



Good Grief
of Kansas, Inc

Good Grief NEWS

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

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

March 2023

I'd Rather Do it Myself!

Many of you are far too young to remember an old TV commercial for headache pain relief. (Sadly, that doesn't include me!). Growing up, I remember seeing the situation play out with different people who were so stressed out with pain that their irritation level was off the charts. When some well-meaning relative or friend suggested something to do, the one who needed to use the advertised product would shout: "I'd rather do it MYSELF!" Naturally, the camera would then pan to the product that was supposed to instantly relieve this pain and stress.

As kids, we'd watch our parents or teachers get upset about something, and one of us would whisper a mimic of that commercial: "I'd rather do it MYSELF!" Then, we'd all dissolve into giggles.

I wonder if sometimes, in grief, that is what we realistically really need to do: do it ourselves. This thought came to mind while reading letters from many of you readers. So many times I see things like:

- *This feels good to me, because I can be in control.*
- *I can stay here as long as I want, and nobody tells me to leave.*
- *I don't have to justify this to anybody*

So exactly what are we "just doing ourselves" that feels so much better? Many new survivors feel better when they can wear some clothing or accessories their loved one left behind. A woman might substitute his shirt for her nightgown-and sleep better. She may wear her spouse's ring on a chain around her neck and feel closer to him. A widow might sit in the sawdust of the workshop where her husband loved to be and feel close to him there, while someone else might take a lawn chair to the cemetery and linger for an extended period of time.

Other's may choose to stay in their child's room for an extended period of time, just feeling close to them there. Many play the music their loved ones especially enjoyed and then choose to cry or smile or relax as they see fit.

It just feels good. There are so many places we can be or things we can wear or objects we can hold close to us that make this grieving process very personal and all our own. Have you discovered this, too?



I always thought this situation was just part of reaching out for the one who is gone, and trying to relive our time with them, even though that is irretrievable. But lately I've been thinking it may be our way of trying to exert a little control by doing some of our grieving on our own terms.

After all, grief's worst habit it to show up when we least expect it, right? The tears come on an "ordinary" day. A sob rumbles in our chests when we're talking to someone about anything but our grief. We're driving in the car and suddenly tears are splashing on the steering wheel. These occasions leave us feeling vulnerable. I don't know about you, but I sure feel awkward and terribly unsettled by its unexpected appearance, because I can never get mentally ready for grief symptoms when they show up like that.

But, when we have made the choice to wear our daughter's baggy sweatshirt or our husband's socks, or to play his favorite music or sit in her "space," we are in charge of our own feelings. We're willing to take that chance that tears may come-or maybe, instead, we will feel quiet peace. Why? Because we are controlling our grief and we are in charge for that brief period of time. My, how that feels good!

Hummm, I'm truly amazed this never crossed my mind before. Do you think this idea is crazy?! (I guess that could be a possibility, too!) But if you think there is some validity to this strange notion, then the next time a friend or relative looks at you as if you've lost your mind because your doing some of these things, feel free to mimic that old commercial and shout out (well, keeping peace in the family might require muttering it instead!), "I'd rather do it MYSELF!"

By Carlene Vester Eneroth, Spokane, WA

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

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: 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**

Facilitators: Julie Montgomery

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 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

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)

March 2023

Life moves pretty fast. If you don't stop and look around once in a while, you could miss it!



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



Good Grief of Kansas has been nominated and awarded a \$500 Wins For Kansas Grant from DeV Vaughn James.

The interview and presentation will air

March 5, 2023 - 10:00 PM

KAKE News—Channel 10

Thank you for the nomination and to DeV Vaughn James. Your support is appreciated!!

Contributions for last month(s) totaled \$962

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

March Birthdays

February Contributors:

Mike Gillihan

Patricia Mahan

Ted McMurphy

Janet Cook

Janet Cunningham

Michael Tate

DeVaughn James

Carmen Suter

Marge Glazier

Remember to send your donation to:

2622 W Central Suite 401B
Wichita, KS 67203



Memorial Gifts

Remembering you is easy.
I do it every day.
Missing you is the heartache that never goes away.



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

Richard Sifford	2
Connie Westerfield.....	3
Joyce Olson	6
Esther Granados.....	12
Jim Yoder.....	14
Alvin Kemmerer.....	15
Jerry Brewer.....	16
Kenneth Bradford.....	18
Lisa Wills.....	19
Cherri Murray	22
Phyllis Nichols.....	24
Chris Schulte.....	24
Ray E Staats.....	25
Lana Waite.....	25
Kama Krenke	29
Becky Skiles.....	31



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
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

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 _____

Nature's Way

Days, even weeks go by without any noticeable loss of weight. Almost every dieter hits a brick wall. It's enough to make you want to sink your teeth into the nearest candy bar.

Those of us in grief hit the same kind of wall. We reach a point where we seem to be stuck in depression, and it looks like things are never going to improve. Whether we call this a brick wall or a plateau, it's nature's way.

Mountains don't grow gradually; they grow in spurts. A mountain range can rise as much as twenty feet or more during an earthquake. Then all is quiet – or so it seems. But miles beneath the ground the earth must adjust to the new landscape and this can take years.

Scientists once thought the human body grew gradually, but as any mother knows, children grow in spurts and, yes, even “shoot-up” overnight. Following a growth spurt, adolescents are clumsy and accident-prone until the brain adjusts to the body's new dimensions.

The grief plateau or dieter's wall serves a useful purpose, for this slowing down allows the body to adjust to the many physical and emotional changes taking place. Whether a person shoots up a foot, loses ten pounds, or is traumatized by loss, the brain must make infinite adjustments to accommodate the changes.

Emotions are as taxing to the body as physical exertion. Grief changes how a person breathes, acts and even thinks and this is reflected in speech, movement and outlook. The brain can't possibly process this all at once, and so we shut down. We become more reclusive to prevent outside stimuli from interfering with the work of the brain. Depression keeps us from taking on more than we can handle. It feels like we are buried in a hole and, in many ways, we are, but rest assured, it's only temporary. Once the body adjusts, you will be ready to take the next step in the recovery process.

Stop and start. Stop and start. It's nature's way.

Celebrate the plateaus or brick walls in your life. Close your eyes and imagine your body fine-tuning itself to accommodate the new you. Pay attention to the areas of your life that no longer work – take care of the little things you've neglected, put off, or avoided altogether.

Create an outer environment for the body at work. Purchase new pillows or sheets. Toss out old underwear and replace it with new. Get a massage or facial – whatever feels good. By creating a sense of well-being, we help our bodies and souls prepare for the next “growth” spurt.



By Margaret Browley
Simi Valley, CA
Bereavement Jan/Feb 2001

Memories of Loved Ones

Absolutely nothing can be as painful as the death of a loved one, and our journeys through the valley of the shadow of death leave us little room to do anything other than mourn.

However, somehow we do reach that plateau, that point, that place in time where we resolve to renew our lives, to seek to put everything into perspective.

Marlo Thomas (when remembering her father, Danny) said, "It's just not enough to survive – you have to thrive! It doesn't matter whether you are freshly bereaved or whether it happened years ago and you are just coming to terms with the death."



Memories are part of our awesome job of survival and of healing and restoring ourselves. Our loved ones have died and our lives have been changed – in ways we hardly ever imagined as possible. "Why?" people ask! "Why do you bring back painful memories? For what purpose? Wouldn't it be better to avoid confusion and forego any need to understand why?"

Am I never again to acknowledge the life and death of someone so precious, so much a part of my waking and working and laughing and sleeping life? How could I not remember? And even though remembering is disruptive, a loss without memories cannot be possible.

Each month, each week and each day bring us the chance to put that loss in perspective. We need to grab each chance to build memories to help relieve the pain, or at least to change its level of intensity. Members of The Compassionate Friends believe that whatever pain they bring to their gatherings is pain they share, just as they share with each other their love for their children. Memorial services are such emotional and satisfying activities because they allow us to face and remember our losses; even bittersweet memories can help us to reorder our lives. The healing that occurs is an important aspect of the restoration of our inner selves.

Eventually it is possible to realize that our loved ones were normal. They were good, indifferent, full of mischief, ambitious, or on the road to success or failure. In realizing that they were normal, we start down memory lane. We discover memories lost in the fog of our grief. We unearth long buried treasures.

How awful it must be to be robbed of memories! To not recall our loved ones as they were would be life's worst blow. Somehow we must reach a place where our love and memories are liberated from the painful emotions linked with the deaths of our loved ones. It is in that liberation that we find an awakening to new possibilities, to new understandings and to growth. As we acknowledge that healing and restoration are occurring, a path out of the depths of despair opens. It is then that we can say "even though our loved ones died – our love for and memories of them will never go away."



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Good Grief News

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Marsha Huffman	Cindy Swan
Deona Madrigal	Marjorie Watkins
Julie Montgomery	Connie Westerfield
Lois Pardee	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

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@goodgriefokansas.org.



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