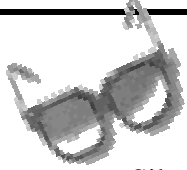




Good Grief NEWS

Good Grief
of Kansas inc

2622 W. Central - Suite B112, Wichita, KS 67203 316-612-0700 FEBRUARY 2011
Website: www.goodgriefokansas.org Email: info@goodgriefokansas.org



Rose Colored Glasses

There are some days nothing helps. Silent pain echoes across the heart, leaving tear stains and shattered dreams. It hurts to move, to think, to breathe. It even hurts to be. On those days, when memories burn scars deep into the soul, there seems little relief.

All the coping tricks we have tried in the past seem to fail us, and we are left with a pain so deep that we fear we will be consumed by it. We firmly believe that we shall never again find hope or joy in this world. Our own death often seems the only escape.

That despair comes at the bottom of the valley. We have all stumbled across those treacherous rocks-many of us more than once. Just as we begin to think that we might survive, something tumbles us back into the darkness, and we are sure we have drowned.

What then? It is as if we are left without our dreams or our memories. Existence has become a void, filled with nothingness not even hurt. On those days, we cannot even feel our pain. We come to know that we can never return to the Land of Make-believe where Humpty Dumpty is put back together without a trace of the jagged edges where he broke into a million pieces and where everything lives happily ever after.

Those are the days when we must “put on” our rose-colored glasses and learn to “See” in new ways. I always carry my rose-colored glasses with me because I never know when such a day is going to happen.

My special glasses give a rose hue to even the most dismal of views; but more important, people look at me differently. Maybe they see me differently because I see things in a new way.

Just putting on my rose-colored glasses gives me a lift. I know that whatever I am looking at or feeling hasn't really changed. I have changed! Whenever I have dared to laugh in the face of pain, the pain didn't change or go away. I simply changed the way I saw the pain or the emptiness or the hurt of grief.

Rose-colored glasses are simply a dramatic (and perhaps a little silly) change in perspective. But what's wrong with being silly sometimes? If I can catch my breath and gain a few seconds of relief from the emptiness of my grief, then they have created a miracle for me.

Wearing rose-colored glasses isn't denying anything. Rather, it is claiming it all. It is searching for joy and light and love, even in the darkest corners. Love is the reason we hurt, but on those days when all we can see is the hurt, then we feel we may be losing the love. Life does become good and warm and loving once again, but only when we have learned to trust enough to move through the hurt and to claim even that which hurts so terribly. It is a part of us, and as such cannot be ignored or abandoned.

Looking at the world through rose-colored glasses isn't being a Pollyanna, it's being real in the most honest sense. It is an attempt to both accept and live what is instead of turning it all away and denying that love ever existed.

If you have laughed with your loved one, you have already worn rose-colored glasses. Don't forget them now. They helped you conquer mountains before and they will help you to see the other side of grief, someday.

Don't wait for joy to come to you ... Go find it. Search for it, insist on it every day. Wearing rose-colored glasses is a change in perspective, nothing more, nothing less. It is not a choice between pain or no pain, but how we manage the pain we feel.

The trick to those days is learning to live with what you got instead of wishing something else had happened. As you pick your next step through the valley, remember that the rocks are everywhere, but so is the path! Don't let death rob you of your heart spaces ... The space where your loved one lives. Don't let death dominate the Spring places in your heart. Don't let death rob you of your rose-colored glasses.

by Darcie Sims

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED:

Mondays: 7:00 - 8:30 PM **SOUTH WICHITA**
 Grace Baptist Church – (1414 W Pawnee)
 Facilitators: Beth Holdeman & Bob Westerfield

Mondays: 7:00 - 8:30 PM **EAST WICHITA**
 Holy Cross Lutheran Church – Use South Door (600 N Greenwich)
 Facilitator: Mary Evans Meet in the “Parlor”

1st Monday of each month: 7:00 - 9:00 PM **CLEARWATER**
 Clearwater Church of Christ – Use West Door (13900 N Diagonal Road)
 Facilitator: Millie Whitlow

Tuesdays: 10:00 - 11:30 AM **DOWNTOWN WICHITA**
 RiverWalk Church of Christ – Use South Office Entrance — (225 N Waco)
 Facilitator: Lois Faflick & Mike Fulton

Tuesdays: 7:00 - 8:30 PM **DERBY**
 Derby Woodlawn United Methodist Church – (Woodlawn & Kay St.)
 Facilitators: Helen Fieandt & Lee Kerr

Tuesdays: 7:00 - 8:30 PM **WEST WICHITA**
 West Towne Baptist Church – (2000 N Maize Rd.)
 Facilitators: Bill Crow & Jan Leonard

SUICIDE SURVIVORS **CENTRAL WICHITA**
Mondays: 7:30—8:30 PM
 RiverWalk Church of Christ-Use South Office Entrance – (225 N Waco)
This group’s next session will be Jan. 3 - Feb. 21, 2010
 Call 316-612-0700 for more information. This group is for those who have suffered the loss of a loved one through suicide.
 Facilitators: Dave & Luanna Clark

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 see 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 if:

- ⇒ **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: Lunch/Brunch at 10:30 AM
 Mike's Steakhouse
 ⇒ 2133 S. Broadway
 Host/Hostess: John and Lois Pardee

Saturdays: Breakfast at 10:00 AM
 Spears Restaurant
 ⇒ 4823 West Maple
 Hostess: Janet Williams



Dining Together

Every month we will meet and eat together and celebrate birthdays of the month. Whether it's your birthday or someone else's birthday - come join in the celebration. The 2nd Thursday evening of each month at 6:00 PM.

February Celebration
Thursday, Feb. 10th, 2011 @ 6:00 PM
Copper Oven Café — 2409 W 13th

Good Grief NEWSLETTERS
are now on our website!
 Go to www.goodgriefofkansas.org
 “Newsletter” tab

 If you want to save a tree and get your newsletter at the website, please call or email to discontinue your paper-mailed newsletter.



February 2011



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|-----|-----|--|-----|---|
| Thank you Mary Pitrowski for your supplies donation! | | 1 | 2 | 3 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING - 5 pm | 4 | 5 Breakfast 10 AM Spears Restaurant |
| 6 | 7 <i>Suicide Group</i> 7:30 pm | 8 | 9 | 10 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 PM <i>Copper Oven</i> | 11 | 12 Breakfast 10 AM Spears Restaurant RED Banquet |
| 13 | 14 <i>Suicide Group</i> 7:30 pm Valentine's Day | 15 | 16 | 17 Brunch/Lunch 10:30 am Mike's Steakhouse | 18 | 19 Breakfast 10 AM Spears Restaurant |
| 20 | 21 <i>Suicide Group</i> 7:30 pm Presidents' Day | 22 | 23 | 24 Brunch/Lunch 10:30 am Mike's Steakhouse | 25 | 26 Breakfast 10 AM Spears Restaurant |
| 27 | 28 <i>Suicide Group</i> 7:30 pm <u>Last meeting of current session</u> | | | | | |
| Red Banquet | | | | | | |

- Good Grief of Kansas would welcome donations of the following items:
- Envelopes
 - Moisture seal. 24lb. 500 count. # 6 3/4 Security and # 10 Standard
 - White Copy Paper
 - 8 1/2 x 11 inch, 20lb, 94 bright and
 - 11 x 17 inch, 20lb, 94 bright.

Saturday, February 12th, 2011
6:00 PM
RiverWalk Church of Christ
225 N Waco, Wichita
(South Door)

Wear RED and bring RED food (Pot Luck)

There will be ENTERTAINMENT and Guests are Welcome.

Contributions for last month totaled \$1,000.00.
THANK YOU to those of you who make it possible for
Good Grief to continue to serve the bereaved.

JANUARY 2010

Contributors:

Bill Crow
Karen Dobbin
Iva Jean Elwell
Mary E. Evans
Michael Fulton
Marge Glazier
Sherri Hiebert
Jan Leonard
Betty Life
Kenneth Long
Rosemary Mattox
Carol Maybee
George McCandless
Ted McMurphy
Jack Nelson
John & Lois Pardee
Mary Piotrowski
Karen Polian
Hal & Jo Ellen Purkey
Norman Ritter
Lois Siemers
Jack Soltis
Steve Stephens
Carmen Suter
Connie Cross &
Bob Westerfield
Carey Witham

Memorial Gifts

In Loving Memory

Ron Maybee

by Carol Maybee

Ruben Nietfeld

by Betty Life

Lawrence

"Larry" Spear

by Karen Dobbin

Memorial tributes/gifts always welcome.

Love Gifts

At this time there are no dues or fees to belong to Good Grief. However, your gift is very important. We depend on donations from individuals and organizations to meet a large portion of 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 a yearly gift to help with the expense of sending you this newsletter.



February Birthdays

Eddie Glenn 1-Feb
Nancy Formsma..... 2-Feb
Spencer Yancey 2-Feb
Darlene Shultz..... 3-Feb
Belva Engel 4-Feb
Marilyn Sauer 4-Feb
Marjorie Wright..... 4-Feb
Anna Seaton 4-Feb
Connie Nance 5-Feb
Teresa Schoenhofer.. 7-Feb
BJ Rapp 8-Feb
Judy Schoeffler..... 8-Feb
Jack Elder 8-Feb
Jane Dexter..... 9-Feb
Gary Stoops..... 10-Feb
Lowell Blair 10-Feb
Cathy Keezer 11-Feb
Jeremy Luthi 11-Feb
James Wasser 12-Feb
Liz Bradshaw 12-Feb
Carmel Elkins..... 13-Feb
Steven Shepherd 15-Feb
Peggy Grell 16-Feb
Mary Orr..... 17-Feb
David Hyle 17-Feb
Nancy Stone 19-Feb
Barbara Foster 19-Feb
Teresa Moores..... 19-Feb
Carol Grabner 21-Feb
Jerry Siler..... 21-Feb
Mary Liebst 22-Feb
Eileen Fessenden 22-Feb
Twila Irvin..... 22-Feb
Barbara Phillips..... 23-Feb
Juanita Harrell..... 23-Feb
Carol Maybee 28-Feb

“Little Things”

Near sixty years, she’s been my wife;
dearest of all that’s good in life.
Yet often now, there is some strife
about so many “little things.”

A card, a letter, a friendly note
that someone cared for her and wrote;
or just a saying, a quip or quote.
They say these are just “little things.”

A book that’s hardly ever read,
a faded covering for the bed,
a host of goods now in the shed.
Don’t say these are but “little things.”

Perhaps a vase, or a figurine,
expressions of the love between
Departed Ones, long since, unseen.
Surely, these aren’t just “little things.”

So many object that she holds dear
and moves about from year to year;
To her it’s not so very clear
that these are only “little things.”

They often to her memory bring
some lovely time or far-off scene.
To these, her heart will ever cling.
She knows they’re more than
“little things.”

By Glenn Bray, April 20, 2003, 4:00 a.m.

Note about the author: Glenn was a Good Grief of Kansas participant. His wife, Donna, passed away April 2010. Just as final revisions were being made to this publication, we received news of Glenn's death (1-17-11). Our condolences go out to his family.

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 _____

MEMORIAL GIFTS

Memorials to Good Grief may be designated at the time of funeral arrangements or they may be sent directly to Good Grief in memory of Anniversaries, Birthdays, Memorial Day, Christmas, any special date or as you may wish.

When Good Grief receives a memorial gift, we mail an acknowledgment card to the grieving family when applicable and we mail a tax-deductible receipt to the individual gifting the memorial. If you have questions, please call the Good Grief office (612-0700).

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|--|--|---|-------------------|--------------|------------|---------------|--------------|---------------|------------|-------------|------------|---------------|--------------|-------------|---------------|-------------|-------------|---------------|-------------|-----------------|--------------|----------------|----------|--|----------------|--|--|---|
| <p><u>EXECUTIVE BOARD :</u> Terry Stephens, President Rev. Rick Cline, Vice President Kelly Blades, Secretary Mary Evans, Treasurer</p> <p><u>BOARD MEMBERS:</u> Merri Reed Janet Williams</p> <p><u>FOUNDER:</u> Phyllis L. Gadaire-Sauer</p> <p><u>PROGRAM & OFFICE COORDINATOR:</u> Donna Rhodes</p> <p><u>TRAINERS, FACILITATORS & SUBSTITUTES:</u></p> | <p><u>Program Outreach:</u></p> <ul style="list-style-type: none"> • Widowed Support Group • Young Widowed Support • Suicide Loss Support • Other Family Loss Support (parent/child) • Social Support • Seminars/Workshops • Community Presentations • Counseling Referrals | <p><i>This agency uses the Kansas relay service. TDD 1-800-766-3777</i></p> <p>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., at 316-612-0700 or with SCDOA/CPAAA at 316-660-5240 or 800-367-7298.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0"> <tr> <td>Nada Canfield</td> <td>Thelma Massions</td> </tr> <tr> <td>Leigh Carlson-Cox</td> <td>Ted McMurphy</td> </tr> <tr> <td>Dave Clark</td> <td>Cathy Melrose</td> </tr> <tr> <td>Luanna Clark</td> <td>Randy Melrose</td> </tr> <tr> <td>Billy Crow</td> <td>Jack Nelson</td> </tr> <tr> <td>Mary Evans</td> <td>Beth Holdeman</td> </tr> <tr> <td>Lois Faflick</td> <td>John Pardee</td> </tr> <tr> <td>Helen Fieandt</td> <td>Lois Pardee</td> </tr> <tr> <td>Mike Fulton</td> <td>Mark Schwebke</td> </tr> <tr> <td>Glenda Frye</td> <td>Bob Westerfield</td> </tr> <tr> <td>Betty Kelley</td> <td>Janet Williams</td> </tr> <tr> <td>Lee Kerr</td> <td></td> </tr> <tr> <td>Janice Leonard</td> <td></td> </tr> </table> | Nada Canfield | Thelma Massions | Leigh Carlson-Cox | Ted McMurphy | Dave Clark | Cathy Melrose | Luanna Clark | Randy Melrose | Billy Crow | Jack Nelson | Mary Evans | Beth Holdeman | Lois Faflick | John Pardee | Helen Fieandt | Lois Pardee | Mike Fulton | Mark Schwebke | Glenda Frye | Bob Westerfield | Betty Kelley | Janet Williams | Lee Kerr | | Janice Leonard | | <p>Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:</p> <ul style="list-style-type: none"> • Memorials, Gifts and Donations • Sedgwick County Department on Aging | <div style="text-align: center;"> <h2>Marge Glazier</h2>  <p>Real Estate for the Real World</p> <h3>Century 21 Grigsby</h3> <p>Cell 316-648-7415 Office 316-978-9200</p> <p>Marge Glazier, Broker Associate</p> </div> |
| Nada Canfield | Thelma Massions | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Leigh Carlson-Cox | Ted McMurphy | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dave Clark | Cathy Melrose | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Billy Crow | Jack Nelson | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mary Evans | Beth Holdeman | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lois Faflick | John Pardee | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Helen Fieandt | Lois Pardee | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mike Fulton | Mark Schwebke | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Glenda Frye | Bob Westerfield | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Betty Kelley | Janet Williams | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lee Kerr | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Janice Leonard | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Mission Statement: Good Grief of Kansas provides grief support for persons who have lost a loved one through death.</p> | <p>To be removed from this mailing, call 316-612-0700</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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