



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

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

Grief School of Experience

My late husband, Greg, had become acquainted with Ralph, an elderly man who lived across the street from our house. Shortly after we moved in, Ralph's wife died, and he was alone. They had no children. Many nights, my Greg would wander over to visit for an hour or two, and it often puzzled me - actually made me a little jealous, too! I asked, "Wouldn't it be better just to leave Ralph alone? Maybe he wanted to grieve by himself!"

But Greg (having experienced at sixteen the death of his father) replied, "Ralph is totally lonely now without his wife. I just listen to how he's feeling and we laugh about stories from his youth. I think it helps on quiet, lonely nights." Hmmmm... I didn't understand that kind of thinking because I had never experienced family grief.

Have any of you been like I was? Even though we hadn't had any experience in grief, surely we must know what it is like. But now I tell people, "You can't know what it's like until you are forced to enroll in the *Grief School of Experience*." Mind you, no one is tickled pink to find themselves in that school! We want to raise our hands and shout, "Now, WAIT a minute! I'm sure I could learn just as much and be just as empathetic and caring if I only took the correspondence course." But we all know that textbook reading would never give us an ounce of understanding compared to experiencing it ourselves.

So let's take a look at this *Grief School of Experience*. You are automatically enrolled upon the death of someone special. There is no principal or librarian where you can turn for good advice. There are no textbooks that chart out the

course. You notice there are others in the school, but it's difficult to concentrate on them because your particular problems seem insurmountable. No one tells you how long the school will be in session, but you notice right away there are no vacations from it. In other schools, students joyously anticipate upcoming holidays and family gathers, but students in this school dread those calendar dates.

I used to live in fear of pop quizzes. Did you? Suddenly it was scary to discover there are pop quizzes in the Grief School too, happening when you least expect them. You run into someone you haven't seen for awhile and, without knowing what has happened, they ask about your family. You are grocery shopping and suddenly notice "his" cereal - nobody liked it but him. You start taking out the Christmas decorations stored from last year and there's "her" stocking. The list is endless, isn't it? Just like a pop quiz, it happens in an instant. You can't get ready for it. Your stomach tightens; you might break out in a sweat and just want to get away from the moment.

I guess it's good to know there's no uniform code at this school because most of us start having trouble putting together clothes that match. Often we get somewhere only to discover we've got on a black and a blue sock, or two kinds of shoes on our feet. It seems as if we get enrolled in this school and our brains go on vacation.

We've heard there are graduations, but our foggy minds can't comprehend what that means. Does it really mean that in time we can actually concentrate on

something, that we won't keep forgetting things, and that we won't wake up every day with death all we think about? Just to know graduation does exist is a pretty nice feeling. I didn't have to know when it would happen, but just having an idea that it would happen one day was fabulous!

Enrollment in the *Grief School of Experience* gives us an instant ability to relate to others. It was hardly a week after Greg's death when suddenly I could relate not only to how awful his dad's death had been for him, but why Ralph, the neighbor, had needed Greg's visits. Of course he was indescribably lonely! But I couldn't have known that through the correspondence course textbook.

You are obviously a student in that same school if you are reading this. Enrollment is excruciating, but survival is the only option - it just takes a ton of work! I hope that as your school term stretches out week by week, some "former students" cross your path to lend their listening ears, caring hearts and compassionate ways. After all, they've been there and know something about your pain.

*By Carlene Vester Eneroth, Spokane, WA
Bereavement Magazine Sept/Oct 2000*



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, 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)
RiverWalk Church of Christ - (225 N Waco) Use SW entrance door, Fireside Room
Facilitators: Deana King, Jenny Mitchell, David Span

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

Let's Clear Up Some Confusion

Currently, the Good Grief Office is only occupied when administrative work needs to be completed on site (i.e. newsletter creation/ mailing, introduction letters creation/ mailing, bill paying, etc.). There are no groups that meet at this location. Please call before you drop by to avoid a wasted trip.

You may have noticed that the "mailing" suite number (401B) and "physical" suite number (402) of Good Grief of Kansas are different. This quirkiness happened when the office moved July 2018. It is just an oddity that came with the new location. Thanks for your understanding.

Schedule of Regular Socials:

Thursdays: Breakfast at 9:00 AM

IHOP - 11855 E Kellogg Drive
(Hosts: Cindy Swan, John McBride)

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)



JUNE 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm Memorial Day	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 7:00 pm	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 - 5PM	7	8 Breakfast 10 am Spears Restaurant
9	10 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:00 pm	11 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	12 W.A.Y. Group 7:00 pm	13 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café	14  FLAG DAY	15 Breakfast 10 am Spears Restaurant
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Memorial Balloon Release and Walk May 18, 2019

This year's Good Grief of Kansas annual memorial event may have gotten rained on, but **attendance (67)** was not dampened by the downpour - 2019 tripled the attendance of 2018. The Good Grief organization was thrilled with the number of families and individual participants. We hope this event was meaningful for you in remembering your loved ones.

As a fundraiser, donations were down just a bit. A little over **\$1,200.00 was collected** by the end of the event in pledges and various donations.

If you were unable to attend the event, donations are still being accepted.

A big **THANK YOU to all the volunteers** who gave of their time and also those who brought necessary balloon release supplies and foods.

Thank goodness the volunteers supplying sweet rolls brought more than usual.

SAVE THE DATE FOR 2020 - May 16th

Contributions for last month(s) totaled \$1,435.00.
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

May

Contributors:

- Janet Cunningham
- Verda L. Eichelberger
- W. H. Ford
- Maria E. Garcia
- Marge Glazier
- Larry Gustin
- Nellie Klein
- Diana L. Loux
- Ted McMurphy
- Jay McNeil
- Jarree Miller
- Phyllis Nichols
- Norma Nosker
- Lois M. Pardee
- Eldon Sholtess
- Jack Skelton
- Randy Smith
- Carmen Suter
- Paulette Traffas
- Nancy Vincent
- Rodney Wake

Remember to send your donation to:

2622 W Central
Suite 401B
Wichita, KS 67203

Memorial Balloon Release & Walk

\$1,243.12

Network For Good

\$73.00

Memorial Gifts

In Loving Memory

Stanley G. Klein

By Nellie F. Klein

Chris Traffas

You will forever be in our hearts!
We love and miss you everyday.
~Your family and friends~

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.

Memorial tributes and gifts always welcome.

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

June Birthdays

- Judy Wherritt 1
- Dawn Lindow 2
- Odean Moore 4
- Jamie Musson 6
- Michael Bayouth 8
- Charlene Tucker 9
- Royal Owens 10
- Douglas Cravens 11
- Jane Vaughan 11
- Lois McClelland 13
- Rita Bohlman 14
- Carolyn Hennessy .. 14
- Mary Lou Norris 14
- John Bigley 16
- Sherry Roeser 16
- Shannon Campbell . 19
- Kelley Chesney 19
- Lisa Kelly 24
- Marsha Volz 25
- Eldon Sholtess 27
- Kristy Canterbury .. 30
- Betty D. Kelly 30
- Steven Page 30
- David Span 30
- Derrek Ziesch 30



This story told by Nancy Vincent is in memory of her husband's passing, June 2017. Nancy hopes this true story may touch another person who is grieving.

Rodney and Birdie

Early one morning, the first week in March, my husband was sitting on the porch when something exciting happened. Rodney came into the house and knocked gently on the bathroom door and said, "Honey come here! You have to see this!" I said, "I'm in the shower. It'll be a minute." I got out of the shower, got dressed and went out onto the porch to see what he was so excited about. There, by his chair, was a snow white dove. I had never seen one and when she saw me, she walked off the porch and into the grass. We both sat down at our patio table to watch her and see what she would do. After a while of pecking at the fallen birdseed, she went over to Rodney and looked up at him. He quietly talked to her and got up to give the dove her own birdseed. As he went into the garage, she followed him. That was when I noticed she was wearing a band on her right ankle. The band was blue, with a number four on it. I told Rodney that she must belong to someone or is being monitored in some way. I got up to go into the house and she scurried off the porch. Rodney still sat outside for a while as the dove ate from the dish he had set out for her. She hung around our courtyard for as long as Rodney stayed outside. I didn't want her to be lost or harmed in any way, so I made a couple calls to find out if any agency would claim her. We didn't get anywhere with those calls, so we decided to go down to Riverside Park and ask the lady who feeds the animals. By that time, the dove had flown off. That evening, around 5:00 pm, she was back. Rodney decided we should keep her overnight. We had a dog crate she could stay in. He readied the crate with food and water and a towel for her to sleep on. He gently scooped her up to put her to bed. She was not at all afraid of him to put her into the crate for the night.

The next day we went back down to Riverside Park and told the keeper what we had. She suggested a couple more places to call. We came back home and let "Birdie" out of the crate. Rodney gently put her on the porch as I went into the house. He sat down at the table and "Birdie" sat at his feet. After a while, she went over and sat on the doormat and looked over at Rodney as if to say, "Come on. I'm ready to go in." I have several pictures of her, but my phone doesn't share pictures. It's not a SmartPhone. Each morning when Rodney went out for his quiet time, Birdie would join him. He had put her food and water on the porch, away from other birds' food. She'd eat for a while, then would go over to sit on Rodney's feet. I had to admire her taste. Rodney was cute! Their morning time together became routine. Birdie would come over about 8:00 am. They would chat for a while and then she'd fly off. Every evening around 5:00 pm, she would come back. I was looking out the window once when I saw her come back. Rodney was busy fixing our dinner. Birdie walked over to his chair and looked up to greet him. She then fluttered up to the table to get a better view. He was not there. She jumped down off the porch, into the grass and pecked around for a while, then flew up on the roof. The next morning, she was back as usual.



(cont'd on Page 6)

(cont'd from Page 5)

We had plans to go back east for a “Big Barglowski Celebration” the first week of April. We asked Maggie to check on Birdie to be sure she had food while we were gone. Rodney was concerned about his friend and worried that she may feel abandoned while we were gone, so he fixed her a house. He got her a little Easter basket, put Easter grass in it and put it in a box. He cut a hole in the box for her doorway and put a brick on top of the box so it wouldn't be blown away if it stormed. We planned to be away for a couple weeks, so things had to be taken care of before we left. We didn't get very far in our travels as we had planned. Rod got very sick, so after two days holed up in a motel in Missouri, we came back home.

Birdie was there to greet us! She was on the roof of the garage when we drove in. It seemed to me that she had grown while we were gone. I've never had a bird as a pet, so it was interesting to me to see a change in her. Birdie came to see Rodney each morning in April, but would miss coming over some evenings. She never did warm up to me. When I would come out on the porch to leave, go into the garage or anything, she'd jump down into the grass. Obviously, she and Rodney had “a thing” and I was not a part of it.

There were a couple mornings in May that Birdie didn't show. That was different. I was hoping that she'd hooked up with another dove and had found her happiness. Not to worry. The second week of May, here came Birdie with two other doves! They were gray and smaller than Birdie, but they felt welcome at our bird feeders. They dined as Birdie came on the porch and sat at Rodney's feet.

Rodney was to have surgery on June first. He didn't sit at our patio table that morning. As we were leaving to go to the hospital, we saw Birdie up on the roof. We blew her kisses and told her that we'd see her that evening. That was the last time I saw Birdie. Rodney went into St. Francis hospital June second and went to heaven on June seventh on the wings of a snow white dove.

Thank you, Nancy, for sharing this story.

Nancy is a regular attendee of a local Good Grief support group.



Good Grief

The Group No One Wants To Belong To

The group where you can share your frustration, anger and pain.

The group that helps you start to live again.

The group where you make friends with people you would have never met.

The group that you will never forget.

The group that takes you by the hand.

The group that helps you stand.

The group you would not belong to.

If only.....



Written by Evelyn Broussard-Tisdale

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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Good Grief News

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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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- Memorials, Gifts & Donations

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