

January 2008 Newsletter

Center for Grieving Children

Boys and Girls
Clubs of the Fox
Valley

Volume 3, Issue 1

January, 2008

Special points of interest:

- Peer Support Meeting
- Welcome Irene!
- Grief Keys
- Men's Group
- Teen Retreat
- GreenSaver Golf Coupon Books
- Thanks to Volunteers
- We Remember

Peer Support Meeting is set for Tuesday, 1-15-08

We will be talking to the kids about Grief Keys. Five keys bring up discussion about **G**etting the facts, **R**emembering, **I**dentifying changes, **E**xpressing feelings and **F**inding help. We will also talk about feelings that are locked up and how we can unlock and share our problems with others.

Our meal for the January meeting will be Iron Chef Soup. Terry and Linda will each prepare their own secret recipe of soup and you will vote for your favorite!

Hope to see you there!

We have a New Director... Welcome Irene Hans!



My name is Irene Hans and I am honored to be a part of the Center for Grieving Children. For the past 18 years I have been working for Affinity Hospice. In my role as a social worker, I worked closely with the patients and families. I was also involved with the volunteers and community outreach. I will continue to work part-time with Hospice as I take on the duties of Director for the Center.

I come from a large family of 9 kids with 5 younger sisters. Life was usually crazy, and that felt normal to me. I am married to my wonderful husband, Dale. I have 3 children, Katie (26), Vanessa (20) and Tony (18). I also have 2 grandsons, Andrew (4) and Bryce (2) who are very energetic and bring sunshine into our lives.

I look forward to meeting each of you and I would welcome any suggestions or ideas you may have. I am mailing out family evaluation forms to all past and present participating families. Please use the return envelope to reply with any comments you have. I am anxious to meet you all!



I would like to say thank you to all of the parents & kids, volunteers and community members that have embraced the Center since beginning in 2004. I believe in our program and I know the difference we have made in the lives of grieving families. I am very proud of what the Center has become. Our volunteers and Boys & Girls Club leadership have worked hard to earn the Center a great reputation in the Fox Valley. Even though I am sad to leave my position, I know the Center will thrive under the direction of Irene. I trust her abilities and talents. She has the mind & heart for this type of work. I will volunteer for the program until our house sells and we move to Cincinnati. Thanks again for your support and good wishes. My heart has been forever changed by knowing you!

Grief Keys

From National Symposium for Grieving Centers



GETTING THE FACTS: Who died? How did they die? How was I included? How was I excluded? What questions do I have about the death? Find someone who can answer your questions. Find someone you can talk with about your loss. Tell your story over and over again.



REMEMBERING: What is my relationship to him/her? What do I miss most? What do I miss least? What do I want to remember? What do I want to forget? Look at photos & video. Talk about it and do it over and over again. Recall the special person with stories and memories. Remember your special person on important days.



IDENTIFYING CHANGES: What changes have I experienced since the death? How have I changed? How have my friendships changed? How has school changed? Return to a routine as soon as possible. Keep the changes to a minimum. Identify and talk about changes.



EXPRESSING FEELINGS: How do I feel about the loss? How do I express these feelings? What feelings are troublesome? How can I express my feelings in a healthy way? Express your feelings by talking, writing, drawing, listening to music, through physical exercise.



FINDING HELP: Who does/does not give me help? What kind of help do I need? Where can I get help? Identify three different people who can give you different kinds of support. Ask for help from those you trust. Seek out others who have had a similar loss.

The Dedicated Service Award is given to an Advisory Council member and a Volunteer for the Center each year. The Award is granted after a nomination process by all volunteers involved with the Center for Grieving Children. The deserving winners for 2007 are Molly Johnson-Advisory Council and Judy Mostofi & Dan O'Loughlin for Volunteers.



Molly Johnson Shelly Osborne Judy Mostofi



Dan O'Loughlin led our Adult groups. He was very ill in the last year. His last group night was in August. Dan passed away in October 2007. Although he was nominated for this award after his death, we are sure he is smiling about it.

Survivors of Suicide, Appleton Group

Monday, December 14, 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

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.

CGC Teen Retreat Information

We are hosting Teen Grief Retreats during the months of February and May. The Teen Grief 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. Pick up an enrollment form for any interested teen.

Enrollment is due Jan. 25, 2008 for the February 1st Teen Grief Retreat.

CGC Men's Group Night



We are offering a special group for grieving Men, about Men's issues and facilitated by Men. You are welcome to attend if you are a Father, Uncle, Brother, Stepfather, or Grandfather, of a child enrolled at the Center for Grieving Children.

We held our first group on October 16, 2007 and it was very well attended. Our next group nights for Men are scheduled for **January 15, 2008 and April 17, 2008.**

Greensaver

Our Golf Coupon Books— called GreenSaver, are on sale for \$20.00 each. We have a supply of 300 books to sell from now until August 2008. We earn 50% of every book we sell. We hope to earn \$3000 from our sales. Would you be willing to help us sell books? Do you know any golfers? Please talk with Irene if you are able to help with this fundraiser.

Boys and Girls Clubs of the Fox Valley

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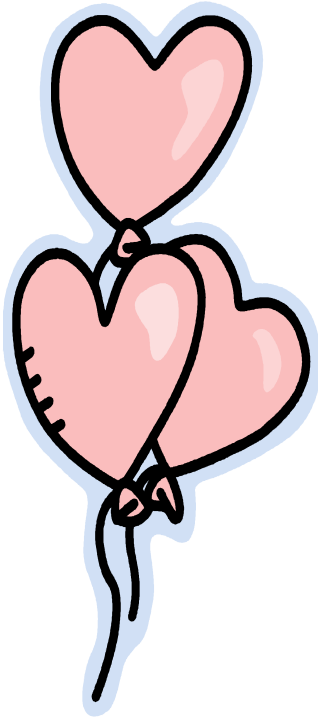
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CENTER FOR GRIEVING CHILDREN
fostering healing, building hope



A special thanks goes out to all the volunteers that helped with the New Years Eve Extravaganza at Players Choice. We raised \$466 on the Free throw shot contest. We will also receive money from the popcorn sales.

Thanks to...Grace, Kirsten, Tim, Randy, Susan, John, Linda, Judy, Jon, Hannah, Sara, Melissa, Cindy, Barb, Jody, Bob and the Assets in Menasha, North High National Honor Society, Mac from Xavier High School, and Kohl's volunteers.

Your efforts are very appreciated! Thanks for keeping a smile on your face and pitching in during this long event.

We Remember.....

Dave Thompson	Born	1-7-66
John Davis	Born	1-7-65
Ray Schommer	Died	1-16-07
Marshall Greenhall	Born	1-20-2000
Diana Sievers	Born	1-22-77

