



**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 November 2018  
Email: [info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)

## HELPING YOURSELF HEAL DURING THE HOLIDAY SEASON

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

### **Love Does Not End With Death**

Since love does not end with death, holidays may result in a renewed sense of personal grief – a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this article, remember that by being tolerant and compassionate with yourself, you will continue to heal.

### **•Talk About Your Grief**

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away, and talking about it openly often makes you feel better. Find caring friends and relatives who will listen -- without judging you. They will help make you feel understood.

### **•Be Tolerant of Your Physical and Psychological Limits**

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

### **•Eliminate Unnecessary Stress**

You may already feel stressed, so don't overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.

### **•Be with Supportive, Comforting People**

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find persons who encourage you to be yourself and accept your feelings – both happy and sad.

### **•Talk About the Person Who Has Died**

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

### **•Do What is Right for You During the Holidays**

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what *you* want to do. Discuss your wishes with a caring, trusted friend. As you become aware of your needs, share them with your friends and family.

### **•Plan Ahead for Family Gatherings**

Decide which family traditions you want to continue and which new ones you would like to begin. Structure your holiday time.

This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear and anxiety during the time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

### **•Embrace Your Treasure of Memories**

Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. Memories that were made in love – no one can ever take them away from you.

### **•Renew Your Resources for Living**

Spend time thinking about the meaning and purpose of your life. The death of someone loved creates opportunities for taking inventory of your life – past, present and future. The combination of a holiday and a loss results in looking inward and assessing your individual situation.

As you approach the holidays, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.

- By Alan D Wolfelt, Ph.D.



*Heal Your Life*

**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**

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

**WEST WICHITA****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**


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**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.

**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:**

**# 6 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**

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



# NOVEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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
4 	5 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:15 pm	6 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm  	7  W.A.Y. Group 7:00 pm	8 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	9	10 Breakfast 10 am Spears Restaurant  BINGO FUNDRAISER
11 	12 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:15 pm	13 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm  GG Board Meeting 5pm at GG office	14  W.A.Y. Group 7:00 pm	15 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	16	17 Breakfast 10 am Spears Restaurant
18	19 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:15 pm	20 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	21  W.A.Y. Group 7:00 pm	22 No groups meeting Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  	23	24 Breakfast 10 am Spears Restaurant
25	26 SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:15 pm	27 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	28  W.A.Y. Group 7:00 pm	29 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	30	1 Breakfast 10 am Spears Restaurant

## Let's Play BINGO!

### GOOD GRIEF OF KANSAS FUNDRAISER

Saturday, November 10, 2018, 7:00 PM - RiverWalk Church of Christ  
225 N Waco (Use NW entrance door)

Popcorn, Cookies and Beverages provided

Bingo cards \$2.00 each or 3 for \$5.00

Fun Prizes to win while supporting Good Grief of Kansas

Friends and Family Welcome



Contributions for last month(s) totaled \$1,271.25.  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# October

Contributors:

**Karen S. Anderson**

**Dave Bloir**

**Charlie (Helen) Brown**

**Janet Cunningham**

**Mary E. Evans**

**Dr. Claudia A. Lawn**

**Ted McMurphy**

**Jarree Miller**

**Phyllis Nichols**

**Lois Pardee**

**Donna Rhodes**

**Kathy S. Short**

**Elizabeth Sommerhauser**

**Carmen Suter**

**Nancy Vincent**

**Bonnie Workman**

A special **THANK YOU**  
 to **Charlie Brown**  
 for donating proceeds from  
 Helen's jewelry sales to Good  
 Grief of Kansas. A Thank You  
 to Mary Ann Fenske for being in  
 charge of showing and selling  
 the jewelry.

*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*

### *William R. (Bill) Anderson*

November 18th you would have  
 been 80 years of age. January 26,  
 2019 you will be gone 7 years. I will  
 miss and love you always.

*By Karen S. Anderson*

### *Chuck Holdeman*

Nov 7, 1929 - Sept 29, 2018

*By Mary E. Evans*

*Bonnie Workman*

### *David Sommerhauser*

*By Gary & Elizabeth Sommerhauser*

## 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.

# November Birthdays

Janet Bohl .....	2
Stefani Clark .....	2
John Butteris .....	5
Omer M. Wiseman .....	5
Bonnie Workman .....	6
Larry DeLuca .....	7
John Hammond .....	9
Suzanne Milan .....	9
Ruth Thompson .....	9
Rodney Wake .....	10
Kirk McConachie .....	11
Janet Cunningham .....	15
Julie Connolly .....	16
Patricia Bird .....	17
Beverly McGee .....	17
Jeanette Becker .....	18
Mary Conner .....	18
Gary L. Powell .....	21
Beth Wiechman .....	21
Dan Birr .....	22
Pat McCurdy .....	23
Amber White .....	23
Collette Anderson .....	24
Tona Diekhoff .....	24
Richard M. Escareno ...	24
Ron Zafuta .....	26
Melissa Kurtenbach .....	27
Jerry Collins .....	28
Thelma J. Etherton .....	29
Sue Bigler .....	30
Beth Holdeman .....	30



# Embracing the Good Stuff



It is here. Winter. This means...holidays. Happy happy, joy joy, merry merry and all that crap. My usually positive outlook takes a sudden nosedive, my dog starts to resemble Godzilla, and the mailman might as well be Ted Bundy. I am full of black energy and nothing anyone can say or do will eradicate it. It stays with me for a good three months. Two months of celebrating, and then a month of getting used to the idea that the celebrating is over. I become the "B work" of the neighborhood. It is not pretty folks, and if you are bereaved, you know exactly what I am talking about. You are probably nodding your head right now and maybe even ginning a little. However, do not get too comfy, because you probably are not going to like where I am going with this little ditty about our temporary holiday insanity.

Having experienced ten

holiday seasons without my son Jason's physical presence, I've had some time to evaluate my snarky (which is quite an improvement over what used to be hopeless, devastated and raging) outlook during this "most wonderful time of the year". I have also detected a similar attitude amongst other bereaved persons who, like me, are a few years out on their grief journey. I have watched and listened, pondered and mediated, journaled and read, formed a hypothesis, tested it, and found it to be true. The reason we are so out of sorts during this most wonderful time of the year is that we are...grieving? No. We have moved forward. Sad? A little, but not enough to cause this distress. Angry? Nada. Wrong again. All of that is behind us. No, there is another emotion, another thought, that comes to us about this time every year, no matter how "far out" we are in our journey. We hold onto it, nurture it, act on it, but refuse to acknowledge it. It is a feeling of entitlement. A belief that it is our right, and sometimes even our obligation, to be unpleasant, bitter, and downright nasty from the first day of November until the end of January. That, my friends, is what I am talking about.

Please note that I am not referring to the early stages of our grief, when we are *justly* selfish. We are so focused on our loss that nothing else seems to exist. We have tunnel vision in a tunnel that is only wide

enough for our self and our loved one. This "in the pit" period of our bereavement is normal and necessary. It is the piece of the process that we have to go right through the middle of. It is the part that waits for us to come in and sit a spell. It is the period of grief where we need to hold and nurture ALL of our feelings, until they change. During this crucial stage of healing after loss, any feelings we have are valid and allowed, even in December.

However, somewhere along the road there comes a time when we are once again able to smile when we think of our loved one. Love returns as the prominent feeling, rather than sadness. A feeling of joy for having known them overrides the despair we felt over their death. Life begins to pulse again and we laugh without guilt. We are healing. We have survived and life is good...  
...until November, when we metamorphose into egotistical,

(cont'd on Page 6)



(cont'd from Page 5)



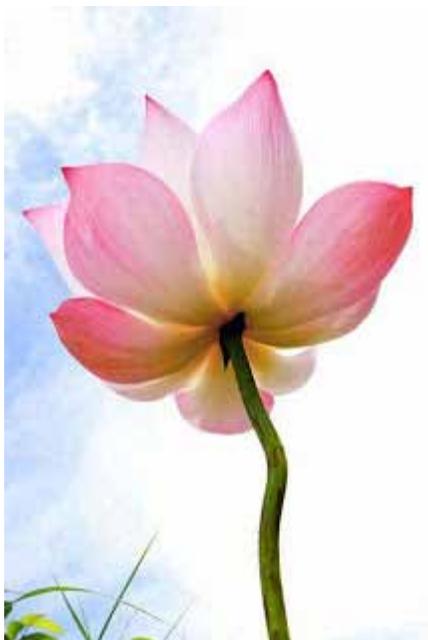
repulsive jerks. It is as if we have been handed a ticket at the funeral that says "Good for three months of hateful obnoxious behavior every single year from November to January."

Working through a significant loss is probably the most difficult task a human being encounters in a lifetime. Nothing hurts so badly for so long as the death of someone who has played a major role in our existence. However, grief does not mean that we are entitled to a lifetime of resentful behavior every time the holiday juices start to run. It does not mean we have a right to alienate or hurt our living family members because we are "bereaved." It does not permit selfishness or make cruelty and disrespect justifiable. Being bereaved does not mean we can suck the energy out of every person who comes near us, it does not make obscene gestures directed at department store Santas appropriate. Plain and simple folks, loss does not provide us with a get out of life free card. Grieving does

not negate our responsibility to live...and to love.

So pull out the decorations, polish the silverware, and put in a CD with that chestnut song on it. Stock up on enough Kleenex for the season, dozens of candles, and a bunch of angel thing-a-ma-jigs. Force yourself to smile at the sales clerk when she tells you Merry Christmas, and throw some change in the bell ringer's can. Bake some cookies, look through some photo albums, and do not be afraid to remember...or to laugh. Christmas and Thanksgiving and the New Year are seasons full of light, gratitude, and inspiration. We owe it to ourselves and to our loved ones (both here and on the other side) to soak up as much of that "good stuff" as we can. To that, we are entitled. Not because they died, but because we live.

by Sandy Goodman, Riverton, WY  
Bereavement Publications, Inc.  
~ Winter 2006



## *"Tis the Season of 'Firsts'"*

No matter where you may be in your grief journey, chances are you are facing a "first." Perhaps, it's the *first* Christmas or Hanukah without your loved one. Or your loved one's *first* "after-death" birthday or anniversary.

Maybe it's the *first* time you'll see certain people or send out cards signed with your name only. Maybe it's the *first* time you lit the Hanukah candles without your loved one, or put up a Christmas tree, attended the office party; the first time you, alone, had to worry about chains for the car, a leaky roof, or the selling of a house.

As much as we might wish we could ignore the season of "firsts", we know we can't and are often surprised when the anticipation turns out to be worse than the actual event. The day itself, whether it's a birthday or holiday, is seldom as bad as the days leading up to it.

So relax. Take a big breath and try not to project how you will feel or behave on any given day. Every "first" we conquer makes us stronger, moving us from one point of our grief to the next. Moving us ever closer to healing.

by Margaret Brownley  
Simi Valley, CA  
Bereavement Magazine



Willis Dee "Chuck" Holdeman, 88, passed away Saturday, September 29, 2018. He served in the United States Marine Corps during the Korean War. He was preceded in death by his first wife, Cleo. He is survived by wife, Beth; his children, Tom (Wanda), Brad (Carolyn), Margie (Ray) and Jamie (James); brother, Kenny; five grandchildren; and 13 great-grandchildren. Services were held October 6, 2018.

Chuck generously volunteered his time and money supporting Good Grief of Kansas. He and Beth regularly worked the Good Grief table at the annual Senior Expo, hosted the Thursday Lunch/Brunch group at Spears West and help where ever he could. Chuck's smile and humor will be missed.

## On Memory

When you remember me, it means that you carried something of who I am with you, that I have left some mark of who I am on who you are.

It means that you can summon me back to your mind even though countless years and miles may stand between us.

It means that if we meet again, you will know me, and hear my voice and speak to me in your heart.

For as long as you remember me, I am never entirely lost.

-Frederick Buechner

## 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 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](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 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 \_\_\_\_\_



# Good Grief News

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

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WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED

**November 10, 2018**  
**Bingo Fundraiser for Good Grief**  
**See Page 3 for details**

**~ SAVE THE DATE ~**  
**December 8, 2018**  
**Good Grief Christmas party**

[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      Ted Swan  
Merri Reed      Jim Yoder

### Program Director

Janet Cook

### Founder

Phyllis L. Gadaire-Sauer

### Office Manager

Donna Rhodes

### Trainers, Facilitators & Substitutes

Linda Burris	Fang Richards
Janet Cook	Cathy Sexton
Thomas Downer	Debbie Selsor
Jack Elder	Carmen Suter
Kathy Harbert	Cindy Swan
Rhonda Hinkle	Kathy Thomas
Beth Holdeman	Marjorie Watkins
Marsha Huffman	Melissa Warnken
Frank Jarmer	Bob Westerfield
Adrienne Massey	Connie Westerfield
Lois Pardee	Bonnie Workman
Mary Piotrowski	Jim Yoder
Evelyn Reece	

### **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](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

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](mailto:info@goodgriefokansas.org).

## Marge Glazier



Real Estate for the Real World

### Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate