



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

April 2019



## *Trusting the Process*

As I walked into the hospital on my way to the office, I saw a familiar face. For a number of reasons the memory chips were not fully processing all the data, but it didn't take long. He said, "Aren't you the chaplain who was with our family when my wife died?" It all came back to me as I recalled our time together. We sat down in the lobby and John began to unfold the past six weeks of his walk through the land of grief, loss and transition. I listened. "I think I'm going crazy," he said. He explained that food didn't taste right, that his weight had dropped considerably and concluded, "no matter what test they run, they can't seem to find anything wrong with me."

"What do you think is going on, John?" I asked.

"We were married for 58 years, Chaplain. My health has always been fine. Do you think it could be grief?"

I asked again, "What do you think is going on, John?"

The conversation continued and John pressed me about grief and loss and even asked for a schedule for bereavement groups. Recommendations were made and he accepted the invitation to be part of an open group comprised primarily with widowed persons. I assured him that dealing with loss takes

time and concluded, "John, it's all about trusting the process."

Our two granddaughters were born within a couple weeks of each other. As they began the process of transitioning from crawling to walking, I would watch them try to coordinate their next move — "putting one foot forward." I'd watch them wobble and fall and try again. I could sense their uncertainty and fear, their inability to trust themselves. Yet, they trusted the process. These days they walk, they run, they fall, they get up, they have a bruise here and a scrape there.

Now these two granddaughters are adjusting to school in early childhood education classes. They are beginning another fearful process of transitioning. The transition includes learning how to cry at the top of their lungs and make mom and dad feel "oh so good" as they leave for work. The girls aren't afraid to cry, to express themselves or announce their pain at this momentary abandonment. It is another time for them "to put one foot forward" and trust the process. A few weeks into the routine and it appears they are starting to trust the process.

Back to John. John is experiencing a number of difficult transitions right now. He has to walk again — all by himself. He has been left alone

in the school of life. He has to perform tasks that for decades had been done in tandem, but now are only solo efforts. He has to face an empty home where for thousands of days there was conversation, love and laughter. He deals with incredible loneliness. He has to learn to express himself — to express the feelings he experiences during this transition in his life. And through it all, he thinks he is going crazy.

The process of confronting our grief is difficult. I encouraged John to trust the process. I look forward to watching his growth. I know some of that will come when he takes his first steps in group, telling the beautiful story of a relationship he had learned to trust for 58 years.

I hope that he can trust the process of "grief walking."

*By Benn Keckler, Indianapolis, IN  
Bereavement Publications 2009*



## 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: Melissa Warnken & Phyllis Nichols

### **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**

## **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)



# APRIL 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	<b>1</b> SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	<b>2</b> Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	<b>3</b>  W.A.Y. Group 7:00 pm	<b>4</b> Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  TLC Meeting - 5PM	<b>5</b>	<b>6</b>  Breakfast 10 am Spears Restaurant
7	<b>8</b> SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	<b>9</b> Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	<b>10</b>  W.A.Y. Group 7:00 pm	<b>11</b> Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	<b>12</b>	<b>13</b>  Breakfast 10 am Spears Restaurant
<b>14</b> 	<b>15</b> SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	<b>16</b> Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	<b>17</b>  W.A.Y. Group 7:00 pm	<b>18</b> Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	<b>19</b> 	<b>20</b>  Breakfast 10 am Spears Restaurant
<b>21</b> 	<b>22</b> SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	<b>23</b> Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	<b>24</b>  W.A.Y. Group 7:00 pm	<b>25</b> Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	<b>26</b>	<b>27</b>  Breakfast 10 am Spears Restaurant
<b>28</b>	<b>29</b> SOSL Wichita 7:00 pm  South Group 7:00 pm East Group 7:00 pm	<b>30</b> Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	<b>1</b>  W.A.Y. Group 7:00 pm	<b>2</b> Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café  TLC Meeting - 5PM	<b>3</b>	<b>4</b>  Breakfast 10 am Spears Restaurant

## And I Go Home Alone

What a grand way to spend some time:  
With friends old and dear.  
We have so many things to talk about.  
So much to share.  
When the evening's over.  
We go our separate ways.  
And I, go home alone.

I spend the Lord's day in his house,  
And how I enjoy the people there.  
We sing, pray and listen to the Word  
And learn from what the preacher says.

When the service is over,  
We go our separate ways.  
And I, go home alone.

I meet my widow friends for lunch  
The restaurant has good food.  
Our conversation is fun;  
We tease and joke in a friendly way,  
And when we've eaten our noon meal,  
We go our separate ways,  
And I, go home alone.

My volunteering helps fill my day,  
With tasks that help another.  
I work long enough to be tired  
And serve in many ways.  
When we leave the scene,

We go our separate ways.  
And I, go home alone.

I love the many friendships I've made,  
As a helping hand I extended to others.  
And when I can, I use my skills and time  
To lift the spirit of others.  
The people I meet are extraordinary  
and as we part,  
We go our separate ways.  
And I, go home alone.

*by Nita Aasen, Bereavement Publications 2009*

Contributions for last month(s) totaled \$505.00.  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

## March

Contributors:

- Janet Cunningham
- W. H. Ford
- Maria E. Garcia
- Marge Glazier
- Bill & Thelma Lynch
- Ted McMurphy
- Jay McNeil
- Jarree Miller
- Margaret Noller
- Lois M. Pardee
- Mary Piotrowski
- Nancy Powell
- Merri Reed
- Jack Skelton
- Carmen Suter
- Nancy Vincent

SOUTH GROUP DONATION  
 March 2019

*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*

*Remember to send  
 your donation to:*

2622 W Central  
 Suite 401B  
 Wichita, KS 67203

## 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.**

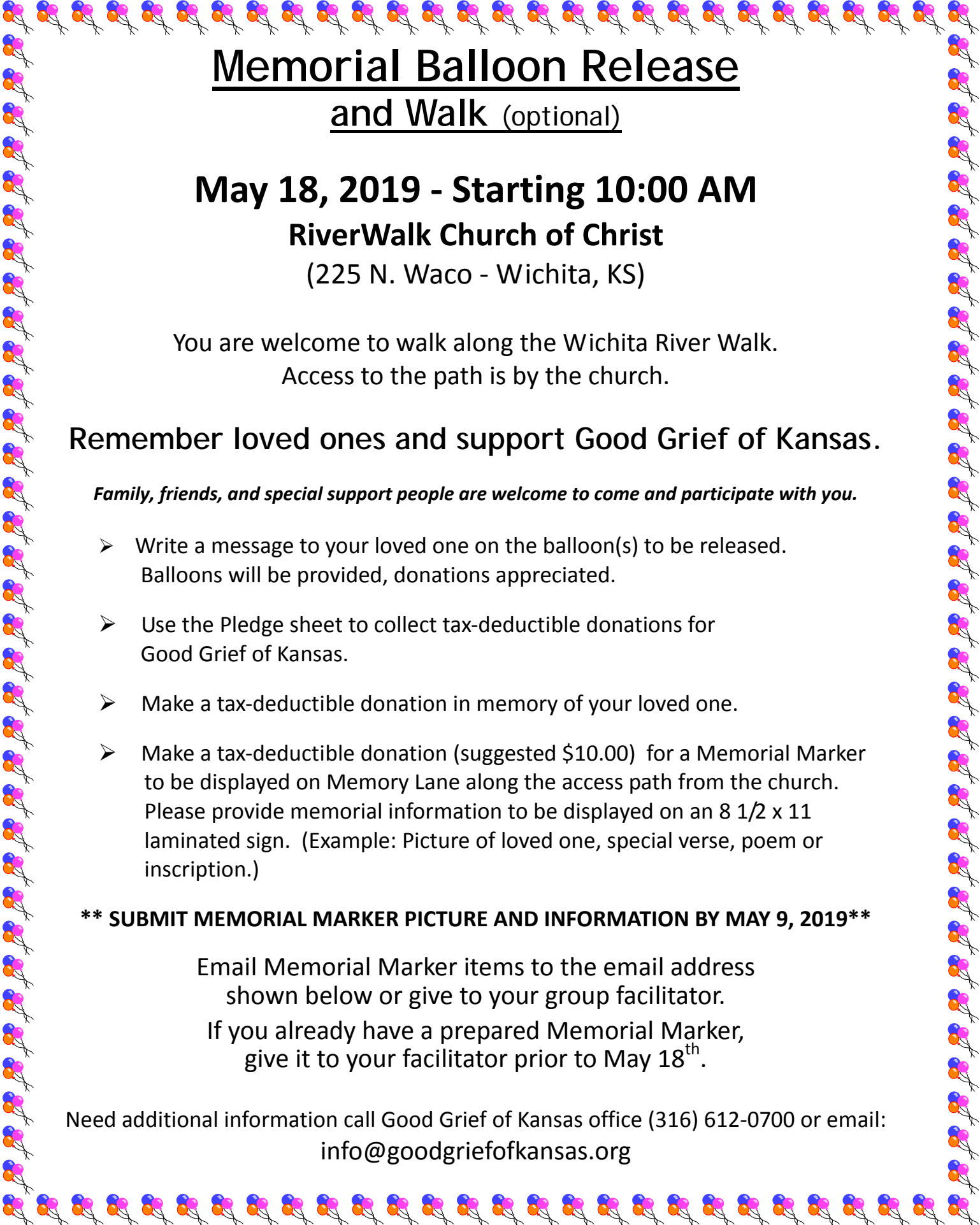
Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter.

## APRIL

# Birthdays

- Marsha Agard ..... 1
- John Pool ..... 2
- Phyllis Calvert ..... 3
- Kathy Pearson ..... 3
- Scott Hoepner ..... 4
- Michael A. Nolen ..... 5
- Robert A. Nolen ..... 5
- Janet Nottingham ..... 5
- Debbie Selsor ..... 8
- Natalee Turner ..... 9
- Amy Rich ..... 10
- Paulette Traffas ..... 11
- Tina Jonker ..... 16
- James R. Harris ..... 20
- John Huebert ..... 23
- Rich Brouillard ..... 26
- Debbie Rasmussen ..... 26
- Jody Hysom ..... 27
- Ralph Lucas ..... 29





# Memorial Balloon Release and Walk (optional)

**May 18, 2019 - Starting 10:00 AM**  
**RiverWalk Church of Christ**  
(225 N. Waco - Wichita, KS)

You are welcome to walk along the Wichita River Walk.  
Access to the path is by the church.

**Remember loved ones and support Good Grief of Kansas.**

*Family, friends, and special support people are welcome to come and participate with you.*

- Write a message to your loved one on the balloon(s) to be released. Balloons will be provided, donations appreciated.
- Use the Pledge sheet to collect tax-deductible donations for Good Grief of Kansas.
- Make a tax-deductible donation in memory of your loved one.
- Make a tax-deductible donation (suggested \$10.00) for a Memorial Marker to be displayed on Memory Lane along the access path from the church. Please provide memorial information to be displayed on an 8 1/2 x 11 laminated sign. (Example: Picture of loved one, special verse, poem or inscription.)

**\*\* SUBMIT MEMORIAL MARKER PICTURE AND INFORMATION BY MAY 9, 2019\*\***

Email Memorial Marker items to the email address shown below or give to your group facilitator.

If you already have a prepared Memorial Marker, give it to your facilitator prior to May 18<sup>th</sup>.

Need additional information call Good Grief of Kansas office (316) 612-0700 or email:  
[info@goodgriefofkansas.org](mailto:info@goodgriefofkansas.org)



*Why donations and fundraising are so important to the operation of Good Grief of Kansas.*

Following is a very brief general overview of the monthly expenses:

Office space rent (utilities included)	232.00
Cox Communications (phone/internet)	127.00
Printing costs (newsletter)	185.00
Postage (newsletter and monthly introduction letters)	123.00
Insurance costs (Liability and General coverage)	99.00
Office Supplies	34.00
One part-time employee	<u>600.00</u>
	1400.00

Monthly "regular" donations have averaged between \$600 to \$800. New year (2019) donations have been down almost \$200. Fundraising and special donations are essential to fill in where donations leave off.

**Fundraising**

Balloon Release/Memorial Walk, Rusty Eck Ford Community Adopt-A-Cause Win A Car, Bingo Night, Dine & Donate events, special one-time fundraising (jewelry sales). Special donations – Memorials, Corporate matching donations, Dillons Community Rewards Program.

If you have any questions, contact the Good Grief Office.

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**Dillons Community Rewards Program**

As of the end of 2018, Good Grief of Kansas had 34 households participate. Let's see if we can double that number. All you need is name/address/phone/email/which Dillons you shop at.

Follow the directions in the next column over to enroll. >>>

**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 \_\_\_\_\_



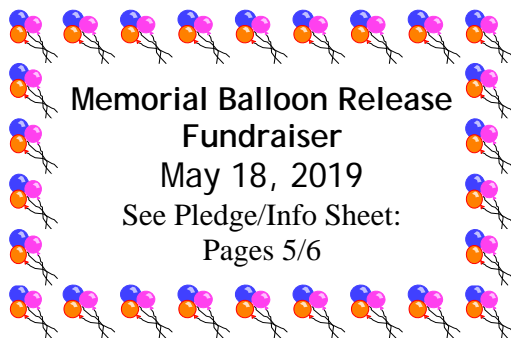
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2622 W Central - Suite 401B  
Wichita KS 67203

**Good Grief**  
of Kansas, Inc.

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U.S. Postage  
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WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED



**Memorial Balloon Release  
Fundraiser**  
May 18, 2019  
See Pledge/Info Sheet:  
Pages 5/6

[www.goodgriefokansas.org](http://www.goodgriefokansas.org)

316-612-0700

Good Grief News

**Executive Board**

Rick Cline, President  
Kelly Blades, Secretary  
Mary Evans, Treasurer

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Merri Reed Jim Yoder

**Program Director**

Janet Cook

**Founder**

Phyllis L. Gadaire-Sauer

**Office Manager**

Donna Rhodes

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Linda Burris	Fang Richards
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Jack Elder	Cindy Swan
Kathy Harbert	Kathy Thomas
Rhonda Hinkle	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).

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](mailto:info@goodgriefokansas.org).

## Marge Glazier



Real Estate for the Real World

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Call 316-648-7415

Office 316-978-9200

Marge Glazier, Broker Associate