



Good Grief NEWS

Good Grief
of Kansas, Inc.

2622 W. Central - Suite 401B, Wichita, KS 67203
Website: www.goodgriefofkansas.org

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



The Energizer Bunny

It's that time of year again... not just the start of school, but that the orange and black colors everywhere remind us that Halloween is approaching. Although many moms are beginning to struggle with the costume dilemma for their children, as adults usually we aren't too concerned with that particular task.

But, let me ask you, "If you had to pick a Halloween costume, what would you go as?" I have the perfect solution for new survivors. It describes us to a "T", it is something seen on TV on a regular basis and a stuffed version is sitting on my self as I write. Curious? It's the pink Energizer Bunny! Wait a minute! Before you put down this magazine, feeling sorry for this writer who has obviously lost her mind, let me give you some of my reasons.

The slogan of the Energizer is, "It just keeps going, and going, and going...." And whether we want to or not, that is just what we are doing in grief. That doesn't mean that it is our choice (because being a bedroom recluse seems like a fabulous idea), but only that we have no alternative but to keep going, and going....

Maybe you have small children and even though someone special is missing from your household, you just don't

stop serving meals, fixing school lunches and washing mountains of clothes. Of course, your energy level is sub-zero, and the kids may end up with wild varieties of lunches (such as a bologna/peanut butter combo!) but Mom keeps plodding on - going, and going!

Your wife may be gone but her much-loved house plants remain. You can't bear to throw them out, but who cares now? I know one young man who decided the least he could do was add some water once in awhile to the greenery — no sweet talkin' them, but at least they could have some water. He was astonished that they didn't all die right away, so pretty soon he found some plant food and added it to the plants' diet. I was privileged to see his home a year later and could not believe the enormous Boston Fern that was growing in the front window. It was so huge, green and healthy. It would have gone for big bucks in a nursery! He didn't intend to, but he just kept going, and going.

In the commercials, the Energizer Bunny beats a steady drum, and so do we. How we consistently wish for many of the same things: to hear our special person's name mentioned often. We want to know they won't be forgotten. We long to share stories about them with an appreciative audience. We want people to know this grief

business is a lot of work, and we don't care to ever be asked, "When are you going to be over this?" Just because this wish list is seldom fulfilled doesn't mean we quit struggling on. With that drumbeat in the background, we just keep going, and going....

Did you know that the Energizer Bunny wears sunglasses? Yup. And I figure that goes really well with us because it is a relief to hide our hurt behind them. Don't you agree? I heard someone tell me after Greg died, "It's hard to watch you and talk to you because your eyes show so much hurt." I thought about wearing shades even in the winter.

Well, what do you think? The way I see it, all survivors deserve an Energizer Bunny costume this Halloween. We'd like to hide behind the sunglasses and have people listen to our steady drumbeat of wishes, but most of all, we have kept going, and going.... The worst hurt imagined has invaded our lives, crushing our spirits, and yet we still have kept going, and going! I'm proud of each one of you.

Move over, little stuffed pink and white bunny. Take a look at us. Our lives aren't a whimsical commercial. We are living your slogan.

*By Carlene Vester Eneroth, Spokane, WA
Bereavement Magazine Sept/Oct 2001*

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 - (225 N Waco) Use South Office Entrance, Fireside Room
Facilitators: Marjorie Watkins & Jack Elder**CENTRAL WICHITA******Tuesdays: 6:30 - 8:00 PM** >> same building - different room << **WEST WICHITA**West Heights UMC - (745 N Westlink Avenue) **Use North parking lot off Delano Street, Building Entrance A2 "CHAPEL". Look for brown double doors just west of A1 Entrance.**
Facilitators: Evelyn Reece, Marsha Huffman, Bonnie Workman**Tuesdays: 7:00 - 8:30 PM**Clearwater Church of Christ - (13900 N Diagonal Road) Use West Door
Facilitators: Kathy Thomas & Linda Burris**CLEARWATER****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 - (225 N Waco) Use SW entrance door, Fireside Room
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 NW entrance door. This door is usually locked, knock loudly - Room 106. Please call the Facilitator before attending, to ensure materials are available. This group is for those who have suffered the loss of a loved one through suicide.
Facilitator: Jim Yoder 316-727-0663**CENTRAL WICHITA***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:****# 6 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**Country *breakfast* Café - 2804 S Seneca Street
(Hostess: Lois Pardee)



OCTOBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	2 Central Group 10 am **West Group 6:30 pm Clearwater 7:00 pm	3 W.A.Y. Group 7:00 pm	4 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café NO TLC Meeting	5	6 Breakfast 10 am Spears Restaurant
7	8 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm COLUMBUS DAY	9 Central Group 10 am **West Group 6:30 pm Clearwater 7:00 pm	10 W.A.Y. Group 7:00 pm	11 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	12	13 Breakfast 10 am Spears Restaurant
14	15 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	16 Central Group 10 am **West Group 6:30 pm Clearwater 7:00 pm NATIONAL BOSS DAY	17 W.A.Y. Group 7:00 pm	18 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	19	20 Breakfast 10 am Spears Restaurant
21	22 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	23 Central Group 10 am **West Group 6:30 pm Clearwater 7:00 pm	24 W.A.Y. Group 7:00 pm	25 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	26	27 Breakfast 10 am Spears Restaurant
28	29 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 pm	30 Central Group 10 am **West Group 6:30 pm Clearwater 7:00 pm	31 W.A.Y. Group 7:00 pm 	1 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café TLC Meeting - 5pm	2	3 Breakfast 10 am Spears Restaurant

ATTENTION

The mail delivery issue has finally been resolved!
 Our suite number for mail is 401B.

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

Should you want to double check on a mailed donation, please call the office and leave a message.
 Thank you for your patience during this transition.

The Good Grief Office



Contributions for last month(s) totaled \$1,315.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

September

Contributors:

- Gary Appelman (Aug)
- Dave Bloir (Aug&Sept)
- Kayla Barrett
- Janet Cunningham
(August & September)
- Sharon Dunning
- Richard M. Escareno
- Thelma J. Etherton
- Mary E. Evans (Aug)
- W. H. Ford (Aug)
- Marge Glazier
- Chuck Holdeman (Aug)
- Dewayne H. McGuire
- Ted McMurphy (Aug&Sept)
- Jarree Miller (Aug)
- Evelyn Reece
- Fred Silver (Aug)
- Jack L. Smith (Aug)
- Carmen Suter
- Nancy Vincent (Aug&Sept)
- Theresa E. Pitzer (Aug)

Kroger Rewards Program
 \$152.37

Memorial tributes and gifts always welcome.

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

Memorial Gifts

In Loving Memory

Dorothy Mitchell

Oct. 24, 1916 - July 18, 2018

By Kayla Barrett

Robert (Bob) Pitzer

By Theresa Pitzer

Jessie Silver

By Fred Silver

Carol A. Smith

"Love You Mom"

By Jack L. Smith

Joan Sowers

September 6, 2012

By Sid Sowers

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.

October Birthdays

- Denise Bolden 2
- Norman Ritter 3
- Janell Floyd 4
- Kenneth Collins 5
- Ali English 9
- Janet Hardie 9
- Fred Reed 12
- Jan Butterfield 13
- Kristen Smith 13
- Lorraine Boyd 15
- Nancy J. Newlon 15
- April Malone 16
- John McBride 16
- Diane Newcome 16
- Cindy Swan 16
- Rebecca Goldston 17
- Karen Mellington 18
- Margaret Ball 20
- Dan Perry 21
- Ted Swan 21
- Marsha Huffman 22
- Carmen Suter 22
- Evelyn Reece 24
- Keya Holt 25
- Melanie Trahan 27
- Connie Volkman 27
- Vicki Adams 28
- Gloria Anderson 28
- Roberta Whetzel 29
- Karen S. Anderson 31



Moving With the *Seasons of Grief*

“Moving on” is a phrase I heard often in the first year after my husband was killed by a drunk driver. Sometimes it was direct, as in, “It’s time to move on. You can’t change what happened.” Other times, there were specific action steps suggested to begin the distancing: change the voice mail, clean out the closet, sell the house. Although I was appreciative of the love of friends and family and their sincere desire to help me navigate out of the shock fog, for me it was not about moving ‘on,’ but, rather, moving ‘with.’ Moving on implied leaving it behind, which was simply not possible. Some would call this unresolved or complicated grief. Perhaps it was both, because grief left me with more questions than answers, and what had once been straight-forward became complex.

I did not stay frozen in that dark place of seven years ago. There was my job, there were bills, children to support and new ways of living to figure out. There are ways I have grown, and grown up, that were unimaginable before the event. However, moving ‘with’ still resonates with me, particularly when other losses and difficult challenges arise. Grief travels with me like the seasons. Like those seasons, some feelings go underground to reappear later, and others that have been underground, come to the

surface.

There are also emotional hurricanes and tsunamis to confront.

Seasons of grief can also be analogous with other life-altering situations, I had dinner with a friend one night, whose husband had left her abruptly after a 24-year marriage. She sank far down, rose up, and spent three years putting her life back together. She had been in a relationship which went well for six months, then ended. We went



out to dinner shortly after the break-up, and she was beside herself.

One of her work colleagues had commented that she was more upset than when her husband left her. “And, how could that be?” she wondered, “six months as compared to a 24-year marriage?” It was not about the time or about which situation was worse - it was the surfacing of

another loss in her life, acute loneliness and all that comes with the collective nature of grief.

I wondered if I was always to have a thin veil over my eyes, through which I would see the world, since life continues to have losses, challenges, and reminders of what was, but cannot be again. At one time, it seemed as if difficult experiences would be permanently colored by the event. But, rather than the veil, I chose the seasons. I think of grief like a tree. When my husband was killed, the tree became suddenly bare of leaves. Winter set in. The weight of snow and ice was not sufficient to break the branches, but it did put them to the test. As I regained my footing, the leaves grew again and there have been periods when they have been in full bloom. When a loss or serious challenge presented itself, the tree would go into late fall or winter mode, I learned to understand that this was impermanent and that life’s possibilities were simply in hibernation.

In these past several years, I have sometimes come to my own mid-October, a peak time of growth. My tree is at it most brilliant, after a warm summer of preparing for the changes in colors. I know that there is a distinct possibility that the winter grief may set in, but I am ready. Eventually, the leaves will begin to reappear and new possibilities

Nature's Way

Days, even weeks go by without any noticeable loss of weight. Almost every dieter hits a brick wall. It's enough to make you want to sink your teeth into the nearest candy bar.

Those of us in grief hit the same kind of wall. We reach a point where we seem to be stuck in depression, and it looks like things are never going to improve. Whether we call this a brick wall or a plateau, it's nature's way.

Mountains don't grow gradually; they grow in spurts. A mountain range can rise as much as twenty feet or more during an earthquake. Then all is quiet - or so it seems. But miles beneath the ground the earth must adjust to the new landscape and this can take years.

Scientists once thought the human body grew gradually, but as any mother knows, children grow in spurts and, yes, even "shoot-up" overnight. Following a growth spurt, adolescents are clumsy and accident-prone until the brain adjusts to the body's new dimensions.

The grief plateau or dieter's wall serves a useful purpose, for this slowing down allows the body to adjust to the many physical and emotional changes taking place. Whether a person shoots up a foot, loses ten pounds, or is traumatized by loss, the brain must make infinite adjustments to accommodate the changes.

Emotions are as taxing to the body as physical exertion. Grief changes how a person breathes, acts

and even thinks and this is reflected

in speech, movement and outlook. The brain can't possibly process this all at once, and so we shut down. We become more reclusive to prevent outside stimuli from interfering with the work of the brain. Depression keeps us from taking on more than we can handle. It feels like we are buried in a hole and, in many ways, we are, but rest assured, it's only temporary. Once the body adjusts, you will be ready to take the next step in the recovery process.

Stop and start. Stop and start. It's nature's way.

Celebrate the plateaus or brick walls in your life. Close your eyes and imagine your body fine-tuning itself to accommodate the new you. Pay attention to the areas of your life that no longer work - take care of the little things you've neglected, put off, or avoided altogether.

Create an outer environment for the body as work. Purchase new pillows or sheets. Toss out old underwear and replace it with new. Get a massage or facial - whatever feels good. By creating a sense of well-being, we help our bodies and souls prepare for the next "growth" spurt.



To Caring Family and Friends

You cried for me when I had no more tears to shed,
And quietly did the everyday things I no longer cared about,
Because you wisely knew that someday I would care again.

You pulled me gently from the darkness of despair
And reminded me that the sun is still shining,
And, when I was ready, I would feel its warmth again...
That laughter and joy, though now muted, were still possible.

When grief and anger seemed overwhelming,
You shared your serenity.
And depression and anger faded.

When my candle burned so very low,
You lit another and another and another,
Until you gave me the strength and will
To again strike a flame for myself.

For all of this, and for your love, I thank you.



By Elizabeth Lorber, West Burlington

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 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 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 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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Wichita KS 67203

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RETURN SERVICE REQUESTED

Save the date

November 10, 2018
Bingo Fundraiser

www.goodgriefokansas.org

316-612-0700

Good Grief News

Executive Board

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Kelly Blades, Secretary
Mary Evans, Treasurer

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Merri Reed
Ted Swan
Jim Yoder

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 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 and put "remove from mailing" in the subject line.
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- Memorials, Gifts & Donations

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info@goodgriefokansas.org.



Real Estate for the Real World

Marge Glazier