



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203
Website: www.goodgriefokansas.org

316-612-0700 April 2020
Email: info@goodgriefokansas.org

Batter Up!

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 to 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 passed before my friend realized hers. Not only had she lost her business partner, lover, best friend, and the father of 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 our 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.

by Margaret Brownley, Simi Valley, CA



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,**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**

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.*

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)

April 2020

Don't forget to breathe.....



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

Widow's Plea

by Mona Quane Kelly

Jack of all trades, master of none
What interests me? Can't I settle on one?
To be, or not, go this way or that
What would I give, to wear but one hat.

Give me direction, please point the ways
Help me decide how I'll best spend my days.
I have time here yet, that could be used to some good
If I just knew how, and if only I could.

I'll settle on something, sometime, I know
But in the meantime, which way do I grow?
Should I write poems, grow gardens or herbs.

Type people's letters, or be content and reserved?

The children are gone and don't need my attention.
Perhaps I should give some other things mention.
To be, or not, go this way or that?
Somehow, with God's help, I will find the right hat!



THANK YOU for your donation which makes it possible for Good Grief of Kansas to continue to serve the bereaved.

April Birthdays

March

Contributors:

Nancy Vincent

Ted McMurphy

Lois Pardee

Jarree Miller

Rosa Lee Sarachek

Jennifer Nguyen

Ginny Charles

Angela Jozefowicz

South Group

Al Kemmerer

Anonymous

Cheri Gartin

Marilyn Steinkamp

Raine Daly

Remember to send your donation to:

2622 W Central
Suite 401B
Wichita, KS 67203

Memorial Gifts

*In loving memory of Alvin Sarachek
by Rosa Lee Sarachek*

*In loving memory of Loan T Nguyen
by Jennifer Nguyen*

Rick (Charles).

It has been 11 years since you went to heaven.

Still miss you - Your spirit lives in me.

by Ginny Charles

*In memory of MSgt Erick J Daly
by Raine Daly*

*In memory of Shane Steinkamp
by Marilyn Steinkamp*

In memory of John Gartin

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.

Marsha Agard.....	1
Lisa Behrends	1
James R Harris	2
Pam Phillips	3
John Pool	3
Debbie Rasmussen.....	4
Amy Rich.....	4
Dale Tanner	5
Paulette Traffas.....	5
Natalee Turner	5
Chad Wilcott.....	9
Rich Brouillard.....	10
Phyllis Calvert	11
Larry Flores.....	16
John Huebert.....	20
Jody Hysom	21
Tina Jonker	23
Ralph Lucas	25
Richard Marchetti.....	26
Jennifer Nguyen.....	26
Michael A Nolen.....	27
Kathy Pearson.....	29



Memorial Balloon Release and Walk

May 9, 2020 - Starting 10:00 AM

RiverWalk Church of Christ

225 N Waco - Wichita, KS

You are welcome to walk along the Wichita River Walk
Access to the path is by the church

Remember loved ones and support Good Grief of Kansas

**Family, friends and special support people are welcome
to come and participate with you.**

- ⇒ Write a message to your loved one on the balloon to be released.
Balloons will be provided
- ⇒ Use the Pledge sheet to collect tax-deductible donations
for Good Grief of Kansas
- ⇒ Make a tax-deductible donation in memory of your loved one
- ⇒ Make a tax-deductible donation (suggested \$10) for a Memorial Marker
to be displayed on Memory Lane along the access path from the church.
Please provide memorial information to be displayed on an 8 ½ x 11 laminated
sign. (Example: Picture of loved one, special verse, poem or inscription.)

****SUBMIT MEMORIAL MARKER PICTURE
AND INFORMATION BY April 30, 2020**

Email memorial Marker items to the email address
shown below or give to your group facilitator.

If you already have a prepared Memorial Marker,

Give it to your facilitator prior to May 9th

Need additional information?

call Good Grief of Kansas office at 316-612-0700 or email:
info@goodgriefofkansas.org



Monies are to be collected and turned in the day of the Release/Walk.
Receipts for donations are available the day of the Release/Walk.

Riverwalk Church of Christ
225 N Waco, Wichita, KS
May 9, 2020 10:00 A.M.

Participant Name _____

Donor Name	Address	In memory of	Amount	Pd
Total Pledge			\$	

CINNAMON ROLL & coffee/juice - \$3.00 at 9:30 am ~ Balloon Release and Walk start at 10:00 am

Good Grief of Kansas, Inc
2622 W Central Ave, Suite 401B
Wichita, Kansas 67203
(316) 612-0700
www.goodgriefofkansas.org

Make tax-deductible donation payable to **Good Grief of Kansas, Inc.**



Grieving is like
having broken ribs.
On the outside,
you look fine,
but with every breath,
it hurts.

OFFICE SUPPLY NEEDS:

Envelopes:

6 Security # 10 Standard

(Dollar Tree envelops work just fine)

Colored Paper:

Pastel - Cream

8½ x 11, 24 lb

Office Hours

Mon. 9:00 - 4:00
Tues. Closed
Wed. 8:00 - 10:00
Thurs. 8:00 - 10:00
Closed Fri/Sat/Sun

***Phone messages are checked daily
and calls are returned within 24 hours.***

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 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*

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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Good Grief
of Kansas, Inc.

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RETURN SERVICE REQUESTED



**Easter
Sunday**
April 12th

www.goodgriefokansas.org

316-612-0700

Good Grief News

Executive Board

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Mary Evans, Treasurer

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Merri Reed Jim Yoder

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Janet Cook

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Marsha Huffman

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Deana King	Marjorie Watkins
Adrienne Massey	Melissa Warnken
Jenny Mitchell	Bob Westerfield
Lois Pardee	Connie Westerfield
Mary Piotrowski	Bonnie Workman
Evelyn Reece	Jim Yoder

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@goodgriefokansas.org
and put "remove from mailing"
in the subject line.

Newsletters may be viewed
on-line by going to
www.goodgriefokansas.org.

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

- Memorials, Gifts & Donations

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info@goodgriefokansas.org.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate