

December 2008 Newsletter Center for Grieving Children

Boys and Girls
Clubs of the Fox
Valley

Volume 3, Issue 12

December, 2008

Peer Support Meeting is set for Tuesday, 12-16-08

6: 00 - 8:15 pm

Program Topic: **Getting Through the Holidays**

Activity: Giving and Getting

We will be creating an ornament, representing a gift we would like to give to the person who has died.

Also.....making paper chains filled with wishes.

Goal: Honoring the relationship and holiday expectations

Menu: Ham, cheesy rice, vegetable dish, rolls, cider

B and G Club Open House



Come early to program night! From 4 -6 pm on 12-16-08 the Club will be hosting a celebration of 10 years of service. There will be refreshments, activities, and Al Harris and Atari Big by of the GB Packers.

Helps for the Holiday Blues



- *Realize that holidays are stressful.*
- *Know that this year will not be just like holidays past.*
- *Let yourself have your feelings, whatever they might be.*
- *Avoid additional stress.*
- *Let some things 'go'.*
- *Make a plan.*
- *Do one thing differently.*
- *Communicate with family members.*
- *Avoid over doing sweets and alcohol.*
- *Watch for moments of peace.*

Center for Grieving Children

Loris Damerow, Director
117 S. Locust Street
Appleton, WI 54914

Phone: 920-731-0555 x 244
Fax: 920-968-2716
Email:
ldamerow@bgclubfoxvalley.org



Offer Yourself Some Grace *By: Shelly Osborne*

As we enter into the Christmas season and remember our past holidays with family, friends and the loved one that is now gone, offer yourself some grace. The best thing you can do this holiday season is be kind to yourself. Give yourself permission to feel whatever it is your feeling. Don't fall prey to the belief that you have to feel a certain way or do certain things for your holiday to be "normal." If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam. Remember the Center for Grieving Children is a safe place for you and your family. Remember there are people at the Center that want to help and give their time and talents to help you heal.



In Memoriam... As the past Director of the Center for Grieving Children, I have come in contact with many loving and caring people from the Fox Valley. Grace Somenske was one of the caring adults that stepped forward to volunteer at the Center. Grace had a bubbly personality and plenty of ideas to help the Center. She dressed up as a clown for the June 2007 Memorial Picnic, sold 50 GreenSaver Coupon books door-to-door, ran a Craft table for the New Years Eve fundraiser at Players Choice in 2007. She was also very close to our youngest group of grieverers during our monthly peer support meetings. Some of these kids were so comforted by Grace, that they had difficulty separating at the end of the evening. She would kneel down on their level and make sure they knew how special they were to her and she would hug them until they were ready to let go. Grace died in October after a series of medical complications following knee surgery. I witnessed her compassion time and time again. We will miss her. The lady had grace.

Sending Blessings and Grace to all my friends at the Center.

Shelly Osborne

We Remember.....

BORN

Steve Cooney
11/11/1972
Gary Hickman
11/22/1955
Joe Mostofi
11/26/1977
Russ Otto
11/11/1972

Jim Bennett
12/28/1953
Adil Contreras
12/10/1960
Gillian Halliday
12/18/1940
Jeff Randerson
12/29/1968
Ray Schommer
12/6/1960
David Strassburg
12/1/1963
Paul
12/9/1987
Valerie Van Stappen
12/16/1965



DIED

Joseph Ashauer	11/27/05
Harold Beck	11/7/2007
Larry Bernecker	11/2/2006
John Canman	11/5/2003
Timothy Gerrity	11/1/08
Marie Gezel	11/27/05
Ally Resche	11/18/2004
Maria Schumacher	11/26/2002
Grant Sheppard	11/18/2004
Judy Ann Ardell	12/31/2005
Glen H. M. Burren	12/24/2006
Lynn Hansen	12/1/2004
Chuck Peterson	12/9/2004
Michael Schaeztz	12/31/2005