



Good Grief
of Kansas, Inc

Good Grief NEWS

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

316-612-0700 April 2022
Email: info@goodgriefofkansas.org

Bereavement & Questions

Beware the tyranny of the calendar! The first death anniversary date in particular is so difficult because we approach it with such dread. We circle the date on our calendars and tick off the days and hours until it is finally here. There are people who take the day off from work, who don't want to go to school, who just feel as if they cannot face going out of the front door on that day. And what happens? The day comes and goes just as the last twenty-four hours did and as the next block of twenty-four hours will tomorrow.

What has changed? There are moments when we don't think we can make it another five minutes without this beloved person, and then we wake up one day to find that we indeed have lived twelve full months without the comfort of their presence. We are sometimes stunned to see that an entire year has passed so quickly. What is brought home to us is that even in the face of unbearable sorrow, the world keeps turning, and events continue to unfold – with us or without us.

The first anniversary also marks the passage of other "firsts." The first birthday, wedding anniversary, and all of the holidays have all come and gone with one always missing from the family photo. A year ago we would have laid odds that we would never emotionally make it through all of these events, but we did. That knowledge in itself can be a source of strength we didn't know we possessed. There is nothing quite like the "first" of any of these occasions, and once we have them safely behind us, we can face the next batch with confidence that their observance will not destroy us.

The first death anniversary is also unique as it is often accompanied by religious observance. The family gathers to attend a service and sometimes the unveiling of the headstone. This may be the first time the entire family has been together since the funeral, and it can be an emotionally charged affair. One of the realities in some families is that the death of our loved one did not, in fact, draw us closer but rather it may have cemented rifts already in place. This can bring its own layer of sorrow to survivors, and while most people are on their best behavior during these occasions, it is apparent nonetheless. It may be best not to have expectations raised too high.

What to do? Have a plan for that day. If you are going to the cemetery, perhaps you would like to ask a family member or friend to accompany you. It may be that you would like to celebrate the life of your loved one by going out to dinner to toast his memory with people who knew and cared for him. What about volunteering your time at your local hospital or nursing home on that day? Many have given of their time in schools, served up lunch in a soup kitchen, visited a sick friend or someone who otherwise is confined to home. Giving of self to others is a surefire way not to stay fixated on our own losses for a few hours. Do something life-affirming as a way to make room on that date for the opportunity to create pleasant memories that will bring us comfort rather than be an occasion for dread.

One of the great pitfalls of the anniversary date is that we give it so much power, so much control, much more than it needs to have. Most people will tell you that they don't need a date on the calendar to remind them of what they have lost. It's omnipresent. But through it all, it may be of use to keep one point in mind. Despite the sorrow and the heartache, you and I are still here. We have an obligation to keep going, to live our lives with dignity and grace. The memory of the beloved is never honored when we ourselves refuse to go on.

And so, yes, some days will be better than others. Some mornings we will get out of bed and face the day with a sense of purpose, and other days we will want to draw the covers over our heads and shut out the world. We can close our door on the world, but we must expect it to be knocked on from time to time. Don't let yourself believe that you are back to square one. You're not. There will be moments when it's two steps forward and three backward, but in the end we will make it to the finish line of wholeness and purpose of life.

The calendar is not our enemy. The fear of it is.



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

PLEASE NOTE:
MASKS ARE NOW OPTIONAL FOR THOSE
THAT HAVE BEEN VACCINATED

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

Mondays: 7:00 - 8:30 PM SOUTH WICHITA
 Grace Baptist Church – (1414 W Pawnee)
Facilitators: Connie Westerfield, Deona Madrigal

2nd and 4th Mondays: 7:15 - 8:30 PM EAST WICHITA
 East Point Church of Christ—(747 N 127th St E)
Go to separate building north of playground
Facilitators: Melissa Warnken

Tuesdays: 10:00 - 11:30 AM CENTRAL WICHITA
 RiverWalk Church of Christ - (225 N Waco)
 Use **South Office Entrance**, Fireside Room
Facilitators: Marjorie Watkins, Donald Septer

1st and 3rd Tuesdays: 6:30 - 8:00 PM WEST WICHITA
 West Heights UMC—(745 N Westlink Ave) Use North parking lot off Delano St,
 Building **Entance A2 "CHAPEL"** (just west of A1 Entrance)
Facilitators: Evelyn Reece (316-722-3088 leave message), Marsha Huffman

1st and 3rd Wednesday: 7:00—8:30 PM CENTRAL WICHITA
 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**
Childcare available upon request. Please give 24 hour notice - call or text to 316-925-2234
Facilitators: Julie Montgomery

SURVIVORS OF SUICIDE LOSS

Mondays: 6:30 - 8:30 PM CENTRAL WICHITA
 This support group meets at RiverWalk Church of Christ in downtown Wichita (225 N Waco) Note: **Go to the NW door #7 closest to the river.** If the door is locked, please knock loudly. The Monday night meetings begin at **6:30 p.m.** If you have questions or plan to attend this group, **please call the facilitator** prior to attending your 1st meeting so session handouts may be prepared for you.
Facilitator: Jim Yoder 316-727-0663

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

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 and Fri 8 - 10:30 AM

Office Supply Needs:

Envelopes:

#6 Security (\$Tree envelopes are fine)

Copy Paper: White 8.5x11

White 11x17

Schedule of Regular Socials:

Tuesdays: Breakfast at 9:00 AM
 Livingstons - Webb & 21st
 (Hosts: Cindy Swan, Mike Hertzler)



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 2022

*I want to be like a sunflower; so that even on the darkest days
I will stand tall and find the sunlight.*



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

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's 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



Contributions for last month(s) totaled \$1157.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

April Birthdays

March Contributors:

- South Group*
 - West Group*
 - Carmen Suter*
 - Ted McMurphy*
 - Michael Tate*
 - Les Shepherd*
 - James & Mary Whitfield*
 - Al Kemmerer*
 - Jarree Miller*
 - Lois Pardee*
 - Evelyn Reece*
 - Mike Gillihan*
 - Survivors of Suicide Group*
 - Julie Canfield Shandy*
 - Gail Davis*
 - Jim Yoder Birthday Fundraiser*
- Remember to send your donation to:*
 2622 W Central
 Suite 401B
 Wichita, KS 67203

Memorial Gifts

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.

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

Donations can be sent to:
 Good Grief of Kansas
 2622 W Central Suite 401B
 Wichita, Ks 67203

- Marsha Agard 1
- Larry Flores..... 1
- John Pool..... 2
- Phyllis Calvert 3
- Kathy Pearson 3
- Lisa Behrends..... 4
- Michael A Nolen..... 5
- Richard Marchetti..... 5
- Rosalie Villa 5
- Paulette Traffas 11
- Amy Hunt..... 12
- Isabel D Scott 14
- Jennifer Nguyen..... 21
- Richard Yound 22
- John Huebert 23
- Tina Larsen..... 26
- Debbie Rasmussen..... 26
- Jody Hysom 27
- Ralph Lucas..... 29



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 \$ _____

ANONYMOUS PLEASE

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____

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!**



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and put "remove from mailing" in the subject line.

As a convenience newsletters may also be viewed on-line by going to www.goodgriefokansas.org

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!

Geese and Grieving: Lessons We Can Learn



I recently observed a formation of geese flying overhead, and as I watched them fly in their formation, I came to realize that they have lessons to teach us about grief.

* The first lesson is related to the V formation in which geese fly. By flying in V formation it creates uplift for the bird immediately following, and enables the whole flock to have at least seventy-one percent greater flying range than if each bird flew alone.

When we are grieving, we don't have to handle our grief alone. By allowing others to help us we can handle our grief experience a little easier, knowing that others understand the pain of our loss. It helps "normalize" the experience.

* The second lesson that geese teach us about grief is that when a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation.

Knowing that we are not the only ones dealing with grief can help us find a sense of understanding and support. The burden of trying to "go it alone" can be overwhelming. In addition to allowing family and friends to help us along our grief journey, there are bereavement support groups that can help us find strength for the "journey" of grief.

* The third lesson that geese teach us relates to sharing responsibilities. When the head goose gets tired, it rotates back in the wing and another goose flies point. Geese honk from behind to encourage those up front to keep up their speed.

Sometimes we need to step back and allow others to help us with our responsibilities. Grief work is hard work, and sometimes we have to let go of things in order to deal with our grief. Sometimes we may feel like we are alone in our grief, but if we listen closely, we may be able to hear the support of others who want to help-if we allow them.

* And the last lesson we can learn is that when a goose gets sick or is wounded and falls out of formation, two other geese will fall out with that goose and follow it down to lend help and protection.

We need to offer that type of support to those who are grieving the death of a loved one. Be concrete with offers to help rather than "call if I can do anything." Offer assistance with yard work, banking, cleaning, meals, etc. Don't be afraid to be with those who are grieving; they need our support. It is during this time that we need to stand by each other!

- by Jan Borgman
Cincinnati, Ohio

A Thousand Ways to Grieve

*By Margaret Brownley
Simi Valley, California*

I'm an active griever. By active, I mean that during those first few months following my loss, I devoured every book on grief I could get my hands on. I poured out my agony in my writing, attended grief seminars, went through photo albums and searched the Internet for helpful sites. I cried and fumed and spent long hours talking to anyone who would listen.

My husband simply withdrew and grieved in silence. Though we lived in the same house, grieved the same loss, and shared a life together, we were apart in our grief.

We all have our own ideas on how to grieve and we're quick to judge those who don't conform to our way of thinking. When Prince Charles wore a blue suit to Princess Diana's funeral, he was condemned by the press until it was learned that it was his former wife's favorite.

A friend of mine was criticized for wearing a pair of red strap, high-heel shoes to her husband's funeral, the same shoes she wore on the day they met.

If we are to grieve in harmony with those around us, we must give up the notion that grief can be expressed in limited ways. I once thought that grief manifested itself only in tears and depression. But I've since found that what others whose visions is greater than mine have accomplished in the name of grief. Candy Lightner, the founder for Mothers Against Drunk Drivers, is a good example.

Resolve to make peace with someone who grieves in ways that seem odd to you. Try expressing your grief in a new way: write a poem or song, start a journal, buy your loved one a gift and send it to someone who would love and appreciate the gesture.

Wear something outlandish.

Buy a bouquet of balloons in your loved one's favorite color.

Laugh at something that would make your loved one laugh.

Tears, depression, and sadness are all acceptable ways to show grief.

So are blue suits and red shoes.





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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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- Memorials, Gifts & Donations

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

Marge Glazier



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