



Good Grief
of Kansas, Inc

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
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April 2021



Riding the Grief: A Roller Coaster of Emotions



The gate opens and we board the ride. The bar clicks as I pull it over my head and fasten the seatbelt. I look between the seats in front of me and see the track climbing to the first drop. Nausea starts to set in as the cart starts moving.

I have always enjoyed roller coasters, but I knew I was in trouble the first time I rode the Batman roller coaster at Six Flags over Texas. The Joker was Batman's nemesis and this ride was mine. It is unique in that the seats are hanging from the cart and you are thrust through a series of corkscrew spins. For those of you who are visual, imagine being a lone sock in a dryer and you would have the same effect.

We charged down the track and then climbed upwards entering the first of the corkscrew spins. I dug my fingernails into the padded seat as I felt my stomach falling. I was ill-prepared for the gravitational pull of my insides being clued to the seat. Fear overcame me; I doubted whether I could make it through the next few minutes without throwing up or blacking out. I closed my eyes and waited anxiously for the ride to end. I did not even notice the cart slowing down because my stomach was still moving. With my hands on the walls, I staggered through the exit tunnel and collapsed on the nearest bench. The world was still spinning, but I wasn't. It felt as though I was tumbling in all directions waiting to regain my balance. I am a visual person and this is how I would also describe my perspective after the death of my wife.

The corkscrew twists represented the waves of grief that would throw me off balance. I would come out of one spin only to be thrown again with the next memory, anniversary, etc. Life was moving, but I wasn't. However, with time comes experience and it helped to change my perspective.

A year passed. Once again, I was standing in front of the Batman Ride at Six Flags. I had ridden everything else but this one still haunted me. As we hurtled through the series of twists, I felt the familiar rush of nausea, but this time my eyes were open. I could see the approaching turns and brace myself for their effect. I could see the expressions of others in the cart and realized I wasn't the only one about to be sick. Exiting the ride, I headed for that same bench again. As I looked at the other people sitting on the bench, I recognized the pale and grimaced faces.

Support groups represent those people sitting on the bench with us. They understand the emotional and physical effects of being hurled in all directions while grieving. Having heard the stages of grief as defined by Dr. Elisabeth Kubler-Ross, support group participants can relate to the dramatic shifts between these stages. Sharing our experiences helps us to maintain our balance and regain our sense of direction. Support groups can also give us a new perspective.

I recently returned to Six Flags and yet again faced my foe. As the cart spun through the usual twists, I drew strength from the friends around me. We would yell triumphantly as we passed each turn. Although a bit wobbly, I walked away without stopping at the bench. As I think about this roller coaster today, I am reminded of a quote from the movie *Parenthood* which says, "It is interesting that a ride could make me so frightened, so scared, so sick, so excited, and so thrilled all together!" Yes, my attitude towards the Batman roller coaster has changed, and so has my perspective on grief.

It has been five years since the death of my wife. The waves of grief still sneak up from time to time but they no longer throw me into a tailspin. Acceptance is often perceived as accepting the loss, but I disagree. I believe that acceptance means accepting the life we are living because of our loss. I have made many good friends through the grief support groups and we've ridden the roller coaster of grief together.

By Michael Domingos, McKinney, Texas Bereavement Magazine Jan/Feb 2004

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

PLEASE NOTE: MASKS ARE REQUIRED AT ALL MEETINGS

Have you had a cough, fever or shortness of breath? Have you been around anyone exhibiting these symptoms? If the answer is yes to any of these, please wait the required 14 days before attending a meeting.

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

1st and 3rd Mondays: 7:00 - 8:30 PM

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield

SOUTH WICHITA

2nd and 4th Mondays: 7:15 - 8:30 PM

*****RESUMING IN PERSON MEETINGS*****

East Point Church of Christ—(747 N 127th St E)

Go to separate building north of playground

Facilitators: Adrienne Massey, Melissa Warnken,

EAST WICHITA

2nd and 4th Tuesdays: 10:00 - 11:30 AM

RiverWalk Church of Christ - (225 N Waco) Use South Office Entrance, Fireside Room

Facilitators: Marjorie Watkins, Donald Septer

CENTRAL WICHITA

1st and 3rd Tuesdays: 6:30 - 8:00 PM

*****RESUMING IN PERSON MEETINGS*****

West Heights UMC—(745 N Westlink Ave) Use North parking lot off Delano St, Building Entrance A2 "CHAPEL" (just west of A1 Entrance)

Facilitators: Evelyn Reece (316-722-3088 leave message), Marsha Huffman, Bonnie Workman

WEST WICHITA

1st and 3rd Tuesdays: 7:00 - 8:30 PM

*****This group is currently not meeting*****

Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door

Facilitators: Kathy Thomas

CLEARWATER

1st and 3rd Wednesday: 7:00 - 8:30 PM

W.A.Y. Widowed and Young (Ages 20's, 30's, 40's, 50's)

RiverWalk Church of Christ—(225 N Waco) SW Entrance, Fireside Room

Facilitators: Julie Montgomery & Fang Richards

CENTRAL WICHITA

1st and 3rd Thursday: 4:30 - 5:30 PM

Veterans

VFW (1560 S Topeka)

Facilitator: Tonya Ross

*****NEW GROUP Starting in May*****

SOUTH WICHITA

SURVIVORS OF SUICIDE LOSS

Mondays: 7:00 - 8:30 PM

This group is currently meeting by ZOOM. Please call the Facilitator to receive the ZOOM number. This group is for those who have suffered the loss of a loved one through suicide.

Facilitator: Jim Yoder 316-727-0663

CENTRAL WICHITA

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

Wichita:

If there is a threat of severe weather...

If EARP (Emergency Accident Reporting Plan) is in effect no meeting will be held.

Outside Wichita:

Check with your facilitator.

Never put yourself at risk.
If you think the weather too dangerous, do not attend the meeting.

Office Hours:

Mon / Wed / Fri 8 - 10 AM

Office Supply Needs:

Envelopes:
#6 Security #10 Standard
(\$ Tree envelopes are fine)

Schedule of Regular Socials:

Tuesdays: Breakfast at 9:00 AM

Livingstons - Webb & 21st
(Hosts: Cindy Swan, John McBride)

Thursdays: Lunch/Brunch at 10:00 AM

Country Breakfast Café - 2804 S Seneca St
(Hostess: Lois Pardee)

Saturdays: Breakfast at 10:00 AM

Spears Restaurant - 4830 W Maple
(Hostess: Janet Cook)

April 2021

.....walk in the sunshine today



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 Brunch/Lunch 10 am Country Café <u>TLC mtg 5:00 PM</u>	2 	3 Breakfast 10 am Spears Restaurant
4 	5 SOSL Wichita 7:00pm (by ZOOM) South Group 7:00 PM	6 West Group 6:30 pm Clearwater 7:00 pm Breakfast 9am Livingston's	7 W.A.Y. Group 7:00 PM	8 Brunch/Lunch 10 am Country Café	9	10 Breakfast 10 am Spears Restaurant
11	12 SOSL Wichita 7:00pm (by ZOOM) East Group 7:15 pm	13 Central Group 10 am Breakfast 9am Livingston's Board Mtg 5:00 PM	14	15 Brunch/Lunch 10 am Country Café	16	17 Breakfast 10 am Spears Restaurant
18	19 SOSL Wichita 7:00pm (by ZOOM) South Group 7:00 PM	20 West Group 6:30 pm Clearwater 7:00 pm Breakfast 9am Livingston's	21 W.A.Y. Group 7:00 PM	22 Brunch/Lunch 10 am Country Café	23	24 Breakfast 10 am Spears Restaurant
25	26 SOSL Wichita 7:00pm (by ZOOM) East Group 7:15 pm	27 Central Group 10 am Breakfast 9am Livingston's	28	29 Brunch/Lunch 10 am Country Café	30	1

A Whisper in Spring

by L.B. Jones

I wish that you were here to share this
hopeful Spring with me.
The blooming of the flowers and
new leaves upon the trees,
The sound of songbirds trilling
as the sun begins to rise,
The joy I'd feel if somehow
I could gaze into your eyes.
These days of spring are lovely
with all the sights they bring;

I welcome the warmth the sun's rays
bestow on everything.
Still, these days could be even finer
if only one thing more were here,
And that would be to have you close
to me to whisper in my ear.



Contributions for last month(s) totaled \$540.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

April Birthdays

Larry Flores.....1
 Marsha Agard1
 John Pool.....2
 Phyllis Calvert.....3
 Kathy Pearson3
 Pam Phillips4
 Lisa Behrends.....4
 Dale Tanner5
 Richard Marchetti.....5
 Michael A Nolen.....5
 Paulette Traffas11
 Tina Jonker16
 James R Harris20
 Jennifer Nguyen.....21
 Richard Young22
 John Huebert23
 Chad Wilcott25
 Debbie Rasmussen26
 Jody Hysom27
 Ralph Lucas.....29
 Connie Westerfield3/3

March Contributors:

- Janet Cook
- Ted McMurphy
- W H Ford
- James Harris
- Al Kemmerer
- Marge Glazier
- Cheri Gartin
- John Huebert
- Jarree Miller
- Lois Pardee
- Mike Gillihan



Memorial Gifts

In loving memory of
 Jack Elder
 We miss you
 by Marj Watkins

In loving memory of
 Jack Shelton
 by Alice Shelton



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.



You never really know the true impact you have on those around you.



You never know how much someone needed that smile you gave them.

You never know how much your kindness turned someone's entire life around.

You never know how much someone needed that long hug or deep talk.

So don't wait to be kind. Don't wait for someone to be kind first.

Don't wait for better circumstances or for someone to change.

Just be kind, because you never know how much someone needs it.

Do you have Facebook?

Did you know you can do a Facebook Fundraiser for your Birthday!!

This is a super easy way to help out Good Grief of Kansas AND celebrate your birthday at the same time. It's easy peasy and Facebook won't charge any fees for this. The fundraiser will last the entire month of your birthday and a check will automatically be sent to Good Grief of Kansas

Do this 15-30 days before your birthday

PC/Laptop Browser

In the Search box at the top-left of your FB screen - type '*fundraisers*' and hit enter.

Click the ">" button under Facebook Shortcuts.

Click the blue button, 'Select Nonprofit', then type '*Good Grief*' in the search, then click on 'Good Grief of Kansas Inc'.

On the left side, edit the Goal Total\$, End Date, text in the Title & Explanation, and add photo, if desired.

Click the blue button on the lower-left, "Create", to post and share your new Fundraiser!

Phone/Tablet

Tap the Search button at the top of your FB screen - type '*fundraisers*'.

Tap the "Fundraisers" button under Facebook Shortcuts.

Tap "Create Fundraiser", then tap "Nonprofit".

Enter '*Good Grief*' in the search, then tap on 'Good Grief of Kansas Inc'.

Edit the Goal Total\$, text in the Title & Explanation, and add photo, if desired.

Tap the "Create" button in the top-right of screen, to post and share your new Fundraiser!

Sign up today!

Dillons Community Rewards

Dillons Plus Card Instructions

Step 1: Go online to 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 Dillons 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.

Already have a Dillons Account?

Step 1: Go online to 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 Dillons card, your total \$\$'s will be credited to Good Grief of Kansas.

Ask friends & family to select us too!

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 _____

Initial Effort

By Janet Zinzeleta

One of the first places I went socially after my husband's death was to my brother and sister-in-law's home. These two had been a tremendous support to me during the long years of Ray's illness. When he would be in the hospital for week after week of chemotherapy, John and Mary would sometimes come to the hospital and take me out to dinner. I kept in close touch with them by phone and it was a great help to know they were there in case of any emergency.

They are a very generous couple and their lovely large house with its swimming pool has been the center of family reunions, parties and frequent get-togethers many times over the years.

Just a couple of weeks after Ray's death, another family member had planned a surprise birthday party for my brother, to be held at Mary and John's home. But going to their home now was another matter. I had never been there without Ray and the thought of being there for such a festive occasion without him was more than I could cope with, so I declined the invitation.

Two weeks later, Mary's mother was visiting from Florida and I was invited to come for dinner. "It won't be a big party, just our own family. I really think you should come."

As I was getting ready that afternoon, I was overwhelmed by the memory of other times when Ray and I had dressed to go there for dinner. I didn't think I could go through with it. But as I thought about it, I realized that if I kept refusing invitations, soon they would not be offered. Besides, putting off going to my brother's home would deprive me of the company of these dear relatives who had been so helpful. Eventually, I would have to face that first time without Ray, and putting it off could only make it more difficult.

As I arrived at my brother's house, I thought about the widow in my support group who always says, "We widows should be called The Great Pretenders." (She is referring to the front we put up when we're with other people.) So I tried to put on my familiar mask, but I had only been there a few minutes when I was acutely aware of the absence of that familiar tall figure next to me. I slipped into the unoccupied family room and began to cry. "I shouldn't have come," I thought. "These people, dear as they are, could never understand how difficult this is."

Just then I realized there was someone sitting next to me. It was my sister-in-law's mother who has been widowed for ten years. In my preoccupation with my own grief, I hadn't even noticed her. Putting her arm around my shoulders, she explained that she understood just how I felt and what a difficult time I was having. "Don't expect others who have never been through this to be able to understand," she said kindly. "No one, not even your children or your siblings, try as they might, can possibly understand. But you'll make it. There are a lot of us around who have."

That was the first of many times I have spent at my brother's home since. I have gotten used to going by myself, now, and I have been able to develop a new relationship with my nieces and nephews. I am interested in their lives and activities and they have added a new dimension to mine.

Now, when the whole family is gathered for some special occasion where Ray would normally have been there, like a reunion or a christening, I find myself still turning to look for him. The pain takes my breath away, but the benefits derived from having made the initial effort make it all worthwhile.



Batter Up!

By Margaret Brownley
Simi Valley, California



Grief hits in waves. At certain times of the year, it can become unbearable, especially during the holidays. A widow friend is hit the hardest during the opening day of baseball. Every April, she is assailed by memories of her husband donning his baseball cap and taking off for the nearest ballpark to coach a Little League team. "I never could understand the appeal of baseball," she admits. "So I seldom went to his games. About a year following my husband's death my grandson begged me to go to his game. I went, and that's when I realized that baseball wasn't just a game to my husband, it was a philosophy of life." She went on to explain that her husband lived his life like a coach, encouraging everyone he met. "Way to go," he'd say, clapping his hands when a toddler took his first step. "Keep your eye on the ball," he'd counsel a teen having difficulty in school. According to his widow, nothing gave him more pleasure than rewarding even the smallest accomplishment with a high-five.

Sometimes it takes us many months to realize the full extent of our loss. A year has passed before my friend realized hers. Not only had she lost her business partner, lover, best friend, and the father or her children, she'd also lost her coach. Wouldn't it be great if we each had a coach—a grieving coach? Someone to cheer us on through the difficult days and tell us to keep our eye on the ball? What we need is a coach to give us a "high five" for each stride forward, to tell us, "way to go" when we rise above depression, to "get a move on" when circling the bases of life seems impossible.

If you don't have a grieving coach, be your own. Reward yourself for every accomplishment, no matter how small. If you got through the day, even an hour, without crying, treat yourself to something new. If you clean out your loved one's closet or make it through an anniversary, invite a friend to lunch or a movie. If you smile and laugh without feeling guilty, look in the mirror and give yourself a high-five.

Be kind to yourself, be patient. If you strike out, plan to do better your next time at bat.



"May the love hidden deep
inside your heart
find the love
waiting in your dreams.
May the laughter
that you find
in your tomorrow
wipe away the pain
you find in your yesterdays."

Boxers of the Insanities



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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

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