



# Good Grief NEWS

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

316-612-0700 . Jan 2023  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## Rx for Grief

Grieving people often say, "If only I knew what I could do to feel a little better in this grief..." The truth is, we do hold many remedies that can help with our grief process. While nothing will take away our grief completely, we can reduce anxiety and stress. The key to healing grief is having love for and patience with yourself.



No one knows us like we know ourselves, and we are our own worst critics. We tend to beat up on ourselves. How many times while grieving have we questioned our actions in comparison to others? How many times have we said, "I should have" in comparison to "He or she should have"? Chances are good that we question ourselves more than we do others. It is a natural tendency to criticize ourselves instead of giving ourselves credit. However, in our grief, we need lots of support and who better to give it to us than ourselves – the one we are with everyday, all day long?

On an airplane, the flight attendants provide direction in the case of emergency. They inform passengers that if the airplane loses cabin pressure, oxygen masks will drop down from the overhead compartment. They continue to instruct passengers to *first* place the masks over their own mouths before assisting others. The message is, "You cannot be of assistance to others unless you take care of yourself first." This same idea applies to grief.

Your grief prescription is your own personal plan to heal. We may feel discouraged and believe that life will never be the same without our loved one. This is generally true in that our lives have changed in many ways. But we have to continue living, and it is important to allow ourselves to live in a healthy way.

Design your own plan for your grief. Be creative. You may want to get a massage, take a long bath, or spend a day at the zoo. Pamper yourself a little. Often, we spend the day filled with sorrow, and we need to balance this with some peaceful time as well. Try to include a few of the following simple principles in your grief Rx:

- Give yourself permission to grieve. Cry if you need to, and laugh if it feels good.
- Be realistic. Don't place unnecessary pressures on yourself to do everything you did before you were grieving.
- Release yourself from time constraints. Grief does not have a time limit. Frequently, people feel they should act as if everything is back to normal when "normal" is no longer natural.
- Understand that grief is a physical, emotional, social and spiritual process. Grief affects every aspect of our lives.
- Utilize support systems. Don't feel guilty for accepting help from others. Other people find comfort in helping you.

- Talk with others experiencing similar losses. This helps to normalize your feelings. Also, sharing your thoughts will help others.
- Allow time for remembrance. We will always miss our loved ones. No one can ever take away our relationships or memories.

- Wait at least one year before making any major or unnecessary changes.

In addition to these suggestions, here are some helpful hints from the counseling staff of the Hospice of the Western Reserve.

- Journal
- Cook
- Golf
- Go on walks and listen to music that suits the mood at the moment.
- Try on-line support groups.
- Read books and watch movies – sad ones for a good cry and funny ones for a good laugh.
- Work extra hours.
- Temporarily reduce work hours.
- Focus on one task at a time.
- Learn to say NO!
- Take short road trips.
- Spend time with supportive family and friends.
- Find a quiet place during the day to meditate. Inhale and visualize forcing out all the negative stress feelings with each exhale.
- Create a memory box to keep significant items that are reminders of our loved one.
- Allow yourself to feel and explore your pain.
- Do something you are good at even if you don't feel like doing it.

You have the right to follow your own healthy, grief plan. Don't be afraid to change it around. If it no longer works for you, try something else. You are the one in control of your grief. Prescribe ways to help yourself heal.

*By Stephanie Rapant McIlvaine, Cleveland, Ohio,  
Bereavement Magazine Nov/Dec 2000*

## 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.**

\*\*\*\*\*

If you would be interested in training to be a facilitator for one of our groups please contact Janet Cook at 316-900-1340 or the Good Grief office at 316-612-0700



Please keep in mind.....

**All meetings begin at the designated times**

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

**SOUTH WICHITA**

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Connie Westerfield, Deona Madrigal

**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

On the first Tuesday of the month members are invited to bring a sack lunch. A social time is held from 6-6:30.

**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

Facilitators: Julie Montgomery

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### **SURVIVORS OF SUICIDE LOSS**

**Mondays: 6:30 - 8:30 PM**

**CENTRAL WICHITA**

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

**Tuesdays Bi-weekly: 6:30 - 8:30 PM**(see calendar for dates)

**ARKANSAS CITY**

106 S Summit St (Chamber of Commerce meeting room) Arkansas City

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: Kathy Harbert 620-441-7271

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

**Livingstons - Webb & 21st**      **Country Breakfast Café - 2804 S Seneca St**

(Hosts: Cindy Swan, Mike Hertzler)

(Hostess: Lois Pardee)

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


**Spears Restaurant - 4830 W Maple**

(Hostess: Janet Cook)

# January 2023

*When things feel overwhelming, remember....  
One thought at a time, One task at a time, One day at a time*



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



## *This Too Shall Pass*

*By Elaine Caldwell, Detroit, Michigan*

When death and despair knocked at my door  
I was filled with much grief and pain.  
Wondering how I could cope with the loss  
With no sunshine, just dark clouds and rain.  
Tears blurred my eyes as my heart was breaking.  
I stumbled my way into bed  
And like in a dream, I envisioned my mother  
And the words of encouragement she said

***This too shall pass in time, my dear,  
As nothing lasts forever,  
Tomorrow's joys will heal your soul  
And the shadowing ties will sever.***

My outlook on life was changed that day  
I began to breathe sweet, fresh air.  
The weight of the world on my heart was lifted,  
Like an answer from God, to my prayer.  
So now, if dark thoughts try to enter my mind,  
I'll remember the words Momma said,  
***This too shall pass in time, my dear,  
Don't look back, there's a new life ahead.***



Contributions for last month(s) totaled \$525.00  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# January Birthdays

Charles Brown .....	3
Don Yeley .....	4
Jeremy Arnold .....	8
Chasni Gifford .....	11
Linda Young .....	11
Vivianne Bowyer .....	12
Jan Ross .....	12
Janet F Cook .....	13
Luz Elena Bragg .....	15
Ginny Charles .....	17
Kermit Opprieht .....	18
Rayanne Church .....	18
Mika Satake .....	18
Marjorie Watkins .....	18
Lois M Pardee .....	21
Ellen Moore .....	23
Margaret Looper .....	24
Carlos Cervantes .....	25
Kenneth Howell .....	26
Karen Gooch .....	27
Lex Rhoadarmer .....	27
Suzanne Birch .....	28
Cindy Carr .....	30

## December Contributors:

- Michael Tate*
  - Ted McMurphy*
  - John Huebert*
  - Jack Skelton*
  - Margaret Glazier*
  - Carmen Suter*
  - Anita Downey*
  - Cynthia Reves*
  - Mike Gillihan*
  - Barbara Beugelsdyk*
- Remember to send your donation to:
- 2622 W Central  
 Suite 401B  
 Wichita, KS 67203

## Memorial Gifts

Remembering you on your  
 birthday 1/17 Otis Jefferson

By Sharon Jefferson

\*\*\*\*\*

Happy Birthday Son,

Caleb Perkins 12/7

Love, Mom Sarah Lytle

\*\*\*\*\*

In loving memory of

Maxine Hilton

By Larry & Glenda Peterson

## 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



**Please Note**

You now have the option to **DONATE ONLINE**

We have added information on our website allowing you the opportunity to make a donation to Good Grief of Kansas electronically. Just log into [www.goodgriefokansas.org](http://www.goodgriefokansas.org)

Scroll down until you find the form to make your donation.

Thank you in advance for your generous support.

**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.

**Sign up Today!**

**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 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](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 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 \_\_\_\_\_

# Normal Grief Responses To Loss

*By Phyllis Gadaire, founder Good Grief of Kansas*

*Note: It is important to remember the following responses are temporary and may come and go throughout the grief process.*

- **Detachment:** Erie feeling of being disconnected from people and surroundings
- **Poor Concentration:** Sometimes having to struggle just to think & to understand
- **Disbelief:** Unable to fully comprehend what has happened, yet constantly being reminded of it
- **Waves of Emotion:** Unpredictable waves periodically engulfing the core of one's being
- **Confusion & Forgetfulness:** Frequent lost feelings & thoughts such as: "Where is it?", "What did I come in here for?", "Am I supposed to be somewhere?"
- **Fatigue:** It takes a lot of energy to grieve. One may be tired and exhausted most of the time.
- **Sadness:** Feeling overwhelmed by lingering sorrow, sadness, crying
- **Remorse:** Feeling deep regret and sadness about past behaviors
- **Sleep Disturbances:** May sleep more than usual or more likely be unable to sleep/rest (insomnia)
- **Indecision:** Difficulty deciding anything/everything, doubting one's own ability to make correct decision
- **Financial Concerns:** With the inability to make major or minor decisions one may become very unsure and insecure of managing finances – large or small
- **Reduced Sexual Interest:** Sexual interest may decrease & impotency in widowers is frequent
- **Loneliness:** Loneliness is the greatest part of grief. The emptiness has to be filled with other interests. This is the hardest challenge in building a new life.
- **Aloneness:** Feeling that others do not understand and even worse that they may not care
- **Irritability:** Edgy Feelings and expressions of annoyances may be hard to control may appear frequently

- **Thoughts of Suicide & Death:** In a natural effort to find an escape from the pain of grief, one may explore the possibility of death.
- **Health Problems:** Prolonged intense grief may cause one's health to decline. Learning coping skills most always helps. Dental problems usually arise
- **Anger:** Many times anger is guilt turned inward. Recognize the anger and talk about it. (Name it, Claim it, & Tame it).
- **Guilt:** Having thoughts of or hearing words like: "If Only", "I Should", "Why Didn't" clearly indicate feeling of guilt. Face the false guilt and/or the true guilt and talk it out.
- **Fear:** Many fears may haunt the bereaved. Fears about finances; personal safety, repairs, learning new chores, living alone, the unknown about everything – Afraid life will always hurt like it does now
- **Decreased Love and Affection:** Frequently feeling little or no love for friends and family for periods of time. (The deep feelings of love & affection will return.)
- **Apathy:** Indifference, insensibility, passiveness, etc. may be a part of early grief. "I care but I don't care."
- **Loss of Control:** Unable to control thoughts, feelings, - generally feeling life is out of control.
- **Depression:** The grief process involves normal depression. If one closes oneself off from life for an extended period of time it may be wise to seek professional help. Pull the covers over your head for an hour and then get up and get involved.



# The Heart Searches

My neighbor's dog barks and paces the yard whenever its owners leave the house. This behavior goes back to the time when wild dogs roamed in packs. At the first sign of danger, these early canines howled to summon the pack much like the little pup next door barks to summon his family.

The need to gather our loved ones in times of loneliness or danger is innate. In many cultures, chanting is part of the grieving process, but we all cry out in our own way. Like lonely dogs, we also pace. We walk the floor when we seek answers or a solution to a problem. We wander aimlessly from window to window when a spouse or child is late coming home.

We pace even after the funeral. Intellectually, we know our loved one is never coming back, but the heart and soul refuse to believe something so awful could possibly be true. In our anguish, we search for weeks and sometimes even months after our loved one is gone, crying out our need in a dozen different ways, seeking to find what can't possibly be found, at least not in the way we want. We search until we can no longer deny the truth.

Years ago, it was common practice for a seaman's wife to keep watch for her husband's ship from the bridge or widow's walk on her roof. Women often spent days scanning the distant horizon, even when they knew their husbands had been shipwrecked and would never return.



A friend's widowed father kept leaving the house in the middle of the night. He would be gone for hours and refused to talk about where he went. Worried, my friend followed in her car him one night and soon recognized the restaurants and theater, even the church, where her parents had spent much of their time together. Her father drove past all his wife's favorite places searching for her.

Today, call the pack together. Plan a family reunion or outing and celebrate each other's presence. Stage a treasure hunt. Invite friends over for lunch or dessert and share memories of the past. Make an effort to touch bases with all the good people in your life.

If you still have the need to pace or cry out or drive around looking for a loved one, write St. Augustine's words of wisdom on an index card and post it over the kitchen sink: **"I sought thee everywhere, my God, but when at last I found Thee, Thou wert within."**



by Margaret Brownley, Simi Valley, CA

- Bereavement Mag. 2001



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316-612-0700

Good Grief News

### Executive Board

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

### Board Members

Merri Reed  
Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L Gadaire-Sauer

### Office Manager

Marsha Huffman

### Current Facilitators

Janet Cook	Donald Septer
Marsha Huffman	Cindy Swan
Deona Madrigal	Marjorie Watkins
Julie Montgomery	Connie Westerfield
Lois Pardee	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 also 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

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## Marge Glazier



Real Estate for the Real World

### Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate