



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

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

A New Normal

By Carlene Vester Eneroth

While driving through the rolling wheat fields in our area, I was reminded of one of my favorite rerun episodes on the television comedy series, Major Dad. Major Dad leads his family on an endless hike over hill after hill, looking for a perfect back-to-nature spot where they can be taught to rely on their survival skills in the environment. He's frustrated to keep finding only green grass and developed areas that include a resort and even a mall. When the family staggers back to the cabin, having never found that elusive piece of nature paradise, they have sunburns and blisters, and his theme of the day still echoes in their ears: "But it's just over that next rise. Keep going, it's got to be just over that next rise."

Could that describe us in our grief? On the day we hear "he's gone," we begin a search to find a spot where we will be normal again...where we won't have this incredible hurt engulfing all we do... where we can laugh and enjoy life around us, just like before this death shattered our lives! Do you feel as if your search for normal is constantly "just over that next rise?"

We get through that awful first year and let out a deep breath. Wow! We've conquered all those "firsts" - holidays, anniversaries, birthdays, etc. Now things will get back to normal again. What a shock to find that we don't feel tremendously better that we did a year ago. No one has let us know that the second year of grief is still tough. Certainly we function, sometimes better than before, but at times we're still overwhelmed by intense grief, and we hadn't planned on

this at all. It's disturbing that we just got "over that next rise" of the first year, but we haven't hit "normal" yet.

Maybe normal can be found just over that *next* rise - if we move. While it can be good to leave old memories behind and have different rooms to look at (often arranged in new ways), adjust to a new climate and get acquainted with new neighbors, some things don't change. We still stare at that empty place at the table, we still don't get to buy Christmas and birthday gifts for someone special anymore, and we still come home hoping to relate the happenings of the day - only to find no one there. An environmental change wasn't it. Our normal wasn't just over *that* next rise, either.

We thought normal surely would come when we took a trip or at least got away from our surroundings for a few hours. The anticipation was that those hours would give us time to forget. Then, weren't we astonished to find that it takes only one glance to see a couple holding hands or a mother cradling her infant, or the notice of *our* car, to discover that this next rise didn't hold that normal feeling either.

So is normal ever going to be found "just over that next rise?" I believe the only normal we will find is a "new normal, not connected to things we viewed as normal in the past. It means that our calendar of time will be dated forever by events *before* the death and *after* the death. But it also means that we can find a normal that is really fine. It's just not what we would have planned had things stayed as they were.



We have to work to find this new normal and make it a part of our routine. That's what is different about this next rise. Our original normal was just there - we didn't have to do anything to make it happen. But now we have to actively make a new holiday routine and, through trial and error, decide which differences can become new traditions.

We have to decide we will shop at a different store and begin to feel comfortable there, or buy a different car and start seeing it a normal part of life. We can try a new hobby or activity instead of focusing only on what we've done in the past. One of the hardest new normals is accepting the fact that old friends, uncomfortable with our grief, slowly disappear. But the energy we could invest in mourning this additional loss would be better put into making new friends with those who care to understand us. They, too, can be part of our new normal.

Naturally, the hard part is work. But do we want to stay with Major Dad, searching for the normal of our past that will remain just as elusive as his nature search? Because grief has touched our lives, we have to self-determine that we aren't going to endlessly keep searching over that next rise; instead we will try to work with what we have here and now.

Here's to each of us working to build a new normal - one piece at a time!

Bereavement Magazine July/August 1998

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 - 8:30 PM**East Point Church of Christ - (747 N 127th Street E)
Go to separate building north of playground**EAST WICHITA**

Facilitators: Adrienne Massey, Melissa Warnken, Phyllis Nichols

Tuesdays: 10:00 - 11:30 AMRiverWalk 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.

*My Wish For You....**"Where there is pain,
I wish you peace and mercy.
Where there is self-doubting,
I wish you a renewed
confidence in your ability to
work through it.
Where there is tiredness,
or exhaustion,
I wish you understanding,
patience and renewed
Strength. Where there is fear,
I wish you love and courage."***Unknown***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)

October 2019

It's a good day to have a good day



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Central Group 10 am West Group 6:00 pm Clearwater 7:00 pm	2 W.A.Y. Group 7:00 pm	3 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café <u>TLC Meeting - 5PM</u>	4	5 Breakfast 10 am Spears Restaurant
6	7 SOSL Wichita 7:00 pm South Group 7:00 pm East Group 7:15 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 7:15 pm Columbus Day	15 Central Group 10 am West Group 6:30 pm Clearwater 7:00 pm	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 7:15 pm	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 7:15 pm	29 Central Group 10 am West Group 6:00 pm Clearwater 7:00 pm	30 W.A.Y. Group 7:00 pm	31 Breakfast 9 am IHOP Brunch/Lunch 10 am Country Café Halloween		

It's Okay to Cry

By Purnel L. Collicott

*Twice my love's been snatched from me,
By that Grim Reaper - Death!
And I will mourn the loss, I know,
'Till I draw my final breath.*

*Now, I live my life alone,
And sometimes shed sad tears.
But I can say, love came my way
For those many, happy years.*

*Now, like a wounded butterfly am I,
I have my ups and downs.
I struggle as I fall again,
And can't get off the ground.*

*But then I know, that I must show
That I'm not down for good.
I cry again, then try again,
And sometimes - I still fly again!*

Contributions for last month(s) totaled \$692.00
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

September

Contributors:

- Lois Pardee*
- Jarree Miller*
- Ted McMurphy*
- W H Ford*
- Janet Cunningham*
- Nancy Vincent*
- Marge Glazier*
- Cheri Gartin*
- South Group*
- Bill S*
- Carmen Suter*
- Anonymous*

Remember to send your donation to:

2622 W Central
 Suite 401B
 Wichita, KS 67203



Memorial Gifts

In loving memory of my best friend and soulmate of 28 years

Shirley Howe

9/25/43—12/23/17

By Jerry A Boyd

In memory of Stanley Klein

By Nellie Klein

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.**

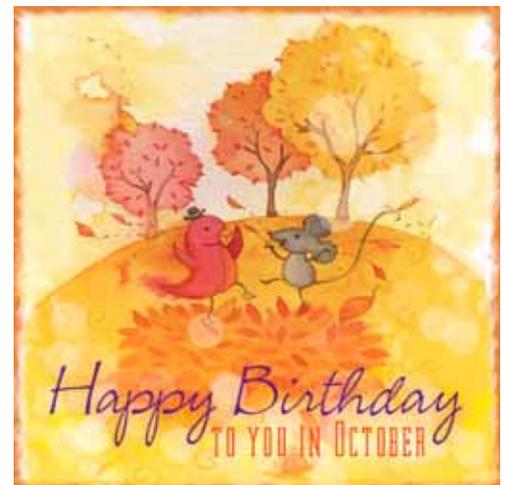
Please help make sure that others who need Good Grief will hear the message that we can and will help them through their grief. Gifts may be designated in honor or memory of a special individual or occasion. We also appreciate monetary gifts to help with the expense of producing and mailing this newsletter.

Memorial tributes and gifts always welcome.

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

October Birthdays

Denise Bolden.....	2
Norman Ritter.....	3
Janell Floyd.....	4
Kenneth Collins.....	5
Jan Butterfield.....	13
Lorraine Boyd.....	15
John McBride.....	16
Diane Newcome.....	16
Rebecca Goldston.....	17
Jay McNeil.....	18
Karen Mellington.....	18
Margaret Ball.....	20
Dan Perry.....	21
Cindy Swan.....	21
Marsha Huffman.....	22
Marcia Koster-Carter.....	22
Carmen Suter.....	22
Brenda Lowery.....	24
Evelyn Reece.....	24
Keya Holt.....	25
Roberta Whetzel.....	29
Karen Anderson.....	31



Mourning's bumpy road has many U-turns en route to recovery

haiku by Diantha Ain



Each summer our family rents a cabin in the mountains and every year it takes longer to prepare for the trip. Children grow, interests change, and this requires more planning. This summer, my husband plans to buy rather than rent a motorboat. The nine-year-old wants to take his bike. My daughter and her husband are new parents and so they must consider their baby's needs.

To simplify things, we have a computerized checklist that we update yearly. Flashlights, sleeping bags and swimming suits are staples, but this year we've added a high chair and crib. We try to consider everything that could go wrong, from bad weather to injury, and plan accordingly. The key to any successful trip is good planning.

Not every trip or journey is so eagerly anticipated and some are harder to plan for than others. Grief is a journey of the heart and soul that often comes when we least expect it, and almost always take us where we don't want to go. We muddle our way through grief like a traveler with no map, no luggage and no credit cards. It's a journey filled with reluctant travelers.

Wherever you are in your grief, you can count on more tough times ahead. There is no one-way ticket for the pain that comes with loss, but a little advance planning will help you better face the emotional delays, setbacks and derailments that every grief traveler must face.

Fix up a travel corner in your favorite room, perhaps in front of the fireplace or by your favorite chair. Gather the things you need for your journey and plan to update weekly as needed. Here is a list of staples to get you started:

- Something soft and warm to wear when you're feeling blue, perhaps new sweats in baby-blanket pink
- Comforter and pillow
- Teddy bear or other stuffed animal
- Box of tissues
- Bubble bath
- A photo album - preferably with photos that will make you smile
- A good book to read, perhaps a mystery or romance to help you escape
- Something beautiful; a fresh rose or orchid, perhaps
- A brightly colored balloon
- Something sinfully delicious to eat (chocolates, perhaps)
- Hand and body lotion in your favorite scent
- Wonderfully scented candles
- Blank notepads or a special journal for writing down thoughts and memories
- A new pen that is used only to record your journey
- Your own spiritual compass—a Bible perhaps, or something that soothes your soul
- Phone numbers of your support group
- Herbal tea and a china teapot
- Videos - preferably funny or lighthearted movies
- CDs - music that lifts your spirits
- Firewood
- Something that symbolizes love to you - something to hold close to your heart

'What's going on in your Good Grief world'

How can I give back to Good Grief.....

Many of us have attended a Good Grief support group....many are still attending and new ones are coming every day. It's not something we plan to do but situations in our lives have led us here. We are so thankful for others to lean on and lead us through this new journey in our lives. To let us know that we are *not* going crazy - it's the 'fog' - and to let us know we are not alone. We are all helping each other to find the 'new normal' in our lives.

That being said, you ask yourself *'how can I give back to this organization that has helped me survive the worst time of my life....the loss of my loved one?'* There is a yearly fundraiser currently being held. It's easy to help and you never know....you may end up with a brand new car!!



Raffle tickets are now available!!! \$10.00/ticket for a chance to win a brand new car (valued at up to \$25,000) from Rusty Eck Ford. Drawing is held in December. You do not need to be present during the drawing. However, if you are one of the lucky ones to be in the final 5 drawn, you will need to be present to try the key! (they will call you if you are in the final 5) **AND** last year we had a member of our Good Grief family in the final five!! The purchase of a ticket will also get you a % off service or \$250 off a new or used vehicle with Rusty Eck.

This raffle is a yearly event held by Rusty Eck Ford for nonprofit organizations throughout the city. Thank you Rusty Eck for including us. All proceeds of the tickets go back to the organization selling them. That's an easy peasy way to raise money for Good Grief! Ask your friends, neighbors and family....let's get everyone involved!

To purchase tickets contact your facilitator or call the office at 316-612-0700 and we will make sure you get them. Get yours today before they're gone!!

Best of luck to everyone and thank you for supporting Good Grief of Kansas!!



*Since I was young,
I have always known this:
Life damages us, every one.
We can't escape that damage.
But now, I am also learning this:
We can be mended.
We mend each other.*

An elderly patient gets hearing aids from a doctor. After a short time, he meets the doctor again.

Doctor, "Your hearing is perfect. Your family must be really pleased."

Patient, "Oh, I am in a funny situation now. I haven't told my family yet. I just sit and listen to their conversations. In a month, I've changed my will three times!"



Office Hours

Mon. 8:00 - 5:00
Tues. 8:00 - 10:00
Wed. 8:00 - 10:00
Thurs. 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

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 \$ _____

ANONYMOUS PLEASE

I would like more information
My phone # is () _____
My Name _____
Address _____
City, State, Zip _____

Send Memorial acknowledgment to:

Name _____

Address _____

City State, Zip _____





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RETURN SERVICE REQUESTED

**GET YOURS TODAY !!
Win that CAR!!**

RAFFLE TICKETS

Available from your
Facilitator or by calling the
office at
316-612-0700
(see article on Page 6)

www.goodgriefokansas.org

316-612-0700

Good Grief News

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Bonnie Workman
Jim Yoder

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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