



Good Grief
of Kansas inc

Good Grief NEWS

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

OCTOBER 2011

Website: www.goodgriefokansas.org

Email: info@goodgriefokansas.org



Moonflowers

They bloom in the early fall; and when it's dusk, they open. Their white, trumpet-shaped flowers bring remembrance. I brought bouquets of them to her bedside where she could see them and smell their heady, evening perfume.

Since my wife, Marjorie, and I were not rich – at least not monetarily – she had earlier determined not to face the \$50,000 hospital treatments necessary to prolong her life another six months.

Our children, Lora and Patrick, and I were helping her finish life as painlessly and conveniently as possible at home. (That's what she had requested.) I am still amazed at her courage. I don't know if I could do that.

We asked for and received help from the Wichita Hospice, and they guided and taught us. We were encouraged by their concern and professional help. I can't thank them enough; they were wonderful and helped us when we needed them so much. They are all good compassionate people.

Marjorie's cancer was diagnosed in the middle of June 1989, and she died in September of that same year. She died at home, in her own room, with our daughter and me at her side. She was just sixty-three years old and we had been married forty-four years.

Our doctor, who is also a friend, called it "smoker's lung." She wouldn't quit smoking. I had quit in 1963, but she was militant about it. I told her a couple years ago. "Marge, if you don't stop smoking, it'll kill you." Flipping ashes into an overflowing ashtray, she said, "Promises, promises!"

I would prefer not to have been right. There is anger in my soul at those who have carefully guarded and nurtured our government's subsidization of the tobacco industry for years. We have indeed come along way, baby." I am also angry at Marge for not quitting.

Anger is common in people who grieve. It kept me from dwelling too much upon my loss. You can put off grief, but eventually you must face it and get on with life.

The initial shock of her death was numbing, and confusion persisted for months. I couldn't trust my own judgment. I ran red lights. I couldn't balance my checkbook. I was not myself. I had been warned about these feelings, but what made it more difficult was that I felt as if I were making sane decisions when I wasn't.

I was the same with my older sister, Lorene. She and her husband, Carl, had worked together side by side for many years. He died just three months after Marjorie did, and that added to the grief for both Lorene and me. Lorene lives alone, now, in the house they built together. She has great kids who help her a lot, and I go to see her almost daily. We comfort each other. Lorene is eighty-four years old – my people live forever! I try not to feel sorry for myself or question what I can't control. Life is easier with the passage of time, and many little things have helped. Marjorie's boss, a wonderfully compassionate woman and dear friend, told me during the worst of it all, "Pat, you will be sustained." I was. I was helped by a power greater than myself.

My business partner (whose wife had died unexpectedly) strengthened me when he said, "Well, it happens to half the people who are married. If they can take it, we can."

People who have lost loved ones are often advised to mingle. Not all of us can do that. I am a loner and independent and have difficulty in joining groups. I do associate with four old cronies, probably because I can't attract anyone better. They are old and ugly and obscene and insulting. I like that in people! It takes many years to build an old crony. They help a lot because they show me no respect whatever. I wouldn't want them to know how much I like them...they'd charge me for it.

There is temptation here to try to advise others as to how to handle their grief, but I just don't know how. I know you can't avoid it, so you might as well take it a day at a time and get on with life. The hurt really does subside with time.

I laugh and enjoy myself. It's not the same, of course, but it's still fun and well worth living. This new chapter of my life is good, but it is punctuated with moments of sadness.

I feel guilty about being in charge of the checkbook. Marge always took care of that. This sense of control is overwhelming! I can blow all the money if I want to! There isn't all that much, but it's an awesome thing to have all that power.

It's evening now...and a year after her death. The moonflowers outside my window are about ready to do their thing. They will bloom this night and then die. Tomorrow night they'll be replaced by more blooms. In the late fall, pods will form and burst, and seeds will scatter. Next summer, we'll have more moonflowers.

Life goes on.

So do we.

*By Patrick W. Page, Wichita, Kansas
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

**** NEW LOCATION ****

The Regent - 2nd Floor "Activity Room" (2050 N Webb Road)

Facilitator: Mary Evans

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 North 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 October 3 - November 21, 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.

October Celebration

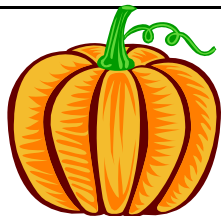
Thursday, Oct. 13th, 2011 @ 6:00 PM

Copper Oven Café - 2409 W 13th

Good Grief NEWSLETTERS are now on our website!


Go to www.goodgriefokansas.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.



OCTOBER 2011




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Thank you...Cynthia Ross for your stamp donation. Thank you...Norma Porter and sister members of Preceptor Alpha Gamma for your donation of copy paper, envelopes, stamps and volunteer beverages.</p>						<p>1 Breakfast 10 am Spears Restaurant</p>
2	3	4	5	6 Brunch/Lunch 10:30 am Mike's Steakhouse	7	8 Breakfast 10 am Spears Restaurant
9	10 Columbus Day	11	12	13 Brunch/Lunch 10:30 am Mike's Steakhouse Dining Together 6 pm Copper Oven	14	15 Breakfast 10 am Spears Restaurant
16 National Boss Day	17	18 Depression... Grief or Medical? West Towne Baptist Church - 7 pm	19	20 Brunch/Lunch 10:30 am Mike's Steakhouse	21	22 Breakfast 10 am Spears Restaurant
23	24	25	26	27 Brunch/Lunch 10:30 am Mike's Steakhouse	28	29 Breakfast 10 am Spears Restaurant 6 pm Soup Supper
30	31  Halloween					

Tuesday, October 18, 2011
7:00 PM
West Towne Baptist Church
2000 N Maize Road, Wichita

Dr. April Adkins from Prairie View will speak on the difference between depression caused by grief and depression caused by medical issues. There will be time for questions and answers. Everyone is invited.

Good Grief Soup Supper

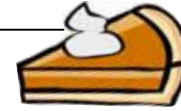


Saturday, October 29th
 6:00 PM to 8:00 PM
 RiverWalk Church of Christ
 (South Door)

No Charge Guests Welcome
 Halloween Costumes are optional

If you are interested in bringing soup or dessert,
 call the Good Grief office at 612-0700.

BRING CANNED SOUP FOR SIMPLE HOUSE DONATION


**OCTOBER
Birthdays**

Jim	Colucci	2
Karen	Martin	2
Julie	Clark	3
Bill	Crow	3
Joann	Montgomery	3
Norman	Ritter	3
Tom	Tyler	4
Robert	Sjogren	5
Louise	Parks	6
Kim	Schmidt	6
Pam	Somers	6
Judy	Brosch	7
Rita	Weibert	7
Geraldine	Hoover	8
Virginia	Taylor	8
Susan	McMillan	9
Sally	White	9
Joann	Downum	10
Kay	Morgan	10
Frank	Bruner	11
Susan	Harris	11
Leilani	Best	12
Wanda	Butterfield	14
Chris	Rogers	14
Linda	Wilson	14
Krista	Burdick	15
Glenda	Murray	15
Mickey	O'Donnell	15
Erma	Knoll	16
Carolyn	Marlier	16
Wendy	Prater	16
Gloria	Duncan	17
Mary	Logue	17
Janice	Blomendahl	18
Barbara	Means	18
Merry	O'Callahan	18
Leonard	Gavin	20
Carla	Harvey	20
Darlene	Burke	22
Marsha	Huffman	22
Lonnie	Kimble	22
Carmen	Suter	22
Patricia	Haas	23
Winifred	Brim	24
Gary	Hovater	24
Evelyn	Reece	24
Karen	Mikesell	25
Cleo	Thomas	25
Kimberly	Allen-Harper	26
Don	Bland	26
Denise	Fumagalli	26
James	Johnson	27
Peggy	Brown	28
Darlene	Schlesinger	28
Tammie	Wiley	28
Emogene	Vaughn	29
Stephen	Wright	29
Nancy	Lane	31
Sandy	Lopez	31

Contributions for last month totaled \$540.00
THANK YOU to those of you who make it possible for
Good Grief to continue to serve the bereaved.

September 2011

Contributors:

Mary Belcher
Dave Bloir
Bill Crow
Norma Daniel
Michael Fulton
Eddie Glenn
Jack Grubb
Denise Guando
Jan Leonard
George McCandless
Ted McMurphy
Dorothy Mitchell
Jack Nelson
Mary Piotrowski
Cynthia Ross
Erma Schuster
Steve Stephens
Carmen Suter
Sondra Todd

Memorial Gifts

In Loving Memory

Ruth Glenn

January 6, 1933 to

October 15, 2008

Ruth, you did many things very well.

We love and miss them all.

by Tina, Warren, Blake,

Chase, Tate, Jax, John and

Eddie Glenn

Larry J. Ross

August 8, 1949 to

June 10, 2011

By Cynthia Ross

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 River Runs Through It

Grief has a way of damming up inside and cutting us off from everything and everyone we care about until we can no longer receive or give joy. We block out the good in our lives and focus solely on the bad. We stop reaching out to others, and eventually they stop reaching out to us. Once the river of humanity stops flowing through our lives, we stagnate in depression.

How do we get things flowing again? It's not easy, because it requires that we give up something, maybe even a part of ourselves. Having already suffered a tremendous loss, who can blame us for not wanting to give up something more?

Yet, giving up and giving back is the first step to unblocking the dam keeping us from the good things in life. For me, this meant turning my son's bedroom into a guestroom. It was a painful decision, but the room was tearing me apart. Sometimes, I would leave the door ajar, trying to pretend everything was okay. At other times, I slammed the door shut, unable to stand the empty silence.

Though it was difficult to strip the walls and furnishings from the room and start afresh, it was a necessary part of the healing process. Our newly decorated guestroom has since provided comfort to a young mother nursing a sick son, sheltered a troubled friend, and nurtured various family members in need of special care. The flow of humanity is a much more fitting tribute to my son than an empty room, for he loved people, and would have been the first to give up his room to a friend in need.

Where are the dams in your life? What are you holding on to? Is it the pain? The loneliness? Are you holding on to your loved one's possessions? Let go of the anger and bitterness; let the river flow.

- By Margaret Brownley

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 of Kansas may be designated at the time of funeral arrangements or they may be sent directly to Good Grief of Kansas 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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	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

*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.

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

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415
Office 316-978-9200

Marge Glazier, Broker Associate



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