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!

Humm, 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
On Going SELF-HELP SUPPORT GROUPS

SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

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

Mondays: 7:00 - 8:30 PM  EAST WICHITA
Calvary United Methodist Church, 2525 N Rock Road, Room A-3
Facilitators: Cindy Swan

Tuesdays: 10:00 - 11:30 AM  CENTRAL WICHITA
RiverWalk Church of Christ - Use South Office Entrance, Fireside Room (225 N Waco)
Facilitators: Marjorie Watkins, Jack Elder & Nada Canfield

Tuesdays: 7:00 - 8:30 PM  DERBY
Derby Woodlawn United Methodist Church - Room 15E (Woodlawn & Kay St.)
Facilitator: Kathy Thomas

Tuesdays: 7:00 - 8:30 PM  WEST WICHITA
Faith Renewal Church (formerly West Towne Baptist) - (2000 N Maize Rd.)
Facilitators: Evelyn Reece & Carmen Suter

Wednesdays: 7:00 - 8:00 PM  CENTRAL WICHITA
W.A.Y. Widowed and Young (Ages 20’s, 30’s, 40’s, 50’s)
Nursery available for infants through age 2. Ages 3 and up welcome to participate in church Bible classes or teen groups.
RiverWalk Church of Christ - Use SW entrance door, Fireside Room (225 N Waco)
Facilitators: Cathy Sexton, Frank Jarmer & Janet Cook

SUICIDE SURVIVORS  CENTRAL WICHITA
Mondays: 7:00 - 8:00 PM
RiverWalk Church of Christ - (225 N Waco) Use SW entrance door (door closest to the river). Look for the Good Grief sign on the door. If the door is locked, please knock loudly. Room 106. Please call the facilitators for more information or to make your reservation. This group is for those who have suffered the loss of a loved one through suicide.
Facilitators: Jim Yoder 316-727-0663 & Elaine Craft 316-706-7532

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
No group meetings will be held:
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.

OFFICE SUPPLY NEEDS:
Envelopes:
# 6¾ Security and #10 Std
Pastel Colored Paper - Cream:
8½ x 11, 24 lb

Schedule of Regular Socials:

Thursdays: Lunch/Brunch at 10:00 AM
Spears Restaurant 4823 West Maple OR Country Breakfast Cafe 2804 S Seneca Street
Host/Hostess: Chuck and Beth Holdeman Host/Hostess: John and Lois Pardee

Saturdays: Breakfast at 10:00 AM
Spears Restaurant 4823 West Maple
Hostess: Janet Cook
My boxes of grief are all over, everywhere I look, I see them. They open up at the most inopportune times and places; I don’t bother to lock these boxes of grief — What’s the use? Grief is strong enough to break open any lock, at least my grief is strong enough. I tried to count the boxes once, but stopped — the number kept going higher and higher, I ended up in tears over the number of my boxes.

Would you like to see inside a few? The largest box is where all the grief from my mom’s death is — that one opens all the time; I’m surprised it doesn’t just stay open forever. Some of the smaller boxes hold the grief from all the changes that have been dealt to me since her death. They open fairly often, yet I’m afraid. That one over there looks strange, I know; especially with those marks. You’re probably wondering what those are! That box is where my grief for Molly is, and the marks her little paw prints. That box opens up quite often too — Molly was my Cocker Spaniel.

These boxes will be put away some day, not all at once, maybe one by one. In my heart, I know that will happen, but my head tells me differently — at least for now anyway I need these boxes with me. No matter how much it hurts to have them pop open, each of these boxes of grief is a part of me; and in some strange way I don’t want to put them away yet. One day I will — but not now.
Contributions for last month(s) totaled $812.00
THANK YOU for your donation which makes it possible for Good Grief of Kansas to continue to serve the bereaved.

February
Contributors:
Chris Anderson
Dave Bloir
Rick and Susan Burr
Ginny Charles
Bill Crow
Jim Commerford
Janet Cunningham
Rob Evans
Donna Garver
Beth Goldsby
Esther Granados
Michele Hansen
Chuck Holdeman
Ted McMurphy
Shirley Pankratz
John & Lois Pardee
Norman Ritter
Jack L Smith
Kathy Stephens
Carmen Suter
Geri Thaete
Rodney Wake
Omer M. Wiseman
Gilbert Wooten

Memorial Gifts
In Loving Memory

Richard Grant Charles
Rick, March 13, 2016 marks 7 years since God took you. I still love you, adore you, think of you daily, and miss you. I still have your aviator jacket, your leather vests and your blue suede shoes! Your BEST GIFT, your humor, lives within me and sustains me. My devotion continues.
Your wife,
Ginny
By Ginny Charles

Angel Evans
By Robbie Evans

Vicente Granados
By Maria Esther Granados

Carol A. Smith
December 15, 1932 - January 3, 2015
By Jack L. Smith

Teresa Wiseman Kastning
By Omer Wiseman

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 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.

March
Birthdays
Maralene Balthazor ... 2
Susan Bojan .......... 2
Richard Sifford ....... 2
Sara Underhill .......... 2
Connie Westerfield ... 3
Lee Harrell ............ 4
Patty Lohr ............ 4
Crescent Reese ......... 7
Catherine Allred ..... 10
Esther Granados .... 12
Rick Haywood ...... 12
Cheri Hill ............. 13
Elaine Marcotte ..... 14
Jim Yoder ............ 14
Debbie Church ..... 16
Kenneth Bradford ... 18
James Ismert ........ 20
Harold Swartzlander 21
Dee Troyer .......... 21
Phyllis Nichols ...... 24
Larry Lewis .......... 26
Carol West .......... 28
Susan Hopson .......... 29
Trudy Bakker .......... 31

South Group Donations
Red Banquet Donation
Feb. 2016
I have been a widow for eight years. My husband, Rich, died in March 1990, after a ten-year struggle with brain cancer. The struggle was not his alone. Our family suffered with him, and the length of his struggle took its toll on all of us.

December 29, 1997, would have been Rich’s sixty-third birthday. That night I had a dream. As I put words to what the dream meant to me, I felt it might be useful to share my thoughts with other families who are struggling to put their lives back together after the death of a loved one.

In my dream, I was packing to go on a trip with a group of women. Concerned about what I might need, I was fussing over what I should take and what I should leave behind. I took several things out of my suitcase and then replaced them. Just when I thought I had everything figured out, I suddenly started packing another suitcase for Rich. I packed the tan slacks he always liked and worried about what else he might need for the trip. However, while I was doing this, I knew that he wasn’t going on the same journey I was planning with my women friends. I was worried about him being angry if I didn’t pack the right things for him even though I knew he was no longer alive and wouldn’t be traveling with me in this life any longer.

My journey through life is different now. At some level I’ve decided that I don’t want another partner – partly because I can’t imagine falling in love with someone new, and partly because I know marriage is hard work. The problems resulting from my husband’s long, debilitating illness and my responses to his illness made our last ten years very, very difficult. I’m afraid to even consider another relationship. It took a lot of energy from both of us to make our marriage work, and I don’t feel whole enough to try again. What energy I have is devoted to trying to reinvent myself as a single person.

At this point in my life, I’m comfortable with family and friends. I’m trying to unpack some of the baggage I’ve carried for a long time and replace the fear and worry with a more adaptable, more spiritual outlook. At the same time, I’m still dragging a lot of the past along with me. I’m spending time and energy trying to keep my family connected to each other – the family we were when Rich was alive. But the truth is that I really don’t want things to be the way they were then.

I want a more peaceful life now. Our children are grown with families of their own. But while I’m trying to “pack my own bags,” I find myself still thinking about what Rich wanted, trying to lessen the impact his illness had on our family, and helping my grown children move forward.

Even though I’m now traveling through life alone, I still carry lots of baggage from my thirty-five year relationship with Rich. I know he’s gone, but subconsciously I rely on his judgments, and I worry about him. The pain of his illness and how it affected our relationship keeps me from wanting to create another relationship, it keeps me from “traveling forward in life.” I need to figure out how I can successfully unpack the baggage I’ve been dragging along for so many years, and feel free to embark on a new voyage.

What do I need to “pack” for my own journey into the future? What is important to me? How have I changed? What do I need to keep, and what do I need to throw away? It’s not easy to make these decisions alone after spending more than half my lifetime making decisions as a couple. But one thing is clear, either I will travel forward through change or I will remain stuck in a lonely time and place.

By Marge Kalina
Bereavement Magazine
Sept/Oct 1998
Monies are to be collected and **turned in the day of the Walk.** Receipts for donations are available the day of the Walk.

Please sponsor ___________________________________ in the Good Grief Memorial Walk

<table>
<thead>
<tr>
<th>Sponsor Name</th>
<th>Address</th>
<th>In memory of</th>
<th>Amount</th>
<th>Pd</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Pledge $$

Make tax-deductible donation payable to **Good Grief of Kansas, Inc.**

CINNAMON ROLL & coffee/juice - $3.00 at 9:30 AM
Balloon Release and Walk start at 10:00 AM

Good Grief of Kansas, Inc
2622 W Central Ave, Suite 108
Wichita, Kansas 67203
(316) 612-0700
[www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)
Three special ways to remember and honor our loved ones and support Good Grief of Kansas in a **Memorial Walk**

May 7, 2016 - Starting 10:00 AM and returning to the RiverWalk Church of Christ (225 N. Waco)

Come walk along the Wichita River Walk.

1) Gather pledges from sponsors for the walk in memory of a loved one and collect tax-deductible donations. Join with your family and friends and form a team. Walk as far as is comfortable.

2) Sponsor a walker by pledging a fully tax-deductible donation in memory of your loved one.

3) Make a tax-deductible donate for a Memorial Marker to be displayed on Memory Lane along the walkway the day of the walk. Please provide memorial information to be displayed on a 8½ x 11 laminated sign. Example: Picture of loved one, special verse, poem or inscription.

**SUBMIT MEMORIAL MARKER PICTURE AND INFORMATION BY APRIL 30, 2016**

Email items to the email address shown below or give to your group facilitator.

*Remember, “You’ll Never Walk Alone”*

Need additional information call Good Grief of Kansas office (316) 612-0700 or email info@goodgriefofkansas.org

---

**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 10192 or Goo 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 your friends & family to select us too!

**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 10192 or Goo 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 your friends & family to select us too!

If you have any problems, please call the Good Grief office and leave a message. More details may be found on the Good Grief website.

---

**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 __________________________________________
MEMORIAL WALK FUNDRAISER
MAY 7, 2016
See Pledge Sheet Inside

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

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

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 and put “remove from mailing” in the subject line.
Newsletters may be viewed on-line by going to www.goodgriefofkansas.org.

Program Outreach:
- Widowed Support Group
- Suicide Loss Support
- 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

Executive Board
Terry Stephens, President
Rick Cline, Vice President
Kelly Blades, Secretary
Mary Evans, Treasurer

Board Members
Marilyn Nichols
Merri Reed
Ted Swan

Founder
Phyllis L. Gadaire-Sauer

Office Manager
Donna Rhodes

Trainers, Facilitators & Substitutes*
Nada Canfield* Janet Cook* Thomas Downer Carmen Suter Jack Elder Cindy Swan Helen Fieandt* Kathy Thomas Beth Holdeman Marjorie Watkins Frank Jarmer Melissa Warnken* John Pardee Bob Westerfield Lois Pardee Connie Westerfield Mary Piotrowski Bonnie Workman* *Evelyn Reece Jim Yoder

Good Grief News
www.goodgriefofkansas.org 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. by mail or to info@goodgriefofkansas.org.

Marge Glazier
Century 21 Grigsby
Real Estate for the Real World

Cell 316-648-7415
Office 316-978-9200
Marge Glazier, Broker Associate

www.goodgriefofkansas.org

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 and put “remove from mailing” in the subject line.

Newsletters may be viewed on-line by going to www.goodgriefofkansas.org.

Good Grief of Kansas is a TAX EXEMPT non-profit 501(c)(3) organization funded by:
- Memorials, Gifts & Donations

www.goodgriefofkansas.org