



Good Grief
of Kansas, Inc.

Good Grief NEWS

2622 W. Central - Wichita, KS 67203
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September 2018

When is Mourning Finished?

The bereaved frequently ask, "How do I know when I'm getting better?" and "When is mourning finished?" A loss to death is experienced as sudden and dramatic. Recovery and adjustment, however, are much more subtle and gradual. As a result, grievors are not always aware that they are, in fact, adjusting and well on the road to grief recovery.

In their book **Getting To The Other Side of Grief**, authors Susan J. Zonnebelt-Smeenge and Robert C. DeVries offer these signs to let the bereaved know when they have completed their grieving:

- *Thoughts of your deceased spouse are no longer depressing or painful – only a sweet sadness remains with memories that are largely pleasant and wonderful.*
- *You enjoy life again and can celebrate holidays and other significant events with an eager anticipation of trying new things and making plans for the future.*
- *Your level of functioning in all areas is at least comparable to your pre-bereavement level.*
- *You have developed a rational explanation for your spouse's death, even if it is simply that death is part of life, versus continuing to ask yourself, "Why me?"*
- *You are able to cope with other losses (i.e. having enough energy to face other difficult circumstances, such as funerals), and you are able to support others with their losses.*

The authors also offer these tips for grievors who do not feel they are making enough progress toward grief recovery. "Do not despair," they write. "Consider what you may need to revisit and then deal with it." Their suggestions include gaining more information about the grief process through reading books and articles on bereavement, talking with other bereaved persons, or seeing a therapist with skills in grief counseling.

Another bereavement specialist who has considered the question "When is mourning finished?" is J. William Worden, Ph.D., a professor of psychology at Harvard Medical School.

In his book **Grief Counseling and Grief Therapy**, he says:

Asking when mourning is finished is a little like asking how high is up? There is no ready answer. It is impossible to set a definitive date for this, yet, within the bereavement literature, there are all sorts of attempts to set dates – four months, one year, two years, never. In the loss of a close relationship I would be suspicious of any full resolution that takes under a year, and, for many, two years is not too long.

(cont'd on Page 7)



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 & 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 & 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 & 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 & 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 & Marsha Huffman

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****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)**



SEPTEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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
2	3 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm LABOR DAY	4 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm	5 W.A.Y. Group 7:00 pm	6 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café TLC Meeting 5:00 PM	7	8 Breakfast 10 am Spears Restaurant
9 	10 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	11 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm PATRIOT DAY	12 W.A.Y. Group 7:00 pm	13 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	14	15 Breakfast 10 am Spears Restaurant
16	17 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	18 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm	19 W.A.Y. Group 7:00 pm	20 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	21	22 Breakfast 10 am Spears Restaurant AUTUMN BEGINS
23 30	24 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	25 Central Group 10 am West Group 6:30 pm **Clearwater 7:00 pm	26 W.A.Y. Group 7:00 pm	27 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café Senior Expo 2018 9:00 am - 3:00 pm	28	29 Breakfast 10 am Spears Restaurant

ATTENTION

Since the office move in early July, our mail service has been inconsistent. Your best bet right now is to give your donation to your group facilitator.

If you no longer attend a group but still donate, please use the street address only - 2622 W. Central with no suite number or use our old suite number - 108.

As soon as this issue is cleared, a notification will appear.

Thank you for your patience in this matter.

The Good Grief Office



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

33rd Annual Senior Expo

Learning Experiences at Each Location
Fun Interactive Booths
Snacks/Samples
Music and DJ
Health Screenings
Photo Booth and Much More...

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



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

Contributions for last month(s) totaled \$590.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

August

Contributors:

- Mike Gillihan
- Chuck Holdeman
- Thomas and Bonnie Hoover
- Larry and Donna Huffman
- Marsha Huffman
- Rita May
- Glenn and Mildred Mitchell
- Wes Nelson
- Nancy J. Newlon
- Norma Nosker
- Lois Pardee
- Evelyn Reece
- Gwen Sandefur
- Carmen Suter
- Rodney Wake
- Chuck Watkins

South Group
 July Donation

Memorial tributes and gifts always welcome.

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

PLEASE NOTE
 We may not have received your donation yet because of mail forwarding challenges.

Memorial Gifts

In Loving Memory

Ruth Finnel

By Mary Evans

Dorothy Mitchell

Oct. 24, 1916 - July 18, 2018

Thomas & Bonnie Hoover

Larry & Donna Huffman

Marsha Huffman

Glenn & Mildred Mitchell Family

Evelyn Reece

Gwen Sandefur

Good Grief of Kansas - West Group

Carole Nelson

By Wes Nelson

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.

September Birthdays

Johnny Burns	1
Kenneth Halley	1
Esther Friesen	3
Gary Patterson	6
Sid Sowers	7
Trisha Carlson	9
Terri Norgren	11
Maria Robles	11
Nancy Powell	15
Elizabeth Sommerhauser	15
Betty Kelley	16
David Miller	17
Wanda Tevis	18
Kathy Thomas	18
Jean Regan	19
Sonia Slabe	19
Lauren Wilson	19
Linda Gross	20
Linda Hughes	20
Victoria Oswald	21
Thomas Downer	23
Claudia Jernigan	24
Debbie Mitchell	25
Jeannie Cole	27
Sherry Lamm	28
Charmaine Shonk	28
Bel Griffin	29



Healing and Growth

1. Permit yourself to fully experience your feelings of grief, fear, guilt, bitterness, etc. Admit you are having these feelings, then ride them out. You will feel better afterwards. If you hold them back, they will build up and overwhelm you.

2. Avoid telling others you feel fine *if you don't*. You need not go into detail about how you feel except to a confidante, according to your desire to share.

3. Don't tell yourself you "should" do things. Say to yourself instead, "I *will* do this." Make it your choice, not what you feel someone else thinks you should do.

4. Gradually learn to refer to possessions as "mine", rather than "ours." When you say "my" car, "my" house, etc., you are accepting your situation and living in the present instead of in the past.

5. Reflect on your dreams. They may let you see your subconscious attitudes and thereby enable you to face and work through them.

6. Seek new friends. Try new activities and hobbies. Join organizations you think you will enjoy.

7. Have an imaginary conversation with your spouse in which you talk over your future plans and say goodbye, so you can move ahead on your own,

8. Once you make a decision, do not make it over a dozen times. Think a problem through carefully, decide

what you feel is best to do, and then do it without regrets.

9. If you think of yourself as an unhappy widow/widower who isn't any fun anymore, you will convince yourself that you are that kind of a person. Think of yourself realistically instead: as a person who is handling a severely stressful situation as best you can.

10. Be fully aware of everything and everyone around you. You cannot think of two things at once, so this will let you forget your grief part of the time.

11. Outgrow fear of being alone. Being alone (part of the time) permits you to get to know and like yourself.

12. Normal feelings include all emotions, just as normal weather includes all types of weather. We grow through our experiences. When we experience many emotions we live a fuller life than those people who have experienced only a few, and we become stronger people as a result of



Who Do We Depend on in Our Deepest Need?

*How should I feel when I've lost my spouse?
When I always come home to an empty house-
How should I feel when I see her empty chair-
Even though I feel her presence there?*

*How can I feel that there is a tomorrow,
When my heart is filled with such grief and sorrow?
How can I feel when it is the darkest before the dawn?
How can I regain the feeling that life does go on?*

*No matter how long we've been together,
No matter the hardships or joys our love weathered,
There is an answer that comes with prayer,
For strength and courage with others to share.*

*For it is in times of our deepest need
That we must depend on friends indeed
And meet with those who've gone through the pain
To rebuild our hopes and start to live again.*

*Though life gives challenges we alone must bear,
It helps to gather and with others share.
For somehow by sharing it eases the grief,
And gives us comfort and tremendous relief.*

*...One's not alone-
There are others who care,
Who'll soften our heartaches
For they too have been there.*

(cont'd from Page 1)

Dr. Worden does provide this sign indicating grief recovery:

One benchmark of a completed grief reaction is when the person is able to think of the deceased without pain. There is always a sense of sadness when you think of someone that you have loved and lost, but it is a different kind of sadness – it lacks the wrenching quality it previously had. One can think of the deceased without physical manifestations such as intense crying or feeling tightness in the chest. Also, mourning is finished when a person can reinvest his or her emotions back into life and in the living.

Sigmund Freud offers yet another additional insight concerning the question "When is mourning finished?" He noted that there is a sense in which mourning is completed and that there is a sense in which mourning is never completed.

Responding to his friend, Binswanger, whose son died, Freud wrote:

We find a place for what we lose. Although we know that after such a loss the acute stage of mourning will subside, we also know that we shall remain inconsolable and will never find a substitute. No matter what may fill the gap, even if it be filled completely, it nevertheless remains something else.

DILLONS COMMUNITY REWARDS

Dillon's 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 Dillon's Plus Shoppers Card - Enter the 12 digit number from the back of your Dillon's 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 AQ480 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

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 AQ480 to see organization name, select, then click on "enroll to complete your enrollment". You are done! Every time you use your Dillon's 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.

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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Good Grief News

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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

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 and put "remove from mailing" in the subject line.

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

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

- **Memorials, Gifts & Donations**

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@goodgriefokansas.org.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

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Marge Glazier, Broker Associate