



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Suite 108, Wichita, KS 67203
Website: www.goodgriefofkansas.org

316-612-0700 July 2018
Email: info@goodgriefofkansas.org

The Return To Pandora's Box

From ancient Greek mythology, you may have heard the legend of Pandora's Box. Zeus, with help from the other gods, created a beautiful woman, Pandora, as his daughter, whose dowry was contained in a magical box that she was instructed never to open. Pandora was the first woman who was created and she was to marry Prometheus, the Titan who had created man.

Prometheus was the champion for mankind and he had stolen fire from Zeus to give to man to use, so that he could grow and prosper. Zeus, enraged by the theft, punished Prometheus by presenting Pandora to his brother, Epimetheus, to marry.

One night, Pandora woke Epimetheus and told him she had opened the box and all this pestilence, evil, and disease flew out before she could close the lid. Epimetheus went to the box and opened it to see for himself. He found that the box was not quite empty. There was one thing left inside...hope.

On our grief journey following the death of a loved one, we find ourselves lost in a sea of despair. The evils of Pandora's Box were unleashed into our lives and the lid slammed shut without any hope. When our dreams are shattered hope seems elusive; even to survive it seems we are dishonoring our loved one. How do we find hope again?

It seems we have to go back to Pandora's Box and open it

once again - to look for hope. We walk back into the dragon's den of our fears; we face the dragon of death that took our loved one from us; we look at the pain and horror that has overtaken our lives and identify the fears that keep us from finding hope - our fear of forgetting, our fear of healing, our fear of not grieving, our fear of a meaningless future, our fear of laughing again, our fear of our own apathy - all fears that keep us in our cocoon of grief and safe from the harsh world.

Finding hope is risky business, finding hope takes work, finding hope takes commitment, finding hope takes faith. Hope without faith is mere optimism. Faith is the fire on the candle of hope that sheds light in the darkness of despair. With hope, kindled by faith and intention, we can remove our fears one at a time by facing them and incorporating them into our daily experience.

Fear of forgetting is addressed by sharing our story with all that will listen and even to those that do not. In doing so, we keep our loved one's name in the present tense, we remove the word *had*, and insert *have*. I *have* two children - one who lives in Red Wing, Minnesota, the other one abides in places only dreamed of.

We have the fear of healing because we are afraid if we lose the pain we are somehow getting over it, so we pick the scab from our wound to keep it fresh - give me the pain if that is all I have left. Fear of healing can be assuaged by creating a legacy in the honor of our loved one. To create a legacy, we need our health, our strength and our spirit. Our fear of not grieving

enough, not mourning correctly or not exhibiting affections of mourning can be challenged by immersion into the grief. Watch home movies, look at photo albums watch tear jerker movies, tell life stories and the death story; catalyze the tears in any way you can, give yourself the opportunity and permission to actively lament, cry and even rage.

Our fear of a meaningless future can be removed by planting seeds. Some seeds sprout immediately, some lay dormant for years; some seeds need the heat of a forest fire to bring them to life. Now scorched by the fires of your loss, long-dormant seeds may emerge. Talents laying deep within may show themselves in the continual struggle to survive. We just have to watch for them and nurture them - they are our future.

Our fear of laughing again can be addressed by simply watching a funny movie, being around children, being with friends who make us laugh, wearing a red clown-nose to work, allowing people to laugh with you - it's contagious and you will laugh in the process. Take a risk to be silly.

*By Mitch Carmody
Bereavement Publications
Spring 2013*



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: 6:30 - 8:00 PM >> NEW LOCATION & TIME<< WEST WICHITA**West Heights UMC - Use South parking lot, Entrance G, Fellowship Hall
(745 N Westlink Avenue)

Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman

Tuesdays: 7:00 - 8:30 PM

Derby Woodlawn UMC - Room 15E (431 S Woodlawn Blvd in Derby)

Facilitator: Kathy Thomas & Linda Burris

DERBY**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 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: Jim Yoder 316-727-0663

CENTRAL WICHITA**1st and 3rd Monday: 7:00 - 8:00 PM *Suspended Until Further Notice* 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.

*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.

**OFFICE SUPPLY
NEEDS:****Envelopes:****# 6¾ Security****# 10 Standard****(Dollar Tree envelopes
work just fine)****Colored Paper:****Pastel - 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)**



July 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	3 Central Group 10 am **West Group 6:30 pm Derby Group 7:00 pm	4 W.A.Y. Group 7:00 pm 4th of July	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 South Group 7:00 pm East Group 7:15 pm	10 Central Group 10 am **West Group 6:30 pm Derby Group 7:00 pm	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 South Group 7:00 pm East Group 7:15 pm	17 Central Group 10 am **West Group 6:30 pm Derby Group 7:00 pm	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	23 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	24 Central Group 10 am **West Group 6:30 pm Derby Group 7:00 pm	25 W.A.Y. Group 7:00 pm	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	31 Central Group 10 am **West Group 6:30 pm Derby Group 7:00 pm	1 W.A.Y. Group 7:00 pm	2 Breakfast 9 am IHOP Brunch/Lunch 10 am Spears or Country Café TLC Meeting 5:00 PM	3	4 Breakfast 10 am Spears Restaurant

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow. You will find more and more ways in which you can cope. The Chinese have a saying that a journey of a thousand miles starts with a single step. There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.



Michael A. Simpson
The Facts of Death

THE COMPASSIONATE FRIENDS

Contributions for last month(s) totaled \$1,170.00.
THANK YOU for your donation which makes it possible for
Good Grief of Kansas to continue to serve the bereaved.

June

Contributors:

Gary Appelman
Dave Bloir
Bill Bobbitt
Janet Cunningham
Sandra Depew
Richard M. Escareno
W. H. Ford
Chuck Holdeman
John McBride
Ted McMurphy
Jarree Miller
Mary Piotrowski
Lois Siemers
Jack L Smith
Carmen Suter
Nancy Vincent
Beverly Whitman
Beth Wiechman
Ron Zafuta

Memorial Gifts

In Loving Memory

In memory of my uncle

Larry Bennett

Feb. 9, 1938 - Apr. 11, 2018

By Beth Wiechman

Marie Bloir

Marie, it's been 8 years now and
still feels like yesterday.

Love Always, Dave

By Dave Bloir

Cora Jean McBride

Dec. 17, 1944 - July 23, 2012

6 years seems like yesterday.

By John McBride & family

Carol A. Smith

By Jack L. Smith

Memorial tributes and 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 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.

July Birthdays

Corey Cook	3
Matt Herndon	3
Shirley E Smith	5
Jerry Dalrymple	7
Mary Jane King	8
Wes Nelson	8
Phyllis Winn	9
Linda Burris	10
Bob Jacobs	10
Sandy Miller	13
Edgar J. Evans	14
Linda Marshall	17
Patsy Bouckaert	20
Philip Jeffreys	20
Kris Warren	20
Sharon Dunning	21
Frances Healy	22
Ted McMurphy	24
George Asher	26
Sarah Grow	26
Tammy Cuadra	27
Cathy Melrose	27
Bob Westerfield	28
Bill Stilwell	29
Eugene Byrd, Jr.	30
Earleta Godderz	31



SILENT SORROW

*"The risk of love is loss, and the price of loss is grief -
- But the pain of grief is only a shadow when compared
with the pain of never risking love.*

-Leonard M. Zunin, M.D. & Hillary Stanton Zunin

Is it more difficult to experience the diagnosis of a life-changing illness or to lose a cherished pet? Is it harder to lose a loved one to AIDS or to suicide? Is divorce a more devastating loss than the loss of a home or job? There are no right answers to these questions because grief is unique to us and cannot be compared. James Van Praagh, in his book, "Healing Grief," states that "loss is loss, no matter what the cause. When someone or something we love is taken from us or denied us, that is a loss."

The grief which accompanies these losses is called 'disenfranchised grief,' a concept first presented by Kenneth Doka, a professor of gerontology, and it occurs when a loss cannot be "openly acknowledged, publicly mourned, or socially supported." A death from suicide may not be acknowledged as such because of the stigma that is so often attached to it. A person who has lost a companion animal may hesitate to express their sadness for fear that their grief will be discounted. A person in a homosexual relationship may not be able to publicly mourn the death of their partner. A code of silence surrounds disenfranchised grief.

We begin the journey to acceptance the same way we recover from any loss. We allow ourselves to go through the well-known stages of grief. Feelings of denial, anger, bargaining, depression and, eventually, acceptance, are all normal. With divorce, we may also have feelings of guilt, regret and diminished self-esteem. The loss of a pet can be devastating if the attachment is profound, which it is for many of us. With the diagnosis of a life-threatening disease, we must face one of our greatest fears — our own death. We may also experience feelings of disappointment and resentment if family and friends do not support us during this time of sadness.

Our identity is often threatened by a major loss. My mother died after a long terminal illness, two months before I lost my Labrador retriever, Stoney, to cancer. I anticipated my mother's death, but I was unprepared for Stoney's death, and it brought me to my knees.

I lost all sense of who I was because my identity was wrapped up in my love for both of them. I was heartbroken and it took several years to define a 'new normal' for myself.

Tremendous spiritual growth may occur as a result of loss of any kind. Working through our pain strengthens us, makes us more empathetic and, in time, will make us grateful for our ability to love. I was changed forever by a tragedy in my canine family several years ago. I walked away from God when I was a teenager because of the losses that he 'let' happen. Ironically, it was this tragedy that put me back on a spiritual path.

A deeply moving exercise we can do to help us in our grief is to formally say goodbye to the person or thing we have lost. How do we do this? We get pen and paper and start writing. I adored my father and he died when he was 45 years old. I was 13. I was not encouraged to mourn, nor was my grief acknowledged. No one talked to me about this devastating loss. Everyone grew silent when I walked into a room. So, I wrote to my father, 50 years after his death. I told him I loved him - something I was never able to do while he was alive. I asked him what his dreams were, and if he had ever been happy. I thanked him for Billy Boy, my first pony. And I cried. For the first time, I was able to make peace with my long-buried grief.

All loss is different. Losing a parent is not the same as losing a job. Losing a pet is not the same as losing a friendship. The worst kind of loss is always our own. The depth of our grief is determined by our emotional makeup, our past losses and the attachment we had to what has been lost. Elisabeth Kubler-Ross and David Kessler suggest in their book, "On Grief and Grieving," that "no loss counts more than another. It is your loss that counts for you. It is your loss that affects you. Your loss is deep and deserves your personal attention without comparison."

I believe we all want to do the right thing in life. One way we can do this is by being compassionate and accepting of other people's feelings. This includes acknowledging their losses and validating their grief. It means listening without judgment. We are all on a spiritual journey and the more we support each other on this path of life, love and loss, the more rewarding our own lives will be.



*By Brenda L. Nash
Bereavement Publications, Inc.
Fall 2012*

The Heart Searches

My neighbor's dog barks and paces the yard whenever its owners leave the house. This behavior goes back to the time when wild dogs roamed in packs. At the first sign of danger, these early canines howled to summon the pack much like the little pup next door barks to summon his family.

The need to gather our loved ones in times of loneliness or danger is innate. In many cultures, chanting is part of the grieving process, but we all cry out in our own way. Like lonely dogs, we also pace. We walk the floor when we seek answers or a solution to a problem. We wander aimlessly from window to window when a spouse or child is late coming home.

We pace even after the funeral. Intellectually, we know our loved one is never coming back, but the heart and soul refuse to believe something so awful could possibly be true. In our anguish, we search for weeks and sometimes even months after our loved one is gone, crying out our need in a dozen different ways, seeking to find what can't possibly be found, at least not in the way we want. We search until we can no longer deny the truth.

Years ago, it was common practice for a seaman's wife to keep watch for her husband's ship from the bridge or widow's walk on her roof. Women often spent days scanning the distant horizon, even when they knew their husbands had been shipwrecked and would never return.

A friend's widowed father kept leaving the house in the middle of the night. He would be gone for hours and refused to talk about where he went. Worried, my friend followed him one night in her car and soon recognized the restaurants and theater, even the church, where her parents had spent much of their time together. Her father drove past all his wife's favorite places searching for her.

Today, call the pack together. Plan a family reunion or outing and celebrate each other's presence. Stage a treasure hunt. Invite friends over for lunch or dessert and share memories of the past. Make an effort to touch bases with all the good people in your life.

If you still have the need to pace or cry out or drive around looking for a loved one, write St. Augustine's words of wisdom on an index card and post it over the kitchen sink: "I sought thee everywhere, my God, but when at last I found Thee, Thou wert within."



*by Margaret Brownley
Bereavement Magazine 2001*

The Leak

It happened again, Denny. There I was, sputtering and muttering like some mad-as-a-hatter widow as I struggled to temporarily fix a leaky pipe in the basement. This is your job, I thought.

I had successfully squeezed into the narrow space between the laundry room wall and the fiberglass shower. Climbing up onto a large, overturned pail, I wrapped a strip of rubber around the offending copper pipe and slowly tightened two hose clamps. My arms and shoulders ached as I reach high above my head to turn my handy-dandy screwdriver. Several all-too-familiar cobwebs cheered me on from the rafters, and clothes dryer lint drifted down on my head like confetti. But I wasn't in a partying mood.

"Why aren't you here?" I asked for the umpteenth time, I was answered by silence. I twisted the damp screw one last time and tried not to be angry.

Angry because you aren't here to help take care of the house (You used to fix things before I knew they were broken.)

Angry because I had to raise two small children by myself. Angry because you were a superb pilot who should have died of old age.

Angry because there wasn't any mortgage insurance and not much life insurance.

Angry because you won't be at your son's wedding this summer or at your daughter's next spring.

Angry that your as of yet unborn grandchildren will know you only in their dreams. Angry that we'll grow old together only in my dreams.

As I crawled down from the pail and wiggled my way out from beside the shower, I turned the water back on and retraced my steps to check on my handiwork. I quickly discovered that my work was anything but handy. The rubber tourniquet I had so confidently applied was oozing water at a slow but steady pace. I had fared miserably as a plumber.

But at least I had tried. As future plumbing crises arise (and they will!), I'll keep on trying. You've been gone a long time now. When you died, it was like I had this deep, excruciatingly painful, gaping wound. Time and love and faith and friends helped heal the hurt, but the "new" skin wasn't the same as the old. Even today, almost fifteen years later, it's still fragile and sensitive. When that old wound gets bumped, it oozes like a leaky pipe, dripping anger and regret and guilt all over the place.

Although the memory of your love continues to sustain me, I sometimes fail miserably at being a courageous, joy-filled, positive-minded widow, but at least I try. And I'll keep on trying.

*By Leanne Lippincott,
Jamesville, WI*



Tips For Creative Coping

By Darcie Sims

1. Identify specific feelings. Do not generalize.
2. Acknowledge your thoughts. Accept both the positive and negative.
3. Make a conscious attempt to regain a sense of humor, zest for living.
4. Figure out exactly what you want to do ... do it!
5. Become as informed/knowledgeable as possible. Knowledge is power.
6. Assert yourself. Ask for what you need.
7. Believe in yourself.
8. Listen to yourself.
9. Engage in whatever exercise and activity is possible. Get moving.
10. Set small goals first. Accomplish them. Set bigger goals.
11. Set specific dates with yourself to do something you like. (It helps you out of depression).
12. Reach out to others.
13. Focus on only one worry at a time.
14. Search for joy every day. Insist on it!
15. Try to retain a sense of perspective.
16. Pick your worries. Don't worry about worrying.
17. Remember that life requires effort on your part. Work at lifting depression.
18. One day at a time ... know some days all you can manage ... is one minute at a time.
19. Don't wait for happiness ... Make it happen now. This is it!
20. Realize that love isn't enough, but nothing works without it.
21. Don't forget how to dream. Practice it often.
22. Be kind to yourself. Learn to forgive yourself.
23. Laugh (at least once a day).
24. Listen to everyone ... but follow your own music.
25. Hug someone often. Hug Yourself.

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 _____



ANONYMOUS PLEASE

I would like more information

My phone # is () _____

My Name _____

Address _____

City, State, Zip _____



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Attention: Amazon Shoppers!

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<http://smile.amazon.com/ch/48-1134597>

www.goodgriefokansas.org

316-612-0700

Good Grief News

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Donna Rhodes

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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 Group
- Other Adult Family Loss Support (parent/child)
- Social Support
- Seminars/Workshops
- Community Presentations
- Counseling Referrals

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- Memorials, Gifts & Donations

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