Jenny Mitchell, David Span

### **CENTRAL WICHITA**

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## **SURVIVORS OF SUICIDE LOSS**

### **Mondays: 7:00 - 8:00 PM**

RiverWalk Church of Christ - (225 N Waco) Use NW entrance door. This door is usually locked, knock loudly - Room 106. Please call the Facilitator before attending, to ensure materials are available. This group is for those who have suffered the loss of a loved one through suicide.

*Facilitator:* Jim Yoder 316-727-0663

### **CENTRAL WICHITA**

*If you or someone you know is in need of help, be sure to contact the National Suicide Prevention Lifeline at (800) 273-8255.*

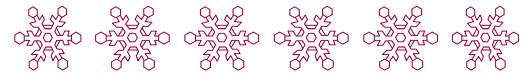
**You are welcome** to attend any support group of your choice.

It is normal to feel confused, forgetful, crazy, lost and alone, plus a wide range of other emotions.

It may not feel like it just now, but it does get better . . . let us help. **Please commit to attend at least three times.**

The first two times may be difficult but you will begin to feel a difference in your grieving as you are able to share about your loss and other issues that come along at this time.

You might want to visit several groups until you find the one you feel most comfortable with.



## **BAD WEATHER** **POLICY**



No group meetings will be held:



### **Wichita:**



If the Emergency Accident Reporting Plan is in effect.



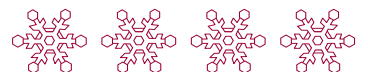
### **Outside Wichita:**



Check with your facilitator.



*Never put yourself at risk. If you think the streets are too dangerous to drive on, do not attend the meeting.*




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## **Schedule of Regular Socials:**

### **Thursdays: Breakfast at 9:00 AM**

**IHOP** - 11855 E Kellogg Drive  
 (Hosts: Cindy Swan, John McBride)

### **Saturdays: Breakfast at 10:00 AM**

**Spears Restaurant** - 4823 West Maple  
 (Hostess: Janet Cook)



### **Thursdays: Lunch/Brunch at 10:00 AM**

**Country breakfast Café** - 2804 S Seneca Street  
 (Hostess: Lois Pardee)



# December 2019

Today I will not stress over things I cannot control.....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	3 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	4 W.A.Y. Group 7:00 pm	5 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  TLC Mtg 5 PM Cracker Barrel West	6	7 Breakfast 10 am Spears Restaurant  Pearl Harbor Day
8	9 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	10 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	11 W.A.Y. Group 7:00 pm	12 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	13	14 Breakfast 10 am Spears Restaurant  Christmas Party 6:00 PM RiverWalk Church
15	16 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	17 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	18 W.A.Y. Group 7:00 pm	19 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	20	21 Breakfast 10 am Spears Restaurant
22 	23 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	24 No meetings 	25 	26 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	27	28 Breakfast 10 am Spears Restaurant
29	30 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	31 No meetings 	1	2	3	4

## 'Tis the Season of "Firsts"

By Margaret Brownley

No matter where you may be in your grief journey, chances are you are facing a 'first'. Perhaps, it's the first Christmas or Hanukah without your loved one. Or your loved one's first 'after-death' birthday or anniversary. Maybe it's the first time you'll see certain people or send out cards signed with your name only. Maybe it's the first time you lit the Hanukah candles without your loved one, or put a Christmas tree, attended the office party; the first time you, alone, had to worry about chains for the car, a leaky roof, or the selling of a house. As much as we might wish we could ignore the season of 'firsts', we know we can't and are often surprised when the anticipation turns out to be worse than the actual event. The day itself, whether it's a birthday or holiday, is seldom as bad as the days leading up to it. So relax, take a big breath and try not to project how you will feel or behave on any given day. Every 'first' we conquer makes us stronger, moving us from one point of our grief to the next. Moving us ever closer to healing.

Contributions for last month(s) totaled \$1033.73  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

## November

Contributors:

*Phyllis Calvert*

*Carmen Suter*

*Al Kemmerer*

*Ted McMurphy*

*Nancy Vincent*

*Shelly Cannady*

*Cheri Gartin*

*W H Ford*

*Mike Gillihan*

*Sue Henderson*

*Jim Price*

*Brenda Lowery*

*Lois Pardee*

*Jarree Miller*

*Kroger/Dillons*

*Anonymous*

Remember to send  
your donation to:

2622 W Central  
Suite 401B  
Wichita, KS 67203



## Memorial Gifts

*In memory of my loving wife*

*Cora J McBride*

*by John McBride*

\*\*\*\*\*

*In loving memory of my best friend*

*and husband of 24 1/2 years*

*Chris Cannady who passed*

*December 27, 2018*

*He wanted to make it through Christmas*

*and barely did.*

*by Shelly Cannady*

\*\*\*\*\*

*In loving memory of*

*Alvin Sarachek*

*by Rosa Lee Sarachek*

\*\*\*\*\*

*In loving memory of*

*Jessie Silver*

*by Fred Silver*

## Love Gifts

At this time there are no dues or fees to belong to Good Grief of Kansas. However, your gift is very important. We depend on donations from individuals and organizations to meet our program expenses and to keep the Good Grief office open. Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter.

*Memorial tributes and gifts always welcome.*

Note: For memorials with a special remembrance date, submit information one month early for timely publication.

# December Birthdays

Jane Easley .....	1
Betty Tatro .....	2
Diana Wendling.....	2
Shelly Cannady .....	3
Carol Collins.....	3
Andrew Denning.....	4
Jessica Graevs.....	4
Rhonda Hinkle.....	7
Stephanie Paker.....	7
Craig Burris .....	8
W H Ford.....	12
Michael Briley.....	15
Chuck Watkins .....	15
Maria E Garcia .....	12
Suellen Robbins.....	19
Marge Bauers.....	21
Jackie Evans.....	23
Sharon Kay Jefferson.....	23
Bob Hirschmann.....	26
Melissa Warnken.....	26
Jim Commerford.....	27
Carolyn Stanek.....	27
Martha Bradley.....	28
Deb Tresner .....	29
Debbie Kipple.....	30
Eileen Mora.....	30
Richard Escareno.....	11/24



# *What I Will See* by Lesley Schroeder

*When spots begin nestling on my arms and angering my vision, when sleep becomes more necessary and my breath is less prominent, and my heart grows very weak, before I see the white light, I hope to see a number of other things. I pray to whomever may be amongst my soul that only the most beautiful of images flood across my eyes amidst my passing.*

*I will see the sky in all its glorious phases of daily life. At night I will witness the pieces of heaven breaking through to light each path. At dawn, the world will awaken, at dusk rocked to sleep by the gentle beams dancing with the clouds in the Renaissance, chameleon sky. With each sunset saluted, everyone's moment has been locked away.*

*I will see the moment when my life changed. I will feel the sensation of power or failure or pride or triumph. I will see the tears emerging from my heart and hear a chorus tearing through my body. I will see through the mass of onlookers, the jealous or the relieved.*

*I will see my first love and my true love. I will see the differences in the two. I will forget the name of my first love and I fear the same for my true love. I will see each line of each face, each physical mistake, impartial imperfection. I will remember how I elected to ignore those aspects.*

*Before the shadow of the light overcomes me, I will see an angel, one living throughout my blood, one keeping me upright thus far. I will see the steps I was too weak to tread, the cries I feared to sound. I will see all that I was as a result of the angel. I will see my entirety of humanity and worldly existence becoming so at the hands of the angel.*

*And after I see the angel, my body will sigh and retire and my spirit will waltz with the lovely hearts wherever it all may begin.*



# the Holidays with You

~ By Rhonda Wilson

I planned to spend the holidays without you,

I went through my recipes and remembered how we planned holiday dinners together. We always said we weren't going to prepare as many dishes as last year - and then we always prepared just as many.

I got out the Christmas decorations and unwrapped our treetop angel. You gave her to me our first Christmas together. It seemed that each ornament and decoration held a memory of you and I smiled as I looked through our treasures.

I went Christmas shopping and remembered how we enjoyed finding the perfect gift for each person on our list. We liked to wait and shop during Christmas rush, so we could enjoy the feel of the holidays.

As I wrapped the gifts, I remembered how you wrapped the packages and I tied the ribbons. We were a good team.

I attended parties and dinners and thought about your gift for making people laugh. You wanted everyone to have a good time whether it was a family dinner, a church party or a get-together with friends.

I planned to spend the holidays without you, but everywhere I turned you were with me through a special memory.





# Everyone is Invited to a Christmas Party

Saturday, December 14 at 6:00 PM  
RiverWalk Church of Christ  
(225 N Waco - Back Entrance)

Bring your favorite dessert or snack to share and a wrapped item for a fun gift exchange game

Dress Christmas Casual  
No charge  
Feel free to bring a guest

<u>Office Hours</u>	
Mon.	8:00 - 5:00
Tues.	8:00 - 10:00
Wed.	8:00 - 10:00
Thurs.	8:00 - 10:00
Closed Fri/Sat/Sun	

OFFICE SUPPLY NEEDS:

**Envelopes:**  
# 6 Security  
# 10 Standard  
(Dollar Tree envelopes work just fine)

**Colored Paper:**  
Pastel - Cream  
8½ x 11, 24 lb

## DILLONS COMMUNITY REWARDS

### Dillons Plus Card Instructions

- Step 1:** Go online to [www.dillons.com](http://www.dillons.com)
- Step 2:** (If you already have an online account please go to instruction below.)  
Click on Community/then Community Rewards. Click on Create Account, enter email address and password, select preferred store, then click on create account at the bottom of the page.
- Step 3:** Add Dillons Plus Shoppers Card - Enter the 12 digit number from the back of your Dillon's Plus Card or alternate phone number and your last name, then click on save.
- Step 4:** This will bring up Account Summary page, scroll to bottom of page and at Community Rewards, Click Edit button.
- Step 5:** You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillons card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

### Already have a Dillons Account?

- Step 1:** Go online to [www.dillons.com](http://www.dillons.com)
- Step 2:** Click on Community /then Community Rewards
- Step 3:** Sign In - enter email and password, then enroll now.
- Step 4:** You will be asked your organization number - enter AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillon's card, your total \$\$'s will be credited to Good Grief of Kansas. Ask your friends & family to select us too!

If you have any problems, please call the Good Grief office and leave a message.

### I Want To Help Support Good Grief of Kansas

Enclosed is a memorial gift in memory of (Name) \_\_\_\_\_

Enclosed is my tax-deductible gift in the amount of \$ \_\_\_\_\_

Enclosed is my monthly support of:

\$20 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$75 \_\_\_ \$100 \$ \_\_\_\_\_

#### Send Memorial acknowledgment to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City State, Zip \_\_\_\_\_



ANONYMOUS PLEASE

I would like more information

My phone # is ( ) \_\_\_\_\_

My Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_



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Wichita KS 67203

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WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED



*Christmas Party*  
*Saturday*

*December 14th*

*6:00 PM*

Don't miss it !!!

(see insert for detail s)

[www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700

Good Grief News

### Executive Board

Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

### Board Members

Marilyn Nichols Ted Swan  
Merri Reed Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Marsha Huffman

### Trainers, Facilitators & Substitutes

Linda Burris	Fang Richards
Janet Cook	Cathy Sexton
Thomas Downer	Debbie Selsor
Jack Elder	Cindy Swan
Kathy Harbert	Kathy Thomas
Rhonda Hinkle	Marjorie Watkins
Marsha Huffman	Melissa Warnken
Frank Jarmer	Bob Westerfield
Adrienne Massey	Connie Westerfield
Lois Pardee	Bonnie Workman
Mary Piotrowski	Jim Yoder
Evelyn Reece	

### **Mission Statement:**

Good Grief of Kansas provides grief support for persons who have lost a loved one through death.

### Program Outreach:

- Widowed Support Group
- Survivors of Suicide Loss Support Group
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

**To be REMOVED from this mailing**

call 316-612-0700 *or*  
email your name and address as it appears on your mailing label to [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org) and put "remove from mailing" in the subject line.

Newsletters may be viewed on-line by going to [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org).

Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:

- Memorials, Gifts & Donations

Good Grief of Kansas, Inc. does not discriminate on the basis of race, religion, color, national origin, sexual orientation, sex, age or disability. If you feel that you have been discriminated against, you have the right to file a complaint with Good Grief of Kansas, Inc. by mail or to:

[info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## Marge Glazier



Real Estate for the Real World

### Century 21 Grigsby

Cell 316-648-7415  
Office 316-978-9200

Marge Glazier, Broker Associate