



**Good Grief**  
of Kansas, Inc.

# Good Grief NEWS

2622 W. Central - Suite 108, Wichita, KS 67203  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

316-612-0700 April 2018  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)



## Grief 101



Can you smell it? Come on, breathe deep. In through your nose . . . The air is changing . . . rebirth and renewal glides around us like transparent layers of peace. The chill is gone and the birds have changed their symphony to one of hope and anticipation. Spring is right around the corner.

So, what should I write about in this season of rebirth that has any tie whatsoever to grief, and loss? Where is the thread that is woven through both issues? Grief is negative and full of hopelessness. Spring is about optimism and joy and . . . Resiliency. Oh. Ohhh. Resiliency, an occurrence of rebounding or springing back. I think I've found the correlation. But now what should I do with it? Hmm. I'll be right back. I need coffee, and maybe so do you?

Okay. Only two sips of coffee and I know what I want to do. I want to write about grief in its infancy. I want to share some concrete suggestions that may (or may not) help you "rebound or spring back" to a stronger you. I want to give you some basics that can increase your **Resiliency**. We'll call it Grief 101 and we'll have just a few rules for our classroom.

1. Don't do anything that feels wrong
2. Take as long as you want
3. Add new experiences in whatever order you wish
4. Be patient with yourself
5. Understand that I am only going to give you Chapter 1 of the text. The rest of the book is yours to write.

Okay, are you ready? Feet flat on the floor, attention on the teacher? There goes the bell . . .

### Lesson #1

Early in your journey of grief, you may feel as if a cloud has descended into your world. You will feel numb. Your mind will say it's been hurt but your heart will feel as if it has stopped. You may begin wondering if it really happened. You may have blank spots in your memory. Instead of fighting to remember and relive the details, let the numbness help you. Let it be. It will be gone soon enough and reality will come crashing in. Allow the denial to protect you while you build up your strength.

### Lesson #2

Realize that the pain you feel is as strong as the love you have for your loved one.

The obsession with their absence is normal and not something to try to get over or avoid. Your grief is a tool for honoring them. You cannot "not feel" it. You cannot get to the other side of the pain without walking right through the middle. You must feel it until it changes.

### Lesson #3

Talk to your loved one. Ask them to help you grieve. Tell them what you are feeling. Close your eyes, picture them in a happy moment and "think it" to them. Even if you do not believe they can hear you, the simple act of conversation should ease your loneliness.

### Lesson #4

Write. Write to your loved one, write in a journal, write poems or try automatic writing. Writing is free therapy. The key is to put it on paper. Make it permanent. Take it out of your brain and send it into the world.

*By Sandy Goodman - Spring 2009  
Bereavement Publications*



## SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

**Be sure to check the website for any changes to meeting schedules.**

### **Mondays: 7:00 - 8:30 PM**

Grace Baptist Church – (1414 W Pawnee)  
Facilitators: Bob & Connie Westerfield

### **SOUTH WICHITA**

### **Mondays: 7:15 - 8:45 PM**

East Point Church of Christ - (747 N 127th Street E)  
**Go to separate building north of playground**  
Facilitators: Adrienne Massey & Melissa Warnken

### **EAST WICHITA**

### **Tuesdays: 10:00 - 11:30 AM**

RiverWalk Church of Christ - Use South Office Entrance, Fireside Room (225 N Waco)  
Facilitators: Marjorie Watkins & Jack Elder

### **CENTRAL WICHITA**

### **Tuesdays: 7:00 - 8:30 PM**

Derby Woodlawn United Methodist Church - Room 15E (Woodlawn & Kay St.)  
Facilitator: Kathy Thomas & Linda Burris

### **DERBY**

### **Tuesdays: 7:00 - 8:30 PM**

WICHITA  
Faith Renewal Church (formerly West Towne Baptist) - (2000 N Maize Rd.)  
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman

### **WEST**

### **Wednesdays: 7:00 - 8:00 PM**

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: Fang Richards & Marsha Huffman

### **CENTRAL WICHITA**

## **SURVIVORS OF SUICIDE LOSS**

### **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.  
Facilitator: Jim Yoder 316-727-0663

### **CENTRAL WICHITA**

### **1st and 3rd Monday of each month: 7:00 - 8:00 PM \*\*NEW GROUP\*\* ARK CITY**

Mid American Credit Union (1610 N. Summit Street, Arkansas City) – Community Room (north side of credit union). Please call the facilitator for more information or to make your reservation. This group is for those who have suffered the loss of a loved one through suicide.  
Facilitator: Kathy Harbert 620-441-7271.

**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: Breakfast at 9:00 AM**

IHOP - 11855 E Kellogg Drive  
(Hostesses: Cindy Swan, Adrienne Massey)

### **Saturdays: Breakfast at 10:00 AM**

Spears Restaurant - 4823 West Maple  
(Hostess: Janet Cook)

### **Thursdays: Lunch/Brunch at 10:00 AM**

Spears Restaurant - 4823 West Maple (Host/Hostess: Chuck & Beth Holdeman)


OR

Country breakfast Café - 2804 S Seneca Street (Hostess: Lois Pardee)



# April 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 All Fool's Day 	2 SOSL Wichita 7:00 pm SOSL Ark City 7:00 pm South Group 7:00 pm East Group 7:15 pm  Easter Monday	3 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	4 W.A.Y. Group 7:00 pm	5 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café  TLC Meeting 5:00 PM	6	7 Breakfast 10 am Spears Restaurant
8	9 SOSL Wichita 7:00 pm  >West Group 7:00 pm< South Group 7:00 pm East Group 7:15 pm	10 Central Group 10 am Derby Group 7:00 pm <<< West Group - one time move to Monday	11 W.A.Y. Group 7:00 pm	12 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	13	14 Breakfast 10 am Spears Restaurant
15	16 SOSL Wichita 7:00 pm SOSL Ark City 7:00 pm South Group 7:00 pm East Group 7:15 pm	17 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm  Good Grief Board Mtg. 5:00 pm - GG Office	18 W.A.Y. Group 7:00 pm	19 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	20	21 Breakfast 10 am Spears Restaurant
22 Earth Day	23 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:15 pm	24 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	25 W.A.Y. Group 7:00 pm  Administrative Professional Day	26 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café	27	28 Breakfast 10 am Spears Restaurant
29	30 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:15 pm	1 Central Group 10 am Derby Group 7:00 pm West Group 7:00 pm	2 W.A.Y. Group 7:00 pm	3 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café  TLC Meeting 5:00 PM	4	5 Breakfast 10 am Spears Restaurant

## New Life

He came into my life and touched me gently with his love.  
 And for a while (too short!) we walked through life together - hand in hand.  
 And together - we were strong, and happy, and invincible!

The seasons of our love pressed on and together we faced each challenge -  
 And the challenge, no matter how great, was divided -  
 As we faced it hand in hand.

Then came the ultimate challenge -  
 The one that would result in our lives being forever changed -

And he faced it bravely,  
 Holding and comforting me in my pain -  
 Knowing that we both were dying -  
 Sensing wisely that his pain would end,  
 But mine would surely continue -

(cont'd on Page 7)

Contributions for last month(s) totaled \$707.00.  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

## March

Contributors:

- Gary Appelman
- Dave Bloir
- Rob & Heidi Bolton
- Janet Cunningham
- W. H. Ford
- Mike Gillihan  
(February donation)
- Marge Glazier
- Dara Hoffman
- Chuck Holdeman
- Marsha Huffman
- Ted McMurphy
- Marilyn Newkold
- Royal Owens
- Lois Pardee
- Stephanie Parker
- Alice Shelton
- Jack L Smith
- Nancy Vincent
- Rodney Wake
- Omer M. Wiseman

## Memorial Gifts

*In Loving Memory*

### Jack Shelton

In Loving Memory of my husband

Born April 22, 1935

Born April 22, 2017

*By Alice Shelton*

### Carol A. Smith

Love You "Mom"

*By Jack L. Smith*

### Teresa (Wiseman)

### Kastning

April 14 - birthday

*By Omer M. Wiseman*

## 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.

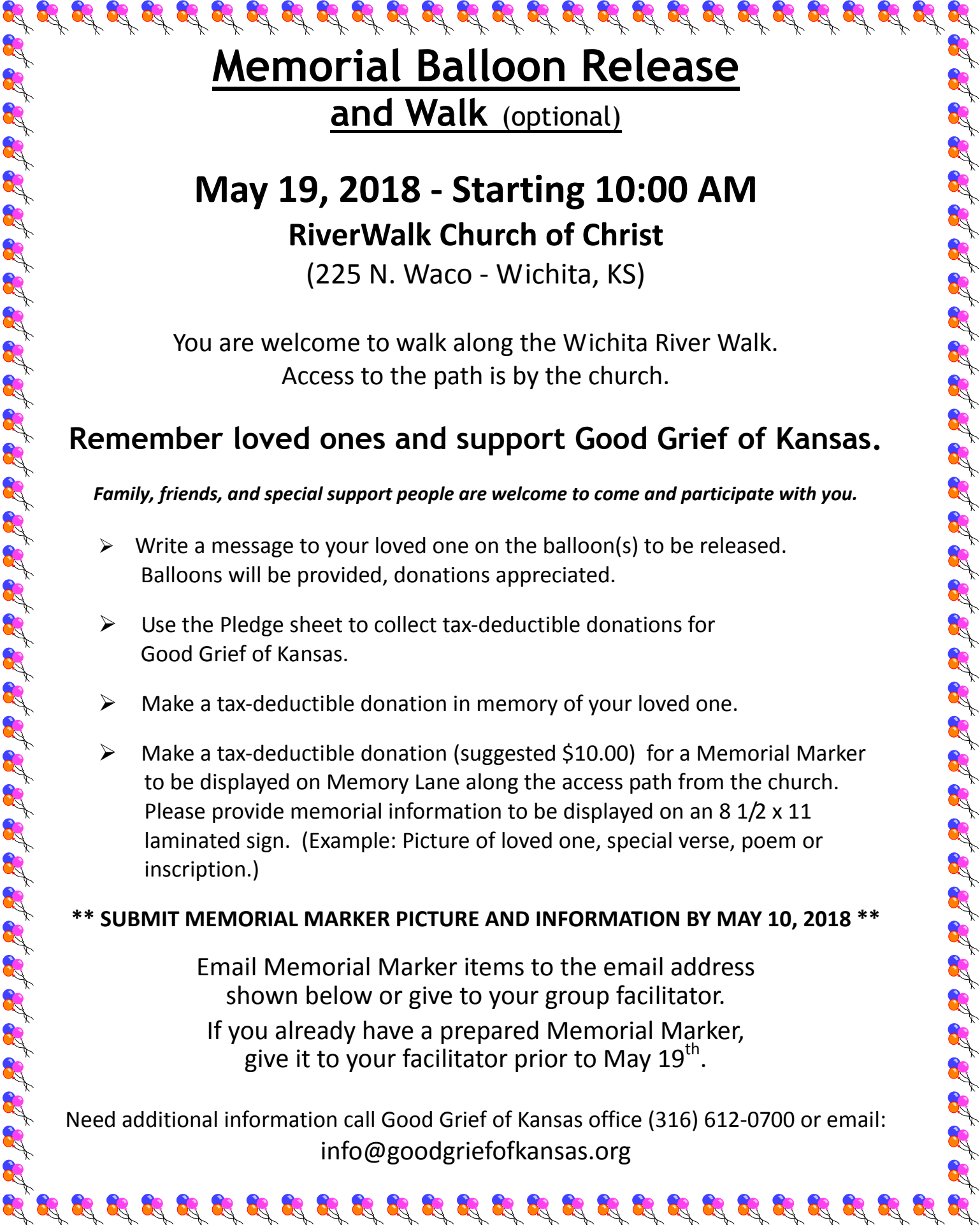
# April Birthdays

- Marsha Agard ..... 1
- John M. Pool ..... 2
- Phyllis Calvert ..... 3
- Scott Hoepner ..... 4
- Maddy Sanders ..... 4
- Michael A. Nolen ..... 5
- Robert A. Nolen ..... 5
- Janet Nottingham ..... 5
- Debbie Selsor ..... 8
- Natalee Turner ..... 9
- Amy Rich ..... 10
- Paulette Traffas ..... 11
- Tina Jonker ..... 16
- Jamie Jayne ..... 18
- Jennifer Nguyen ..... 21
- John Huebert ..... 23
- Debbie Rasmussen ..... 26
- Jody Hysom ..... 27



*Memorial tributes and gifts always welcome.*

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



# Memorial Balloon Release and Walk (optional)

**May 19, 2018 - Starting 10:00 AM**  
**RiverWalk Church of Christ**  
(225 N. Waco - Wichita, KS)

You are welcome to walk along the Wichita River Walk.  
Access to the path is by the church.

**Remember loved ones and support Good Grief of Kansas.**

*Family, friends, and special support people are welcome to come and participate with you.*

- Write a message to your loved one on the balloon(s) to be released. Balloons will be provided, donations appreciated.
- Use the Pledge sheet to collect tax-deductible donations for Good Grief of Kansas.
- Make a tax-deductible donation in memory of your loved one.
- Make a tax-deductible donation (suggested \$10.00) for a Memorial Marker to be displayed on Memory Lane along the access path from the church. Please provide memorial information to be displayed on an 8 1/2 x 11 laminated sign. (Example: Picture of loved one, special verse, poem or inscription.)

**\*\* SUBMIT MEMORIAL MARKER PICTURE AND INFORMATION BY MAY 10, 2018 \*\***

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

If you already have a prepared Memorial Marker, give it to your facilitator prior to May 19<sup>th</sup>.

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



(cont'd from Page 3)

Then darkness covered us -  
 And in the darkness his hand left mine.  
 And at that moment  
 We both faced death -

And my silent scream of terror and pain was not so  
 much because he had died,  
 But because, for the first time since  
 our lives had touched,  
 We were no longer hand in hand!

The winter has been long and dark and deep -  
 And though the seasons changed for others,  
 The winter raged on for me -  
 gray and drab and cold -  
 For I walked in death among the living.

But, as the tiny crocus pushes up shyly  
 through the snow,  
 So my spirit stirs to life again.  
 I see new life around me and I join it.

And as the pain of my rebirth subsides  
 I face new life with confidence -  
 Not with bitterness and anger because I lost him -  
 But with gratitude and joy Because I had him!

He came into my life  
 And touched me gently with his love.  
 And though he passed this way but briefly -  
 The world seems better somehow  
 For his having passed through it!

And my life, forever changed,  
 Moves on into a new phase -  
 Bolstered by the memory of his love -  
 and strengthened by the power of his spirit!



By Mary Ann Streitmatter

## DILLONS COMMUNITY REWARDS

### Dillons Plus Card Instructions

**Step 1:** Go online to [www.dillons.com](http://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](http://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 \_\_\_\_\_



ANONYMOUS PLEASE

I would like more information

My phone # is ( ) \_\_\_\_\_

My Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_



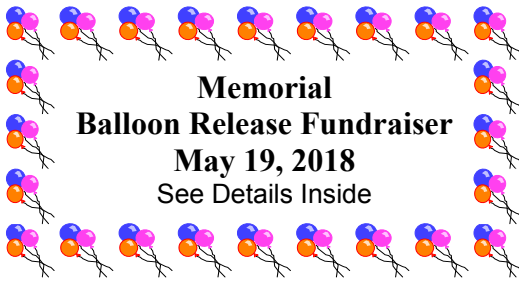
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Wichita KS 67203

**Good Grief**  
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WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED



**Memorial  
Balloon Release Fundraiser  
May 19, 2018  
See Details Inside**

### Attention: Amazon shoppers!

Good Grief of Kansas is registered with  
Amazon Smile. Here's the link.  
<http://smile.amazon.com/ch/48-1134597>

[www.goodgriefokansas.org](http://www.goodgriefokansas.org)

316-612-0700

Good Grief News

#### Executive Board

Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

#### Board Members

Marilyn Nichols  
Merri Reed  
Ted Swan  
Jim Yoder

#### Program Director

Janet Cook

#### Founder

Phyllis L. Gadaire-Sauer

#### Office Manager

Donna Rhodes

#### Trainers, Facilitators & Substitutes

Linda Burris  
Janet Cook  
Thomas Downer  
Jack Elder  
Kathy Harbert  
Rhonda Hinkle  
Beth Holdeman  
Chuck Holdeman  
Marsha Huffman  
Frank Jarmer  
Adrienne Massey  
Lois Pardee  
Mary Piotrowski

Evelyn Reece  
Fang Richards  
Cathy Sexton  
Debbie Selsor  
Carmen Suter  
Cindy Swan  
Kathy Thomas  
Marjorie Watkins  
Melissa Warnken  
Bob Westerfield  
Connie Westerfield  
Bonnie Workman  
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 Groups
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

### 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@goodgriefokansas.org](mailto:info@goodgriefokansas.org)  
and put "remove from mailing"  
in the subject line.  
Newsletters may be viewed  
on-line by going to  
[www.goodgriefokansas.org](http://www.goodgriefokansas.org).

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

- Memorials, Gifts & Donations

## Marge Glazier



Real Estate for the Real World

### Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate