

September 2007 Newsletter

Center for Grieving Children

Boys and Girls
Clubs of the Fox
Valley

Volume 2, Issue 1

September, 2007

Special points of interest:

- Peer Support Meeting
- Volunteer Highlight
- We Remember

Peer Support Meeting is set for Tuesday, 9-18-07

Our next peer support meeting will focus on anxiety and worries as kids return to school. We will discuss the worries of changing grades and changing schools. We will discuss how concentration and focus can be a struggle. We will share ideas on how to help see things in new ways.

Our meal for the September meeting will be Chicken Alfredo Cassoulet with French baguette.

Hope to see you there!

Volunteer Highlight: Christina Kadar



Our thanks to you, Christina! We love gaining new volunteers that are excited about our program and willing to help us grow!

I miss my family so much! I'm such a family person but unfortunately I'm a full time student at UW Oshkosh and work in Oshkosh as well, so I'm busy here. I don't see my family in Appleton that much but we make it work with birthdays, holidays, going out to eat or just family nights. My parents are divorced and luckily only live about 2 minutes away from each other. I get two families to have fun with! My mom, two sisters, and I are all tightly knit and best friends. Currently I work at Homes for Independent Living where the company's motto is "Assisting adults with disabilities live life to the fullest". I've been working there since May and find working with disabled individuals is very rewarding.

For last year I have been tutoring 2 children at Read Elementary School in Oshkosh with their reading and mathematics weekly. Also I love to be a part of the Annual Oshkosh Relay for life, a walk for American Cancer Society. In my spare time I love to play soccer, volleyball, or go on a bike ride. I love to go camping with my family and being outside. During the school year I've been on an intramural soccer and volleyball teams. I'm currently training to be in a triathlon coming up this August which my sister and I are doing together.

I just started Volunteering at the Center this summer and am really enjoying my time with the people I've met. There is something so wonderful I feel when I'm in the presence of the people within this center. Everyone is so nice! My sister Melinda goes to Marian College and helped for a project to create more fundraising ideas for the Center for Grieving Children. When doing that project she realized how neat the center was and told me it had my name written all over it. As summer came closer, I realized I would have more time to give to the community seeing that my tutoring wouldn't be needed. I'm finding that this kind of volunteering is a lot more for me than tutoring because being in school I think about enough of lessons as it is. I needed something more real. After the annual picnic that I loved, I convinced my boyfriend Joe to come help with the Center as well, which is nice so that we can help the community and grow together doing it.

Men's Group added to Parent Groups

We are adding another break-out group to our Peer Support Meetings in October, January and April. During these months we will have a special group for Men. We hope to entice a few more husbands, step-fathers, grandfathers, uncles and brothers to join their family at the Center. The facilitators for this group will also be men.

Flyers will be available to help promote and remind our male friends.

Teen Retreat Information

We are working on hosting Teen Retreats during the months of November, February and May. The Teen Retreat will be held on a separate evening without parents or younger siblings attending. The Teens will be allowed to bring two friends to the Retreat. We will start with a pizza party and time to get to know each other. We will have a topic of discussion and a group project. We will also have movies that relate to teen issues in grief. We hope these retreats will help our teens find understanding, hope and healing.



Grandparents Day is Sept.9th

The Center will be hosting a Memorial event honoring our deceased Grandparents on 9-9-07 from 11:30am-1:00pm at Bubolz Nature Preserve. Hope you can make it. Here are some good books that might help your child after the death of a grandparent.

Finding Grandpa Everywhere, by John Hodge

Grandpa Loved, by Josephine Nobisso

The Memory Box, by Kirsten McLaughlin

Where is Grandpa?, by T.A. Barron

The Garden Angel, by Jan Czech

Grandma's Gone to Live in the Stars, by Max Haynes

Nana Upstairs, Nana Downstairs, by Tomie dePaola

Animal Crackers, by Bridget Marshall

Grandma's Scrapbook, by Josephine Nobisso

Lilacs for Grandma, by Margene Hucek

Survivors of Suicide, Appleton Group

Monday, September 10, 2007 6:30pm Fox Valley Unitarian Universalist Church , 2600 E. Philip Lane
church phone: 731-0849 Appleton

A support group for family, friends, coworkers of those who have died by suicide. Minimum age is 14 years old. No charge to attend. For info, contact Jodi Huebner at 920-475-0246 or Christine Garstka at 920-731-0555 x 243.

Men Journeying Through Grief

Wednesday evenings, 6:00-8:00pm Affinity Visiting Nurses office, 816 W. Winneconne, Neenah
October 10, Nov. 14

Men grieve uniquely and express it uniquely. Some of the messages from our culture and how we've been raised are roadblocks to our journeying through grief in a healthy way. Meal is part of the gathering.

Pre-register: Deb Kosmer 1-866-236-8500

Compassionate Friends

4th Thursday of the month, 7pm Faith United Methodist Church, 1025 Tullar Road, Neenah

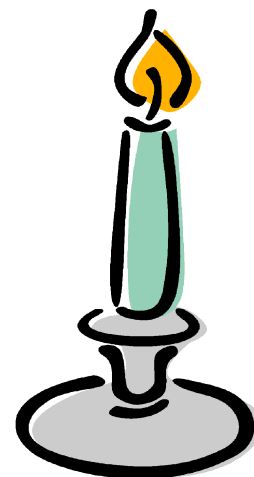
A self-help organization offering friendship and understanding to bereaved families who have experienced the death of a child.

Contact Deb Schultz at 920-725-6340 for more information.

ON OCTOBER 18, 2007, THE CENTER FOR GRIEVING CHILDREN WILL HOST A FUNDRAISER TO INCREASE AWARENESS ABOUT THE CENTER AND BUILD RELATIONSHIPS IN THE COMMUNITY.

We Remember.....

Grant Sheppard	Born	9-2-04
Fred Clay	Died	9-8-05
Tanner Logan	Died	9-14-04
Brandon Fochs	Born	9-21-89
John Davis	Died	9-26-04



Boys and Girls Clubs of the Fox Valley

117 S. Locust Street
Appleton, WI 54914

Phone: 920-731-0555 x 244

Fax: 920-968-2716

Email: sosborne@bgclubfoxvalley.org



CENTER FOR GRIEVING CHILDREN

fostering healing, building hope

Thanks to our Donors

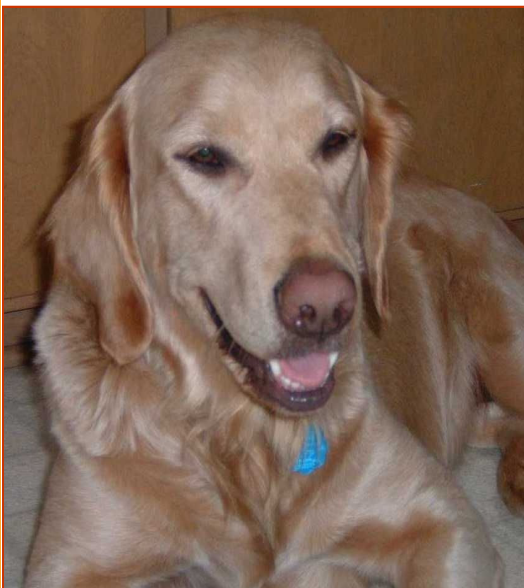
** Carew Concrete & Supply Company for donating stones used at the Grand parent Memorial.*

** Donna Nemecek at Artistic Cakes & Cookies for delicious treats each month.*

Help Wanted:

- * Administrative Assistant
- * Marketing Committee & Chair
- * Fundraising Committee & Chair
- * Peer Support Volunteer/Facilitator
- * Clerical work

If you are interested in any of the positions listed, please contact Shelly Osborne at 920-731-0555 x 244 or sosborne@bgclubfoxvalley.org



Our dog Beamish

A note from Molly Johnson...

Within the community, there are many misunderstandings about the role of a therapy dog. The questions I'm asked most often is, "So what exactly does Beamish do?" (Beamish is my therapy dog, certified in 2005.) It isn't so much about what she does, it's about what happens during visits. During past visits to a hospice patient, she sat patiently next to the bed and waited for a little love and kind words while the family admired her. In no time at all, Beamish's presence provided the springboard for the family to begin reminiscing about dogs the family owned. This talk led to stories about previous homes, friends, and soon evolved into a full-blown life-review session. Beamish performed exactly as a therapy dog should – she sat patiently, accepted love and affection, and silently provided comfort and support to all present. True therapy dogs are not expected to perform tricks or put on shows (though an occasional fun trick is perfectly acceptable!) but instead be patient, kind, and friendly.