



Good Grief
of Kansas, Inc.

Good Grief NEWS

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

316-612-0700 Feb 2020
Email: info@goodgriefofkansas.org

Finding One's Own Feet

By Margaret Brownley, Simi Valley, CA - Bereavement Magazine, May/June 2000

Two-time Olympic gold medallists, Ekaterina Gordeeva and Sergei Grinkov were more than just skating partners, they were husband and wife and the parents of a small daughter. When Sergei died of a heart attack at the age of twenty-nine, his young wife was devastated.

Still, she found the strength and courage to resume her career. Her first solo performance following her husband's death was a loving and moving tribute to Sergei and a symbolic gesture of a young woman finding, what she called, her own feet.

She stood alone under a spotlight waiting quietly for her husband to take her by the hand and lead her across the ice as he had done for so many years. Only this time, no one joined her and she continued to wait. Her face grimaced in horror as the reality of his death sank in. She skated around the rink, frantically, looking for him, searching, and when she didn't find him, she fell upon his "grave" with despair.

Kissing the ice, she lifted her eyes to the heavens and rose to her feet. She started to skate again, more slowly this time, looking uncertain and unsure and more than a little afraid. Gradually, she grew more confident; her feet

moved faster and faster until she was jumping and spinning like the champion skater her fans knew and loved. Her amazing performance touched the audience and she bowed to thunderous applause from the teary-eyed crowd. She had proven to herself and the world that she had found her own feet.

Mary claims she waited for her deceased husband to fix the car. The car sat on the side of the street for a month, where it had broken down, before I finally got it into my head. I had to call the repairman myself.

Linda admits to letting everyone do for her the first year after her husband died. His brothers and my son made me feel helpless. Finally, I said, 'enough.' I was going to do for myself, even if it meant doing it wrong.

In her book *Widow to*

Widow, Genevieve Davis Ginsburg writes, "We are all winners when we are self-reliant and satisfied with ourselves - when self-hood takes the place of widowhood.

Find your own feet by doing something that you normally left up to your loved one to do. Sign up for a simple home maintenance course held by many home supply stores across the country. (A friend of mine tiled her bathroom after taking a course at a local home improvement store.) Another friend learned to refinish furniture by watching a do-it-yourself video. One woman learned to put up dry wall by volunteering to build houses for the *Houses for Humanity* project.

Finding one's feet is not easy. It requires courage, determination and a certain amount of faith, but the rewards are immeasurable.



SCHEDULE OF GROUP MEETINGS FOR THE BEREAVED

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
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)
 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.

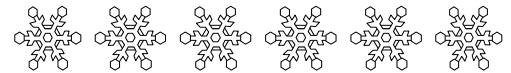
You are welcome to attend any support group of your choice.

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.



BAD WEATHER

POLICY

No group meetings will be held:

Wichita:

If the Emergency Accident Reporting Plan is in effect.

Outside Wichita:

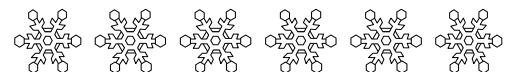
Check with your facilitator.

Never put yourself at risk.

If you think the streets are

too dangerous to drive on,

do not attend the meeting.



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)

February 2020

*I have not heard your voice in years,
but my heart has conversations with you every day*



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

We

By Edward L. Priess

We were so close, our hearts beat as one;
It was never about Me or She, it was We.
We've enjoyed each other, forever it seems;
A forever so brief, I can't see

Why it had to be now, why so soon
That He took His angel from me.
No matter my path, or where to from here,
The future, I cannot see;
What happens in my life, from hereon in
Will no longer be as We, only Me.

Contributions for last month totaled \$1287.99
 THANK YOU for your donation which makes it possible for
 Good Grief of Kansas to continue to serve the bereaved.

December

Contributors:

- Carmen Suter*
- Al Kemmerer*
- Nancy Vincent*
- Ted McMurphy*
- Lois Pardee*
- Jarree Miller*
- Anonymous*
- W H Ford*

- Janet Cunningham*
- Sharon Jefferson*
- Lisa Behrends*
- Kroger*
- Christmas Party*
- Alice Duncan*
- Michael Bayouth*

Remember to send your donation to:

2622 W Central Suite 401B



Memorial Gifts

Thank you for all the help you provide

Anonymous

In loving memory of Otis Jefferson

by Sharon Jefferson

In loving memory of

Dan Mackenzie

by Lisa Behrends

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.

February Birthdays

- Lindsay Cornish 1
- Gail Davis..... 1
- Clarence Nickelson... 3
- Connie Ohler..... 4
- Barbara Phillips..... 4
- Randy Pianga 4
- Ed Reed 6
- Larry Schwarm..... 7
- Tami Spain 8
- Kelsey Vinopal 8
- Jack Elder 10
- Danielle Ellis 12
- Mike Gillihan 13
- Eddie Glenn 13
- Peggy Grell 16
- Rosie Hacker 16
- Deana King 20
- Diana Kramer..... 23
- David Laws 23
- Betty McAnulty 25





Red Banquet

Saturday, February 15, 2020

6:00 pm

RiverWalk Church of Christ - 225 N Waco, Wichita
(use NW Door - around back)

*Join us for
Food, Fun and
Fellowship*

Bring your favorite
finger foods and friends.

Wear RED ♥ Play Bingo

Guests are Welcome.

Rose Colored Glasses

by Darcie Sims



There are some days nothing helps. Silent pain echoes across the heart, leaving tear stains and shattered dreams. It hurts to move, to think, to breathe. It even hurts to be. On those days, when memories burn scars deep into the soul, there seems little relief.

All the coping tricks we have tried in the past seem to fail us, and we are left with a pain so deep that we fear we will be consumed by it. We firmly believe that we shall never again find hope or joy in this world. Our own death often seems the only escape.

That despair comes at the bottom of the valley. We have all stumbled across those treacherous rocks-many of us more than once. Just as we begin to think that we might survive, something tumbles us back into the darkness, and we are sure we have drowned.

What then? It is as if we are left without our dreams or our memories. Existence has become a void, filled with nothingness not even hurt. On those days, we cannot even feel our pain. We come to know that we can never return to the Land of Make-believe where Humpty Dumpty is put back together without a trace of the jagged edges where he broke into a million pieces and where everything lives happily ever after.

Those are the days when we must “put on” our rose-colored glasses and learn to “See” in new ways. I always carry my rose-

colored glasses with me because I never know when such a day is going to happen.

My special glasses give a rose hue to even the most dismal of views; but more important, people look at me differently. Maybe they see me differently because I see things in a new way.

Just putting on my rose-colored glasses gives me a lift. I know that whatever I am looking at or feeling hasn't really changed. I have changed! Whenever I have dared to laugh in the face of pain, the pain didn't change or go away. I simply changed the way I saw the pain or the emptiness or the hurt of grief.

Rose-colored glasses are simply a dramatic (and perhaps a little silly) change in perspective. But what's wrong with being silly sometimes? If I can catch my breath and gain a few seconds of relief from the emptiness of my grief, then they have created a miracle for me.

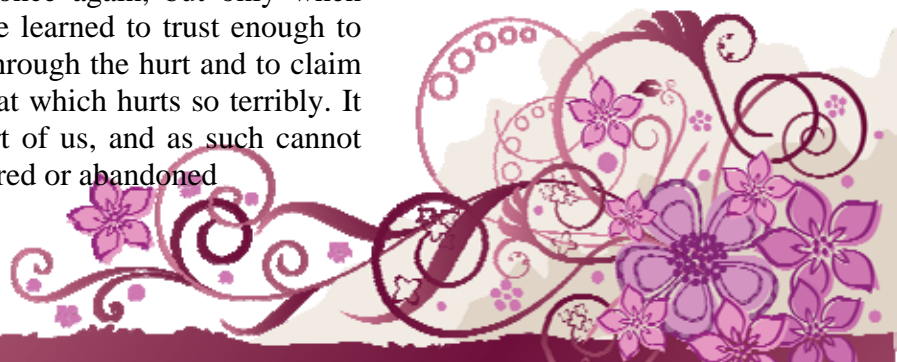
Wearing rose-colored glasses isn't denying anything. Rather, it is claiming it all. It is searching for joy and light and love, even in the darkest corners. Love is the reason we hurt, but on those days when all we can see is the hurt, then we feel we may be losing the love. Life does become good and warm and loving once again, but only when we have learned to trust enough to move through the hurt and to claim even that which hurts so terribly. It is a part of us, and as such cannot be ignored or abandoned

Looking at the world through rose-colored glasses isn't being a Pollyanna, it's being real in the most honest sense. It is an attempt to both accept and live what is instead of turning it all away and denying that love ever existed.

If you have laughed with your loved one, you have already worn rose-colored glasses. Don't forget them now. They helped you conquer mountains before and they will help you to see the other side of grief, someday.

Don't wait for joy to come to you ... Go find it. Search for it, insist on it every day. Wearing rose-colored glasses is a change in perspective, nothing more, nothing less. It is not a choice between pain or no pain, but how we manage the pain we feel.

The trick to those days is learning to live with what you got instead of wishing something else had happened. As you pick your next step through the valley, remembers that the rocks are everywhere, but so is the path! Don't let death rob you of your heart spaces ... The space where your loved one lives. Don't let death dominate the Spring places in your heart. Don't let death rob you of your rose-colored glasses.



OFFICE SUPPLY NEEDS:

Envelopes:

6 Security

10 Standard

(Dollar Tree envelopes work just fine)

Colored Paper:

Pastel - Cream

8½ x 11, 24 lb

Office Hours

Mon. 9:00 - 4:00

Tues. Closed

Wed. 8:00 - 10:00

Thurs. 8:00 - 10:00

Closed Fri/Sat/Sun

Phone messages are checked daily and calls are returned within 24 hours.

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
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WICHITA, KS
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RETURN SERVICE REQUESTED

RED
BANQUET
FEBRUARY 15th
6:00 PM
See page 5
For more details

www.goodgriefofkansas.org

316-612-0700

Good Grief News

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Janet Cook

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Phyllis L. Gadaire-Sauer

Office Manager

Marsha Huffman

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Jenny Mitchell	Bob Westerfield
Lois Pardee	Connie Westerfield
Mary Piotrowski	Bonnie Workman
Evelyn Reece	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

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@goodgriefofkansas.org and put "remove from mailing" in the subject line.

Newsletters may be viewed on-line by going to www.goodgriefofkansas.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@goodgriefofkansas.org

Marge Glazier



Real Estate for the Real World

Century 21 Grigsby

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

Marge Glazier, Broker Associate