



**Good Grief**  
of Kansas, Inc.

# Good Grief NEWS

2622 W. Central - Suite 401B, Wichita, KS 67203  
Website: [www.goodgriefokansas.org](http://www.goodgriefokansas.org)

316-612-0700 August 2019  
Email: [info@goodgriefokansas.org](mailto:info@goodgriefokansas.org)

## *The Joy of Laughter*

The character of life's path tends to be cyclical. In order to integrate our experiences along with the dualities of joy and sorrow, pain and pleasure, tears and laughter, we need to contemplate the rich and healing properties that come from the effects of humor and pure unadulterated laughter. That there are benefits in laughter as a therapeutic form of healing is an understatement. The same brain receptors that assimilate impressions get recharged from a hearty burst of joviality. This mechanism allows us to handle our problems in a more logical manner. It also puts a different perspective on our problems.

Humor is a universal language and a contagious emotion. We don't have to learn how to laugh. It happens unconsciously. Laughter predates evolution. Even newborn babies begin to laugh at the age of ten weeks. More importantly, it is the one pleasure in life that is free and there for the asking. It is the least threatening of any interventional therapy.

Laughter serves as a coping device, reduces tension and pain, lowers blood pressure, improves our mental outlook, enhances the immune system and acts as a form of cardiac exercise.

It was Norman Cousins who first spoke about the value of laughter in his book, "Anatomy of an Illness" (1980). After he developed a debilitating spinal disease, he discovered that along with traditional treatment, being exposed to humor over a period of time made his illness less painful and eventually cured him.

Smiling and laughing emit chemicals called endorphins which work with the brain to cause a feeling of elation. It also shows us the need to embrace every single moment of life, no matter what unpleasant circumstances come our way. Isn't it therefore good sense to discern the common pitfalls of negativity, pick ourselves up, dust ourselves off, and become enriched and sustained by laughter? A small giggle or a cataclysmic chortle will have the same effect.

In the quest to cleanse, purify and redistribute our thoughts, we are trying to move on and enjoy the passion of living. Candace Pert said in the Bill Moyers television series, "Healing and the Mind," that "emotions registered and stored in the body in the form of chemical messages are the best candidates for the key to the health connection between mind and body." Furthermore, according to Pert, complex molecules, called neuropeptides, are found throughout our body, brain and immune system. These same peptides help all the cells in the body communicate with each other. If we instill humor and laughter in our lives, we can be assured that these chemical messages are working for us rather than against us.

Voltaire noted that "the art of medicine consists in keeping the patient amused while nature heals the disease." Dr. Bernie Siegel commented, "If you laugh, you're gonna feel good. And if you feel good, you're gonna look marvelous." We can now finally admit that laughter is not solely about humor. It is about releasing pain and trying to heal ourselves.

Each and every day is a turning point and challenge in our growth process.

As we alter the reality levels of the smallest corner of our worldly existence, we can refocus and our energies, behavior and attitude. Laughter and heartache do not present a paradox. They are a blueprint for endurance and survival. The slightest bit of a smile is definitely the course to embark upon to reach a full blown all-out guffaw. So go ahead...try a dose of humor. Strain yourself and engage in the contraction of all fifteen of your facial muscles. Laugh you heart out and chase away the pain. After all---isn't that what it's all about?

*"Time spent laughing is time spent with the Gods" (Japanese proverb)*

Bereavement Magazine July/August 2004



*"May the love hidden deep  
inside your heart  
find the love  
waiting in your dreams.  
May the laughter  
that you find  
in your tomorrow  
wipe away the pain  
you find in your yesterdays."*

*Bonnie of the Omnipresence*

**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.

*You're so hard on yourself.**Take a moment.  
Sit back.**Marvel at your life:**At the grief that softened  
you,  
At the heartache that  
wisened you,  
At the suffering that  
strengthened you.**Despite everything,  
You still grow.**Be proud of this.***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)



# AUGUST 2019



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

**“Take a shower, wash off the day.  
 Drink a glass of water. Make a room  
 dark. Lie down and close your eyes.**

**Notice the silence, Notice your heart.  
 Still beating. Still fighting.**

**You made it, after all. You made it,  
 another day. And you can make it one  
 more .**

**You're doing just fine.”**



Contributions for last month(s) totaled \$710.00  
 THANK YOU for your donation which makes it possible for  
 Good Grief of Kansas to continue to serve the bereaved.

# July Birthdays

Krista Arnold .....	2
Randy Rowe.....	2
Lois Siemers .....	2
Anita Downey .....	3
Dewayne H. McGuire .....	4
Jeannie Webber .....	5
Patricia Vaughn .....	11
Elaine Carney.....	12
Margie Gwinn .....	12
Sylvia Akins .....	16
Beverly Whitman .....	18
Cynthia Escamilla.....	20
Gayla Shrank .....	21
Janet S Cook.....	23
Gary Appleman .....	25
Velena Hamilton .....	29
Cherri Alderson .....	30
Dianna Knoblauch.....	30
Rexann Wood.....	31

## July

Contributors:

- Lois Pardee
- Jarree Miller
- Ted McMurphy
- W H Ford
- Dewayne McGuire
- Carolyn Hummon
- Merri Reed
- Janet Cunningham
- Phyllis Nichols
- Jay McNeil
- Carmen Suter
- Mike Gillihan

Remember to send  
 your donation to:

2622 W Central  
 Suite 401B  
 Wichita, KS 67203



## Memorial Gifts

*In Loving Memory*

*Jessie Silver*

*By Fred Silver*

### 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.



## Grief, an Unpaid Bill

*I have become more familiar with death, now. I know what it is to grieve, to feel loss, to remember my dead child with flesh and bones. In the beginning, I was numb. Nature is kind; we can't feel more pain than we can endure, but the pain waits. Like an unpaid bill, it remains until it is opened. We may bury our feelings, but they are buried alive, and the time of payment always comes.*

*I find myself crying at unexpected times. In my car on the way to work, I see a young man riding a bicycle near the side of the road. Suddenly, I remember that Ken bought one just a few years ago when he was already ill. "It makes me feel young again," he told me.*

*As we looked at each other then, we both understood the wish to go back to an easier time, when the future still seemed certain.*

*My tears come, and I make another small payment on this outstanding bill of pain. Today is July eleventh, the birthday of my friend's dead son. "Steven would have been forty today," she tells me on the telephone.*

*"Don't add to your anguish" I warn, not being afraid to enter the fray. We are both part of this community of*

*bereaved parents, and we know how to speak the forbidden words about death; something the rest of the world avoids.*

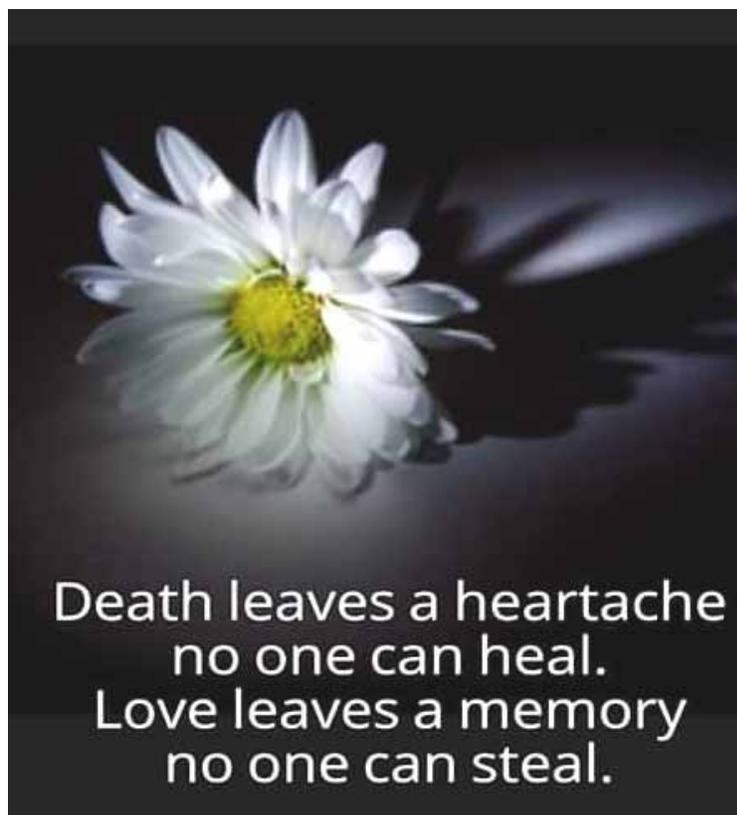
*"I can't help it," my friend says. "The thoughts just come."*

*Time passes and I continue to learn the lessons that death and life teach. They are patient teachers, so if I don't learn, they will teach me again. I have learned that death is as much a part of life as the air that I breathe.*

*It will not stay away because I avoid speaking it 's name. The grief that I feel, I must feel. I have loved; now I must grieve.*

*It is the homage the heart pays.*

*- By Anita Kirschner  
Woodbury, New York*



Death leaves a heartache  
no one can heal.  
Love leaves a memory  
no one can steal.

## **Do you get impatient with your grief?**

*Wish it would go away. Wish you could have it over and done with.  
It's so painful - enough already!!*

If only we could. As much as we wish it, it will have it's way with us. It will tumble and spin us and spit us out. Then it will decide to gobble us whole again.

There can be no getting away from it. There comes a time when realization dawns. That inner knowing that we must experience and feel our grief for all that it is.

That we must go through it and let it sit with us until its ferocity is ready to leave us for a bit. And we even learn and grow in acceptance.

The acceptance that it is a frequent visitor. It regurgitates through us and through our life.

To see this new life for ourselves is finally to surrender to our grief and to our loss.

To know its fury and its nuances. To begin to face forwards. And to begin to face life again.

It's not an easy life nor the life we ever envisioned. Oh how very different it is, this life of contrasts. This life that begins to bring us its nuggets of truth for us to digest as best we can. This life that we have now snakes its way through the harsh winters and the blazing summer suns.

We will unfurl and will grow into it. We will begin to seed and plant our new and very different life. Each in our own way and in our own time. And one thing we will always know, that the seeds of love will be forever planted in the gardens of our heart.



**New office hours**

Monday 8:00 - 12:00  
 1:00 - 5:00  
 Tuesday 8:00 - 10:00  
 Wednesday 8:00 - 10:00  
 Thursday 8:00 - 10:00  
 Closed Fri/Sat/Sun

**OFFICE SUPPLY NEEDS:**

**Envelopes:**

**# 6 Security**

**# 10 Standard**

(Dollar Tree envelopes work just fine)

**Colored Paper:**

**Pastel - Cream**

**8½ x 11, 24 lb**

*We would like to take this opportunity to give a big THANK YOU to Donna Rhodes. Donna has been our Office Manager here at Good Grief for the past ten years.*

*We appreciate you & everything you did to make our lives easier.*

*You will be missed !*

*Enjoy your retirement!!*

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



# Good Grief News

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

**Good Grief**  
of Kansas, Inc.

NON-PROFIT  
ORG.  
U.S. Postage  
**PAID**  
WICHITA, KS  
Permit No. 426

RETURN SERVICE REQUESTED

[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

Marsha Huffman

### Trainers, Facilitators & Substitutes

Linda Burris	Fang Richards
Janet Cook	Cathy Sexton
Thomas Downer	Debbie Selsor
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

### Century 21 Grigsby

Cell 316-648-7415  
Office 316-978-9200

Marge Glazier, Broker Associate