



Good Grief
of Kansas Inc

Good Grief NEWS

2622 W. Central - Suite B112, Wichita, KS 67203 316-612-0700

AUGUST 2011

Website: www.goodgriefokansas.org

Email: info@goodgriefokansas.org

Riding the Grief: A Roller Coaster of Emotions

The gate opens and we board the ride. The bar clicks as I pull it over my head and fasten the seatbelt. I look between the seats in front of me and see the track climbing to the first drop. Nausea starts to set in as the cart starts moving.

I have always enjoyed roller coasters, but I knew I was in trouble the first time I rode the Batman roller coaster at Six Flags over Texas. The Joker was Batman's nemesis and this ride was mine. It is unique in that the seats are hanging from the cart and you are thrust through a series of corkscrew spins. For those of you who are visual, imagine being a lone sock in a dryer and you would have the same effect.

We charged down the track and then climbed upwards entering the first of the corkscrew spins. I dug my fingernails into the padded seat as I felt my stomach falling. I was ill-prepared for the gravitational pull of my insides being clued to the seat. Fear overcame me; I doubted whether I could make it through the next few minutes without throwing up or blacking out. I closed my eyes and waited anxiously for the ride to end. I did not even notice the cart slowing down because my stomach was still moving. With my hands on the walls, I staggered through the exit tunnel and collapsed on the nearest bench. The world was still spinning, but I wasn't. It felt as though I was tumbling in all directions waiting to regain my balance. I am a visual person and this is how I would also describe my perspective after the death of my wife.

The corkscrew twists represented the waves of grief that would throw me off balance. I would come out of one spin only to be thrown again with the next memory, anniversary, etc. Life was moving, but I wasn't. However, with time comes experience and it helped to change my perspective.

A year passed. Once again, I was standing in front of the Batman Ride at Six Flags. I had ridden everything else but this one still haunted me. As we

hurtled through the series of twists, I felt the familiar rush of nausea, but this time my eyes were open. I could see the approaching turns and brace myself for their effect. I could see the expressions of others in the cart and realized I wasn't the only one about to be sick. Exiting the ride, I headed for that same bench again. As I looked at the other people sitting on the bench, I recognized the pale and grimaced faces.

Support groups represent those people sitting on the bench with us. They understand the emotional and physical effects of being hurled in all directions while grieving. Having heard the stages of grief as defined by Dr. Elisabeth Kubler-Ross, support group participants can relate to the dramatic shifts between these stages. Sharing our experiences helps us to maintain our balance and regain our sense of direction. Support groups can also give us a new perspective.

I recently returned to Six Flags and yet again faced my foe. As the cart spun through the usual twists, I drew strength from the friends around me. We would yell triumphantly as we passed each turn. Although a bit wobbly, I walked away without stopping at the bench. As I think about this roller coaster today, I am reminded of a quote from the movie *Parenthood* which says, "It is interesting that a ride could make me so frightened, so scared, so sick, so excited, and so thrilled all together!" Yes, my attitude towards the Batman roller coaster has changed, and so has my perspective on grief.

It has been five years since the death of my wife. The waves of grief still sneak up from time to time but they no longer throw me into a tailspin. Acceptance is often perceived as accepting the loss, but I disagree. I believe that acceptance means accepting the life we are living because of our loss. I have made many good friends through the grief support groups and we've ridden the roller coaster of grief together.

*By Michael Domingos, McKinney, Texas
Bereavement Magazine Jan/Feb 2004*

On Going **SELF-HELP SUPPORT GROUPS**

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED:

Mondays: 7:00 - 8:30 PM

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Beth Holdeman & Bob Westerfield

SOUTH WICHITA

Mondays: 7:00 - 8:30 PM

Holy Cross Lutheran Church - Use South Door (600 N Greenwich)

Facilitator: Mary Evans Meet in the "Parlor"

EAST WICHITA

1st Monday of each month: 7:00 - 9:00 PM

Clearwater Church of Christ - Use West Door (13900 N Diagonal Road)

Facilitator: Millie Whitlow

CLEARWATER

Tuesdays: 10:00 - 11:30 AM

RiverWalk Church of Christ - Use South Entrance, Fireside Room (225 N Waco)

Facilitator: Lois Faflick & Mike Fulton

DOWNTOWN WICHITA

Tuesdays: 7:00 - 8:30 PM

Derby Woodlawn United Methodist Church - (Woodlawn & Kay St.)

Facilitators: Helen Fieandt & Lee Kerr

DERBY

Tuesdays: 7:00 - 8:30 PM

West Towne Baptist Church - (2000 N Maize Rd.)

Facilitators: Bill Crow & Jan Leonard

WEST WICHITA

SUICIDE SURVIVORS

CENTRAL WICHITA

Mondays: 7:30 - 8:30 PM

RiverWalk Church of Christ - Use SW entrance door, Fireside Room (225 N Waco)

This group's next session will be July 11 - August 29, 2011

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.

Good Grief of Kansas would welcome donations of the following items:

Book of Forever Stamps

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

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



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.

August Celebration

Thursday, August 11th, 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.



AUGUST 2011

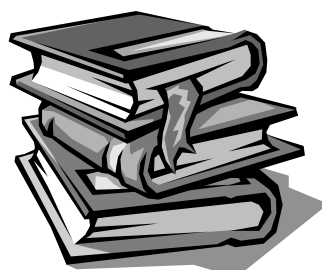


| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|-----|---|-----|---|
| | 1 | 2 | 3 | 4 Brunch/Lunch 10:30 am Mike's Steakhouse TLC MEETING 5 pm | 5 | 6 Breakfast 10 am Spears Restaurant |
| 7 | 8 | 9 | 10 | 11 Brunch/Lunch 10:30 am Mike's Steakhouse | 12 | 13 Breakfast 10 am Spears Restaurant |
| 14 | 15 Suicide Survivor Group Session 7:30 pm | 16 Good Grief Board Meeting 5:00pm 3rd Flr. Conf. Rm | 17 | 18 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 pm Copper Oven | 19 | 20 Breakfast 10 am Spears Restaurant |
| 21 | 22 Suicide Survivor Group Session 7:30 pm | 23 | 24 | 25 Brunch/Lunch 10:30 am Mike's Steakhouse | 26 | 27 Breakfast 10 am Spears Restaurant |
| 28 | 29 Suicide Survivor Group Session 7:30 pm | 30 | 31 | 28 Brunch/Lunch 10:30 am Mike's Steakhouse | 29 | 30 Breakfast 10 am Spears Restaurant |
| 31 | <p>We could really use some strong backs to move books from our holding location to the Meadowlark Room - Thursday, September 22nd. Call 612-0700 to help.</p> | | | | | |

Are you ready for the 3rd Annual **GOOD GRIEF BOOK SALE?**

Friday, September 23rd and Saturday, September 24th, 2011

Sedgwick County Extension Education Center - Meadowlark Room



You can help by:

- 1) donating books
- 2) purchasing books at the sale
- 3) volunteering to sort books
- 4) volunteering to help run the sale
- 5) volunteering to set up or take down

**Be sure to call the office
before bringing any
books to that location.**

316-612-0700

Contributions for last month totaled \$ 650.00
 THANK YOU to those of you who make it possible for
 Good Grief to continue to serve the bereaved.



AUGUST Birthdays

| | |
|-------------------------|----|
| Helen Parli | 1 |
| Nathan Richardson | 2 |
| Sarah Gilbert | 4 |
| Norman Rodick | 4 |
| Glen Lanier | 6 |
| Karon Waters | 6 |
| Patty Briar | 8 |
| Jennie Sanchez | 8 |
| Sherry Carter | 9 |
| Gloria Elrod | 9 |
| Linda Flaming | 10 |
| Pat Stebbins | 11 |
| Brandlon Bible | 13 |
| Joan Cheney | 13 |
| Marsha Napier | 13 |
| Alice Duncan | 14 |
| Arlo Lindsey | 14 |
| Kerry Hayen | 16 |
| Tom Ruge | 16 |
| Verna Slusser..... | 16 |
| Elizabeth McMears | 17 |
| Dollie Flint | 18 |
| Linda Acosta | 19 |
| Cheryl Cronk | 19 |
| Carey Witham | 19 |
| Barbara Emberson | 20 |
| Gene Haynes | 21 |
| Nona Mackey | 21 |
| Cindy Waltman | 21 |
| Evelyn Flinn | 22 |
| Frances Hoshaw | 22 |
| Connie Masters | 24 |
| Jeanni Gentry | 25 |
| Yvonne Hollis | 26 |
| Lori Snodell | 27 |
| Marsha Pina | 28 |
| Ida Crouch | 30 |

July 2011 Contributors:

- Mary Belcher
- Elaine Brotherton
- Julie Clark
- Bill Crow
- Mary E. Evans
- Lois Faflick
- Michael Fulton
- Marge Glazier
- Jack Grubb
- Brian Heap
- Chuck Holdeman
- Jan Leonard
- Kenneth Long
- George McCandless
- Ted McMurphy
- Jack Nelson
- John & Lois Pardee
- Mary Piotrowski
- Norman Ritter
- Erma Schuster
- Carmen Suter

Memorial Gifts

In Loving Memory

Dutch Cheek

*August 9th
by Elaine Cheek*

Robert Heap

By Brian Heap

Memorial tributes/gifts always welcome.

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

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 monetary gifts to help with the expense of producing and mailing this newsletter.

A Support Group - a Place to Heal

What to do when the pain comes -
 Pain so bad, it leaves you numb.
 You can't function, you can't speak
 It hurts so much, it leaves you weak.
 You long for it to just go away.
 How will you get through another day?
 The answer is here, reach out your hand
 Lend each other support, take a stand.
 Stand for truth, stand for love.
 Look for grace from the heavens above.
 Try not to compare the pain you feel.
 For each of you, it's so very real
 This pain is unique, like no other.
 Parent, spouse, child, sister or brother —
 Pain divides us and tries to set us apart.
 What's needed most, is a healing of our heart.
 When you look at each other.
 Try not to see just the face of those who have died,
 But look to the heart, see the pain inside,
 Offer a dose of compassion
 And heart-filled empathy
 And you might discover
 This has set your heart free.

Love, Adele

By Adele Maniscalco, Ridge, NY; Bereavement Magazine Jan/Feb 2004

Love Lives On

*Often in the still of night,
 I think of you and smile.
 For even though you went away,
 you'll be with me awhile.*

*Even if I wanted to,
 I couldn't let you go.
 You touched my life in such a way
 my soul has changed I know.*

*You'll always be a part of me,
 And even though we tried,
 We couldn't separate ourselves
 from the bonds of love we tied.*

*Our love was something special,
 only you and I could know.
 And even though you left this world,
 I'll find a way to show.*

*For every time I think of you
 With thoughts of love and care,
 I know that you are listening
 and watching from up there.*

*Until we meet again
 in that quiet, peaceful place
 I'll feel your love in my own way
 And return a warm embrace.*

By Kathie Winkler, Middleburg Hts. OH

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).

EXECUTIVE BOARD :

Terry Stephens, President
Rev. Rick Cline, Vice President
Kelly Blades, Secretary
Mary Evans, Treasurer

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Merri Reed
Janet Williams

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Phyllis L. Gadaire-Sauer

PROGRAM & OFFICE COORDINATOR:

Donna Rhodes

TRAINERS, FACILITATORS & SUBSTITUTES:

| | |
|------------------|-----------------|
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| Nada Canfield | Ted McMurphy |
| Dave Clark | Jack Nelson |
| Luanna Clark | Beth Holdeman |
| Bill Crow | John Pardee |
| Mary Evans | Lois Pardee |
| Lois Faflick | Mary Piotrowski |
| Helen Fieandt | Cathy Sexton |
| Mike Fulton | Carmen Suter |
| Betty Kelley | Bob Westerfield |
| | Janet Williams |

Mission Statement:

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

Program Outreach:

- Widowed Support Group
- Young Widowed Support
- Suicide Loss Support
- Other 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
- Sedgwick County Department on Aging

To be removed from this mailing, call 316-612-0700

This agency uses the Kansas relay service. TDD 1-800-766-3777

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.

Marge Glazier



Real Estate for the Real World
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Marge Glazier, Broker Associate

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