



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

316-612-0700 January 2019
Email: info@goodgriefofkansas.org

CARING FOR YOURSELF DURING THE HOLIDAYS

1. *Be Honest - Tell Family and Friends How You Really Feel About the Holidays*

Family and friends are often unable to understand how painful the holidays can be for someone who is grieving the loss of a loved one. We can help them to learn by telling them that loss becomes more obvious when we think of happy holiday memories and when we remember those special family gatherings and traditions. Don't try to hide hurt, loneliness, or longing. When you express yourself you will feel better.

2. *Be Kind and Gentle to Yourself Emotionally*

It is OK to feel happy about things and to be heartbroken even within the same hour. The holiday ride can be an emotional roller coaster. Accepting this rather than fighting it lessens both the physical and emotional strain on you. It also helps you be more honest with yourself and those around you.

3. *Take Care of Yourself Physically*

Get adequate sleep, daily exercise and be moderate with food and drink intake.

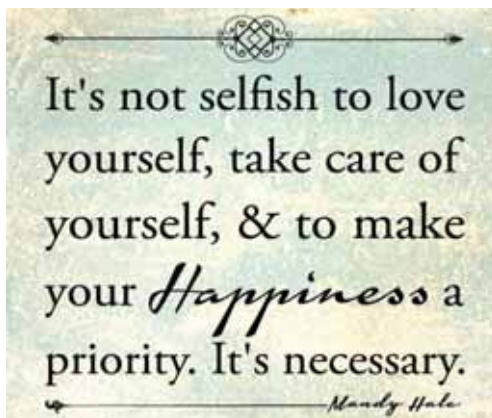
4. *Don't Isolate Yourself*

It is natural to think you may be a burden to others because you are in pain. Isolating yourself only increases your loneliness and despair. Create a support network of friends and family. Give them suggestions about what they can do to help.

5. *There is No Right or Wrong*

Way to Spend the Holidays

You have a choice to spend the holidays as you have in the past, avoid the holiday, or do something brand new--spend it in a different place or designate it as a different day. Recognize that the holidays will be hard no matter what you do or where you are, so make a choice that is right for you.



6. *Help Someone Else in Need*

The act of helping is healing for your emotional wounds. When you help to meet someone else's needs, you feel good about yourself. Contact hospitals, nursing homes, orphanages, shelters, soup kitchens, and charities for suggestions of how you might help.

7. *Take Encouragement From the Fact that You Will Survive This Painful Time*

You will survive, even though you may feel as if it will never get better. You will find comfort and strength in your ability to survive the pain and manage successfully. It is OK to have a good time. Enjoying the holidays does not mean that you

forget your loved one or miss him or her any less. How much you grieve is not a measure of how much you love.

8. *Make a List of Names*

List close family and friends who can and will help you through this time. Some people cannot provide what you need. This helps you and gives those who want to help some direction in knowing what they can do.

9. *Make a List of Needs*

List those things that you would like from your loved ones and show it to them. For example: a hug, time to talk about the person who has died, daily walks together, sharing photos, time to cry.

10. *Write a Letter*

Write a letter to your loved one and say all the things you are feeling. Write a letter to yourself including things your loved one would say to you with knowledge of the pain you are feeling.

11. *Be Kind to Yourself*

Having a difficult time during the holidays does not mean there is anything wrong with you. It does not mean you are weak, unable to get better, or have emotional limitations. It simply means there is an enormous "hole" in your heart and life and it cannot be filled by anyone else or anything else. Treat yourself as kindly and gently as you would someone else going through this pain. Healing will come.

Written by Fran McNeill

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: 7:00 - 8:30 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**

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**

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)



JANUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	1 NO MEETINGS Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm NEW YEAR'S DAY	2 W.A.Y. Group 7:00 pm	3 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café TLC Meeting - 5PM	4	5 Breakfast 10 am Spears Restaurant
6	7 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	8 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	9 W.A.Y. Group 7:00 pm	10 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	11	12 Breakfast 10 am Spears Restaurant
13	14 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	15 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm GG Board Meeting 5 pm at GG office	16 W.A.Y. Group 7:00 pm	17 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	18	19 Breakfast 10 am Spears Restaurant
20	21 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm Martin Luther King Jr. Day	22 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	23 W.A.Y. Group 7:00 pm	24 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	25	26 Breakfast 10 am Spears Restaurant
27	28 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	29 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	30 W.A.Y. Group 7:00 pm	31 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	1	2 Breakfast 10 am Spears Restaurant GROUNDHOG DAY

Rusty Eck Ford Community Adopt-A-Cause Win A Car Fundraiser Results



A special thank you goes to **Evelyn Reece**.
Evelyn pursued and headed up this
fundraising project.

Proceeds from chances to be in this drawing
for a new vehicle totaled **\$1,610.00**

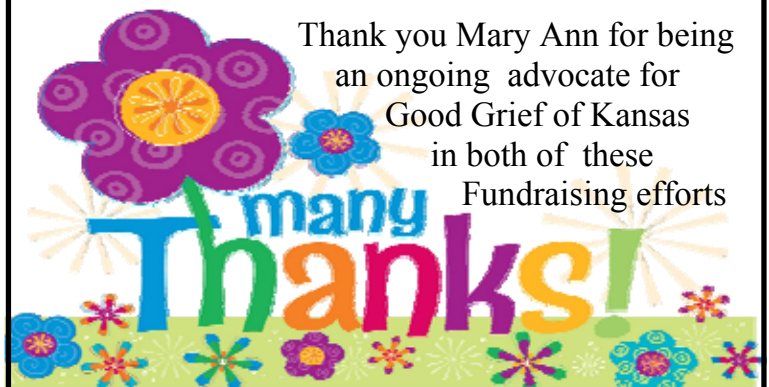
Evelyn was equally excited to report that one of the
“final five” chosen to try their key in a car was from
the Good Grief of Kansas group. Their luck ended
there, but our organization benefited greatly
from everyone’s efforts. Thank you!

Fundraisers for Good Grief of Kansas

Welcome Wagon East collected **\$61.00**. These
funds were delivered to Good Grief of Kansas
by Mary Ann Fenske.

Charlie Brown made an additional donation of
\$308.82 in honor of his wife, Helen.

Thank you Mary Ann for being
an ongoing advocate for
Good Grief of Kansas
in both of these
Fundraising efforts



Contributions for last month(s) totaled \$2,974.82.
THANK YOU for your donation which makes it possible for
Good Grief of Kansas to continue to serve the bereaved.

December

Contributors:

Michael Bayouth
Jerry A. Boyd
Charles Brown
Janet Cunningham
Anita Downey
W. H. Ford
Eddie Glenn
Jody Hysom
Sharon Kay Jefferson
Ted McMurphy
Jarree Miller
Lois Pardee
Larry & Glenda Peterson
Kathy S. Short
Jack L Smith
Ray E. Staats
Carolyn Stanek
Nancy Vincent
Rodney Wake



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

Maxine Hilton

By Larry & Glenda Peterson

Shirley J. Howe

By Jerry A. Boyd

Otis Jefferson

Love Always

By Sharon Jefferson

Carol Ann Smith

Love you "Mom" always will

By Jack L. Smith

Bob Stanek

Happy Birthday

By Carolyn Stanek

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.

JANUARY Birthdays

Vicki Blantnick	2
Norma Nosker	2
Charles Brown	3
Gabriella Gach	3
Jon Burk	5
Tamara Kelley	5
Don Roberts	5
Laura Young	5
Bill Oswalt	7
Dean Owens	8
Chasni Gifford	11
Jan Ross	12
Janet F. Cook	13
Chris Horning	13
Clair Duggan	14
Don Hess	14
Larry Gustin	16
Adrienne Massey	16
Darcy Alexander	17
Ginny Charles	17
Marjorie Watkins	18
Deanna Booth	19
Jenny Mitchell	21
Lois Pardee	21
Benny Zuniga	21
Ellen Moore	23
Judy Berg	24
Verda Eichelberger	24
Carol Cole	26
Linda Riley	26
Dave Bloir	27
Karen Gooch	27
Fred Silver	27
Nancy Vincent	29
Janet Phelps	30
Janet Sanford	30
Beverly Ann Holder	31



GOOD GRIEF OF KANSAS, INC. ~ SURVEY 2019

2622 W Central - Suite 401B, Wichita, KS 67203

Name: _____

Phone: _____

This survey has been developed to better understand the various needs of Good Grief attendees -- what is working, what is not, and what you would like to see developed. Please supply contact information so we may follow up on the suggestions made.

Group Support Meetings

Start time __ good __ suggestion (specify) _____

Length of meeting __ good __ suggestion (specify) _____

Location (keep in mind current locations are free) __ good __ suggestion (specify) _____

Group Discussion Topics __ good __ suggestion (specify) _____

Facilitator(s) __ helpful __ suggestion _____

Socials (circle all you have attended)

Lunch/Brunch/Breakfasts

Red Banquet

Christmas Gathering

Soup Supper (in past years)

Ice Cream Social (in past years)

Other Suggested activity you would like to see offered (details) _____

Informational Programs/Workshops

Hold in conjunction with group support meeting __ yes __ no

Hold in conjunction with socials __ yes __ no

Hold as a separate event __ yes __ no

How often __ quarterly __ monthly __ other (specify) _____

Topics:

Personal Safety

Identity Theft

Wills and Trusts

Investments

Retirement/Financial Future Planning

Westar presentation

Other (specify) _____

Mental Health/Depression

Volunteering

Part-time work for Seniors

Creating a Monthly Budget

Clutter/Organization

Weatherman presentation

Fundraising You Would Support

Private Donation

Bingo Fundraiser

Memorial Balloon Release/Walk

Eating establishment with % of sales going to Good Grief

I know a corporate sponsor I can contact

Other Suggestions (specify) _____

We welcome any other comments you might have: _____

Snowflake Memories

Donald C. Septer ~ November 12, 1997

Lazily the snowflakes fell
Gently caressing my face.
Even in the early morning chill
I feel them melting
And mixing with the tears
That cascade down my cheeks.
Lonely lost in my thoughts
Of all the days gone by.
I remember how I've struggled to live
On the memories
And the old songs of our yesterdays.
I stop and look up to the sky
To watch the snow falling
Out of the darkness
And I am held in awe
Of its quiet beauty.

For the white flakes seem to appear
Out of the darkened sky as if by magic,
And as they fall on the ground
Nary a sound can be heard.
Curiously I reach out to catch
One of God's little blessings,
Only to see it melt away
From the warmth of my hand.
And as quickly as it was gone
So was the sigh
That passed through my heart
For it reminded me so much
Of how fleeting one's life can be
As it's here one minute
And gone the next.

But there is one thing that is left behind
And it is the beauty of that life's impression.
Like snowflakes that flutter as if on angel's wings,
That beauty remains in the memories of one's heart
To help them when the shadow of sadness
Falls across their heart.

Truly joy will always remain in those memories
That are left by the beauty of that one's life.
And those will always be locked away
In the vault of the heart of those
Lucky enough to have loved that beauty.

COPING WITH GRIEF

Especially During the Holidays

PLAN AHEAD. Although there will be moments when feelings unexpectedly overwhelm you, if plans are in place, it will help to ease the strain.

SET PRIORITIES. Before you plan, decide which activities and traditions are most important to you. This will make it easier to phase out those deemed less desirable.

MAKE A NEW TRADITION. Starting a new phase of your life deserves some special event.

INCLUDE THE DECEASED IN YOUR CONVERSATIONS. If you bring up his or her name, others will be more willing to talk about him or her too.

EXPRESS YOUR FEELINGS. When you are depressed or need to cry, go ahead. Most people understand and accept you as you are. For those who seem uncomfortable, remind them gently that tears are natural and healing when a person is grieving.

FIND SOMEONE YOU CAN HELP. Few activities are as satisfying as giving assistance to a person who needs your caring.

BUY YOURSELF SOMETHING SPECIAL. You have experienced one of the most difficult losses of life. Be good to yourself.

CHERISH YOUR MEMORIES. Though they may occasionally be painful now, they are yours to keep and will grow more precious as time goes on.

BE PATIENT WITH YOURSELF. Your energy level is low and concentration powers are weak. At times, confusion reigns supreme. Allow yourself extra time in accomplishing tasks.

TAKE TIME OUT FOR REST AND RELAXATION. A few minutes each day in a quiet place, and an enjoyable activity once a week, just for your rejuvenation will ease the stress of grief.

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

NON-PROFIT
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RETURN SERVICE REQUESTED

SAVE THE DATE
February 9, 2019
Red Banquet

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	

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

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

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.

Mission Statement:
Good Grief of Kansas provides grief support for persons who have lost a loved one through death.

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

Cell 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate