



**Good Grief**  
of Kansas, Inc.

# Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefofkansas.org](http://www.goodgriefofkansas.org)

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

## Cleaning Out Your Closets

With the longer days of summer upon us it might be the right time to tackle organizing your spouse/partner's personal belongings. "Cleaning out your closets" presents a significant challenge for most widows – the overwhelming thought of going through your deceased loved ones belongings and trying to decide what to do with the items is by far one of the hardest pieces of widowhood. "Cleaning out the closets" is more than just the bedroom – it includes the home office, the work office, the garage, the basement and the pile of papers that have accumulated since the loss. For many, it is so overwhelming that it is easier to just leave everything as is, for others, it is the sad realization that your spouse is not returning and their belongings are now your belongings.

While many may choose to leave the possessions alone for years, others feel a sense of accomplishment in organizing the items. It is a personal decision of what works best for you. Many friends and family members will have their opinions about what is right or wrong when it comes to cleaning out your closets, but the true right or wrong is in the eyes and the heart of the widow.

When discussing cleaning and organizing personal belongings in our window support group, the members are often disturbed by the reaction from friends and family who are insistent that this task should have already occurred. It is truly impossible for

a non-widow to comprehend what it really means to go through the personal items and decide what to do with them. You want life to be the way it was before your spouse passed away so why would you want to clean out their belongings?

For some widows, an immediate reaction to the loss, especially if it was a sudden death, is to quickly clean out everything. The thought behind this approach is that you will feel better if you do not see the personal belongings. The real truth for most widows is that you will not feel better, in fact as time goes by you may have regrets that you cleaned out and gave away the items so quickly. As the realization of the loss slowly finds its way to your heart you will want to savor every minute with each belonging. There are many ways of approaching the cleaning and organizing when you are ready to tackle it.

The magic question is: "When do I start to clean and organize my spouse's personal belongings?" The answer is very simple – when you are ready! For many the task is so emotionally and physically overwhelming that it often takes a nudge from someone you trust to help with a plan. Many people start the process when they are looking for something special or when the clutter becomes too much to handle. For others, it begins when they figure out what to do with the items. A recent fundraiser became home to some of the

sports memorabilia collected by one of our widow's husband. While she was not sure how she would feel about donating the items, she felt that others could benefit from the sale of them and they would go to a good home. Others start the process when they decide to sell their home and some wake up one morning and say, "Today is the day".

Before you begin, think of family members and friends who may enjoy a special item from your spouse's belongings – maybe a coffee mug for a desk at the office, tools for the handy person, a runner's watch for the running buddy, books for the reading, etc. Also think about not-for-profit groups in your community that can benefit from donations – coats for the homeless and business suits for workforce initiatives.

The best way to get started is to tackle one corner, one drawer or one file at a time. Create three piles; the save pile, the donation/trash pile and the "not-sure-what-I-want-to-do-with-it" pile. If you start this way you have "an out". If you do not know what to do with some of the personal items you can place it in the third pile.

(cont'd on Page 6)



**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****SOUTH WICHITA**

Grace Baptist Church – (1414 W Pawnee)

Facilitators: Bob &amp; Connie Westerfield

**Mondays: 7:15 - 8:45 PM****EAST WICHITA**

East Point Church of Christ - (747 N 127th Street E)

**Go to separate building north of playground**

Facilitators: Adrienne Massey &amp; Melissa Warnken

**Tuesdays: 10:00 - 11:30 AM****CENTRAL WICHITA**

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

Facilitators: Marjorie Watkins &amp; Jack Elder

**Tuesdays: 6:30 - 8:00 PM****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****>>> MOVED TO CLEARWATER <<<****DERBY**~~Derby Woodlawn UMC – Room 15E (431 S Woodlawn Blvd in Derby)~~~~Facilitator: Kathy Thomas & Linda Burris~~**\*\* Tuesdays: 7:00 - 8:30 PM****>>> NEW LOCATION <<<****CLEARWATER**

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

Facilitators: Kathy Thomas &amp; Linda Burris

**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: Fang Richards &amp; Marsha Huffman

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**SURVIVORS OF SUICIDE LOSS****Mondays: 7:00 - 8:00 PM****CENTRAL WICHITA**

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

**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**

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**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**~~**CANCELLED** – Spears Restaurant – 4823 West Maple – (Host/Hostess: Chuck & Beth Holdeman) –~~**OR****Country breakfast Café - 2804 S Seneca Street (Hostess: Lois Pardee)**



# AUGUST 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 Country Café TLC Meeting 5:00 PM	3	4 Breakfast 10 am Spears Restaurant
5	6 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	7 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm	8 W.A.Y. Group 7:00 pm	9 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	10	11 Breakfast 10 am Spears Restaurant
12	13 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	14 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm	15 W.A.Y. Group 7:00 pm	16 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	17	18 Breakfast 10 am Spears Restaurant
19	20 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	21 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm Good Grief Board Mtg. 5:00 pm - GG Office	22 W.A.Y. Group 7:00 pm	23 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	24	25 Breakfast 10 am Spears Restaurant
26	27 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	28 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm	29 W.A.Y. Group 7:00 pm	30 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	31	1 Breakfast 10 am Spears Restaurant

## ***PLEASE NOTE CHANGES...***

The Derby Support group has moved to Clearwater.

The Thursday 10:00 am Lunch/Brunch social group meeting at Spears on West Maple is cancelled.

Good Grief of Kansas has moved its office from the 1st floor to the 4th floor in the same office building. This move is to a smaller office space with a smaller financial obligation - always a good option for a non-profit organization. With any move there are always additional expenses incurred.

If you would like to assist Good Grief in covering some of these extra expenses, a few are listed below. Any donation amount is appreciated.

Cox Business relocation fees for phone and internet - \$117.00

New address ink stamps - \$30.00

Printing updated Good Grief brochures and business cards - \$150.00

Contributions for last month(s) totaled \$602.00.  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

## July

Contributors:

- Gary Appelman
- Dave Bloir
- Janet Cunningham
- W. H. Ford
- Marge Glazier
- James R. Harris
- Chuck Holdeman
- Ted McMurphy
- Alice Miles
- Jarree Miller
- Lois Pardee
- Mary Piotrowski
- Carmen Suter
- Nancy Vincent

South Group  
 May and June  
 Donations



## Memorial Gifts

*In Loving Memory*

### PLEASE NOTE

If you sent in a memorial donation after July 9th, we may not have received it yet.

We are having mail forwarding challenges.

*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.

# August Birthdays

- Krista Arnold ..... 2
- Randy L. Rowe ..... 2
- Lois Siemers ..... 2
- Anita Downey ..... 3
- Bonnie Stauffer ..... 4
- Jeannie Webber ..... 5
- Donald Orvis ..... 8
- Patricia Vaughn ..... 11
- Elaine Carney ..... 12
- Marty Seipel ..... 15
- Betty Spotswood ..... 17
- Beverly Whitman .... 18
- Cynthia Escamilla ... 20
- Gayla Shrank ..... 21
- Deanna Smith ..... 21
- Janet S. Cook ..... 23
- Gary Appelman ..... 25
- Crystal Leonard ..... 25
- Velena Hamilton ..... 29
- Dianna Knoblauch .. 30
- Kay Loomis ..... 31
- Nicole Stough ..... 31
- Rexann Wood ..... 31



# Discouraging Responses

After nearly five years of sharing the story of my brother's fatal plane crash followed by my mother-in-law's murder, I can confidently conclude one thing: most people are uncomfortable with the "D" word - death. Regardless of how much education or exposure to grievors one has encountered, most people become visibly anxious when a griever mentions death. This anxiety leads to one of three possible discouraging responses:

## *The Strange Reaction*

Some people become so uncomfortable with the "D" word, they do not know what to say. Before my grief experiences, I fell into this bracket. At least this person attempts to relate to you. However, their discomfort manifests by the person saying something awkward or telling an unrelated story. The strange reaction is usually more hurtful to the newly bereaved.

## *The No Reaction*

The total absence or acknowledgement of a griever's loss, even when there is no doubt that the non-responsive party has knowledge of the bereaved misfortune. This is especially embarrassing to everyone. This may happen at work, a social gathering or just a chance meeting at the grocery store. This person exhibits extreme discomfort about death issues and frequently flees to escape further exposure to the bereaved.

## *The Lack-of-Compassion-From-Fellow Grievors Reaction*

Fellow grievors, regardless of the post-mortem time frame, sometimes lack empathy because of their own unresolved issues. They are emotionally bankrupt. This usually disappoints and surprises new grievors who assume their fellow bereaved will be emotionally supportive.

Discouraging responses come from fear. We are fearful of our own and our loved ones mortalities. Death scares us, but it is critical for grievors to remember that they have not committed a social faux-pas by mentioning the "D" word.

Several weeks ago, I attended a gala fund raising event hosted by several celebrities. The celebrity with whom I was speaking is a middle-aged, internationally recognized journalist. After some obligatory cocktail conversation, I mentioned that it was on his television show that I first learned of my brother's fatal plane crash. He asked the flight number and location of my brother's crash, and then he told me that he had interviewed family members of the TWA 800 flight and the Pan Am Lockerbie incident. I assumed that because of his extensive exposure to grievors he would be empathetic, but I was wrong.

When my husband came over, and introductions had been made, I said, "Yes, and eight months after my brother's plane crash, my husband's mother was murdered."

The well-known journalist asked where my mother-in-law's murder had occurred. As my husband responded, discomfort clouded over the journalist's face, so my husband attempted some light humor, "Honey, great party conversation."

The journalist then abruptly turned on his heels without comment. "It was nice meeting you. Good-night." My husband and I stood in total amazement feeling like we had just been "dumped." We had.

Initially, I felt embarrassed and humiliated. My husband gently suggested I was in error for mentioning such emotionally charged events. After contemplation, I disagree. I did not present myself as an inter-personal, clingy, verge-of-hysteria woman. I calmly presented the facts to someone who earns his living from the private stories of others. I hoped the journalist would utter something similar to: "I am sorry for your losses." But instead, he fled. Maybe his unresolved grief/mortality issues blocked his empathy. Or, perhaps my death disclosures elicited painful memories. I do not know.

I feel compassion for anyone's inability to empathize with a griever. Eventually, each of us will be bereaved, and some wonderfully supportive people do exist, but they are rare.

When we are grieving, we will probably encounter one of the aforementioned discouraging responses. Remember, a listener's discouraging response is usually his or her own emotional baggage. We don't need to assume that is our burden and carry it around for them.

By Suzanne Grace Maiden, Peachtree City, GA  
Bereavement Magazine March/April 2000



(cont'd from front page)

Be sure to take the time to savor memories of each item. If it is overwhelming, take a few items to a different room and go through them at your leisure. Once you start, you will develop a rhythm and a balance – that you are accomplishing the task and taking pleasure in reminiscing your time with your spouse.

What I learned through my own “cleaning of the closets” is not to give anything away too quickly. My heart went out to my husband’s friends and family after he passed so I quickly gathered mementos to give away – whether it was a tie, his running watch, guitar, favorite jacket or cufflinks, I found a special home. As my daughter grew older, I quickly found myself regretting my rapid delivery of his personal items although it served a purpose at the time. I wished I had saved more items.

Another frequent question among widows is: “What happens if I find an item that upsets me – such as an unexpected financial document, a picture, a journal or letter?” There is no doubt that it will disturb the process but how you react to the situation will determine how you will recover. Since you cannot confront your spouse and you are already in an emotional state, my recommendation is to find someone you can trust that will be more logical and that will help you work through the situation.

Whether you are cleaning out your closets or you are helping a friend or family member, consider what items could be included in a memorial or can become a family heirloom. For example, creating a quilt with your spouse’s clothing can provide comfort and can be saved for generations. You may decide that some items can be framed or just placed in a box for future grandchildren to honor your spouse. When in doubt – include them in your “not-sure-what-I-want-to-do-with-it” pile for future decision making. You can always partake in another round of organizing but you can never get the items back if you give them away.

By  
Rachel Blythe Kodanaz  
Bereavement Magazine,  
Summer 2009



## NOW WHAT?

You’re gone. So what now? I can’t help but wonder. Will I make many stupid mistakes or just one big blunder? I relied and depended on you for so much, you know. Now I just look around me, wondering which way to go.

We both took each other for granted in so many ways, Now nothing’s normal, and I’m in a confused daze. Washing, cooking, cleaning, paying bills overdue; At least a hundred times a day I really miss you!

Comfort zone? That’s gone, left behind in the past. These days I just wonder how long I can last. Getting out of bed each morning is quite a feat; Going to bed each night, I’m absolutely beat.

I feel so alone and out of touch with those around me; Like a caged prisoner who just wants to be free. I want to stop crying and wearing such a sad heart; But I’ve lost my way, and don’t know where to start.

So I begin to clean house, and do away with your things; Each one makes me cry with the memory it brings. It’s hard, but I do feel better when it’s done; As if I’ve passed some kind of test, and won.

A step at a time, I begin to make a new life for myself; Not cringing at home, sitting useless on a shelf. I put myself back together, one fragile piece at a time; One more valley to cross, one more hill to climb.

I’m the same me, but different this time around; My fears fade as my spirit begins to rebound. Each day is now a gift I no longer let pass me by; I will cherish each moment until it’s my time to die.

As I begin to value it joyfully as my Divine Right; The darkness recedes, and I’m filled with light. Life is indeed a precious gift from somewhere above; And I’m so grateful mine has been filled with love.

by Nancy Wiman



## Please See Me Through My Tears

You asked, "How are you doing?"

As I told you, tears came to my eyes... and you looked away and quickly began to talk again. All the attention you had given me had drained away.

"How am I doing?" I do better when people listen, though I may shed a tear or two. This pain is indescribable. If you've never known it, you cannot fully understand.

Yet I need you. When you look away, I am again alone with it.

Your attention means more than you can ever know. Really, tears are not a bad sign, you know! They're nature's way of helping me to heal. They relieve some of the stress of sadness.

...but you are wrong. The memory of my loved one's death will always be with me, only a thought away. My tears make my pain more visible to you, but you did not give me the pain...it was already there.

When I cry, could it be that you feel helpless, not knowing what to do? You are not helpless, and you don't need to do thing but be there.

When I feel your permission to allow my tears to flow, you've helped me. You need not speak. Your silence as I cry is all I need. Be patient...do not fear.

Listening with your heart to "how I am doing" relieves the pain for when the tears can freely come and go, I feel lighter.

Talking to you releases what I've wanted to say aloud, clearing space for a touch of joy in my life.

I'll cry for a minute or two... and then I'll wipe my eyes and sometimes you'll even find I'm laughing later.

When I hold back the tears, my throat grows tight, my chest aches, my stomach knots... because I'm trying to protect YOU from my tears.

Then we both hurt ME, because my pain is held inside, a shield against our closeness and YOU, because suddenly we are distant.

So please, take my hand and see me through my tears... then we can be close again.

—Author Unknown—

## **DILLONS COMMUNITY REWARDS**

### Dillon's 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 Dillon's 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 \_\_\_\_\_



# Good Grief News

Good Grief of Kansas, Inc.  
2622 W Central - Suite 401B  
Wichita KS 67203

**Good Grief**  
of Kansas, Inc.

NON-PROFIT  
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U.S. Postage  
**PAID**  
WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED



**Save the Date**  
September 27th - 9am-3pm  
Visit Each of the Great Locations:  
Botanica, The Wichita Gardens;  
Advanced Learning Library and  
The Wichita Art Museum

**Experience Senior Expo**

- Complimentary Admission
- Program and Resource Info
- Caregiver Information
- Health Screenings
- Interactive Booths/Prizes
- Fashion Show: "Black and White-After Five" - Botanica
- Museum Tours/Highlights
- Lunch-\$7.00 at all Locations
- Park and Ride: Shuttle to all Locations

**33rd Annual Senior Expo**  
Learning Experiences at Each Location:  
Full Interactive Booths  
Guests/Games  
Music and DJ  
Health Screenings  
Photo Booth and Much More...

Visit us on Facebook  
www.cpaaa.org  
or call 1-855-200-2372

## 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

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

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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).

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- Memorials, Gifts & Donations

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## Marge Glazier



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