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## Grief Support

RSVP is appreciated, but not mandatory. RSVP to the WPS office (616) 538-0101 or director@wpsgr.org

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### ***“Framework for Healthy Grieving Journey: 5 Primary Goals, Exploring the Challenges”***

Evening Zoom Support Group  
Next Meeting

Tuesday, May 7<sup>th</sup>  
7:00 – 8:15 pm

Over the past two months we have considered a framework for the grief journey made up of 5 primary goals to work through. The grief journey, however, runs into any number of challenges along the way that the surviving spouse has to deal with, such as, a sense of extreme loneliness without one’s marital partner; cooking and eating by yourself; frustration and anxiety over trying to do the things your spouse did, but you don’t know how; handling all the financial and legal issues that inevitably come at you like a storm; and many more! We’ll use this session in May to explore some of these “challenges” and discuss ways that you may be better able to deal with them.

The session is facilitated by Dr. Susan Zonnebelt-Smeenge, psychologist, and Dr. Bob DeVries, pastor who have been facilitating grief groups for WPS for over 20 years and have written much of WPS’s curriculum.

To login, the meeting ID is 861 3697 3690 and the Passcode is 083243. If you have any questions, you can email them at or phone Susan at 616-780-1082 and/or Bob 616-780-5433.

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### ***“Beginning to Date: What Do I Need to Know?”***

Evening Support Group  
Friday May 10<sup>th</sup> 6:30 pm to 7:30 pm

**Location:** Del-Mar Farm Recreation Association Clubhouse  
5751 Del-Mar View Dr. SW, Grandville, MI 49418

**Facilitators:** Beverly and Bob Vander Heide

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### ***“The Layers of Grief”***

Daytime Support Group

Monday May 13<sup>th</sup> at 1:00 pm

**Location:** Lincoln Square Community Room

3121 Lake Michigan Dr., NW, Grand Rapids, MI 49504. Please use the entrance door off of Lake Mich. Dr. Lots of parking available.

**Facilitators:** David Morgenstern, Lou Muller, Maureen Bawden

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### ***“When Does It Get Better”***

Daytime Support Group

Wednesday May 15<sup>th</sup> at 1:00pm

**Location:** Grandville Library – Community Commons Room

4055 Maple St. SW Grandville, MI 49418. Please use Community Commons door off of Washington Ave. Come join us, lots of parking available.

**Facilitator:** Peggy Hayes

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### ***“I Still Can’t Believe My Spouse is Dead and Not Coming Back”***

Evening Support Group

Tuesday May 21<sup>st</sup> at 7:00 pm

**Location:** Knapp Reformed Church

4025 Knapp St. NE, Grand Rapids, MI 49525

**Facilitators:** Kim Slupe & Michelle Cole

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**“THANK YOU”** David Carrier Law specializes in estate planning and elder law. A special **Thank You** to the professionals at David Carrier Law, whose generous support funds the WPS Monthly Newsletter. Through their kindness, WPS has proudly served hundred of members over the years and will continue to be dedicated to providing support and companionship to the widows and widowers.

Dr. Susan Zonnebelt-Smeenge, psychologist and Dr. Bob DeVries, pastor will conduct a **“Growth Through Loss” Seminar on Saturday, June 15, 2024** at the Grandville Library from 9:30 am to 12:30 pm followed by a box lunch and further discussion with WPS facilitators with adjournment at 2:30 p.m. If you, or anyone you know who has been widowed and is actively grieving, please let them know about this opportunity. Flyer arriving in our June Newsletter.

## **Social Support: Newly Widowed**

### **THIS MONTH’S SOCIAL SUPPORT LUNCH/DINNER**

**Wednesday, May 8 @ 1:00 pm**

Location: Russo’s at Tanger Mall  
350 - 84<sup>th</sup> St. SW, Suite 510  
Byron Center, MI 49315

**Sunday, May 26 @ 4:30 pm**

Location: Monelli’s  
5675 Byron Center Ave., SW  
Wyoming MI, 49519

Monthly social activities are coordinated by WPS volunteers who have been widowed. Social activities sponsored by WPS are intended for those who are current support group participants and still actively grieving. Our goal is that by attending social events, an important component to your grief journey, you begin to gain confidence in life as a single person and you expand your horizons beyond WPS. WPS holds the view that once a person is dating or remarried, they are through their grief journey and therefore no longer need the support of social activity (primary) services of WPS.

Join this friendly group for an afternoon of fun and friendship. WPS encourages you to take this opportunity to make new friends who are going through the same loss you are, to help you through the grief process. This event is for those who have been widowed in the last two years or are actively attending support group meetings. The two-year mark is only a suggestion. You are invited to attend any and all activities listed in this newsletter.

### **Marge’s Donuts**

Come join us for coffee, donuts and conversation. All are invited to share in conversation in the private back room at Marge’s on the last Friday of each month at 10:00 am located at 1751 - 28<sup>th</sup> St. SW, Wyoming. This month it will be May 31. For questions contact Michele Cole at 616-901-2839. Hope to see you there!!



The **WPS Spring Dance “MAY I HAVE THIS DANCE?” and Fundraiser** will be at **Sunnybrook Country Club** on **May 4 at 6:00 pm**. “The Big Dogs” will be playing to a Buffet Dinner and Silent Auction. Tickets cost \$45.00 per person. For Tickets, Sponsorship and Auction opportunities, contact Dave Campbell 616-885-4328, Michele Cole 616-901-2839, Deb Nykamp 248-765-2746 or Maureen Bawden 616-550-3515, or on the web at: <https://wpsgr.org/tickets/>

### **\*\* Save the Dates! \*\***

#### **Edema Golf Outing**

**Wednesday, June 26, 2024**  
**Boulder Creek Country Club**  
**Belmont, MI**

#### **Picnic Potluck at the Pavilion**

**Sunday, August 4, 2024**  
**Whistlestop Park**  
**Byron Center, MI**

#### **Fall Auction**

**Thursday, November 7, 2024**  
**Aquinas College, Donnelly Ctr**  
**Grand Rapids, MI**

# Social Opportunities

WPS encourages the maintenance of friendships gained through participation in our services. If you find Widowed Persons Services helpful, these opportunities may be of some interest to you as you integrate and adapt into your life as a single person. Please call or email contacts listed below to RSVP and for further information. As a non-profit organization, your \$25.00 contribution to the newsletter renewal enables WPS to inform all current and past participants of grief support and social opportunities and helps provide the newsletter to those who have become recently widowed.

**Let's Bowl!!** Breaking for the 2024 Summer is Bowling, stay tuned for its return in the Fall!

## Line Dance

Monday, May 13<sup>th</sup> at 6:30 pm

Location: Gilda's Club  
1805 Bridge St NW  
Grand Rapids 49504

Instructors Barb Stuckey-Tomkins and Bev VanderHeide provide a fun evening of learning dance.

Gilda's offers dinner at 5:30 pm on Monday May 13, please RSVP if you are attending.

Contact Dave Campbell to RSVP at 616-885-4238.

## Golf Classic!

Tuesday May 7, 14, 21, & 28<sup>th</sup>

Location: The Pines  
5050 Byron Center Ave., SW  
Wyoming, MI 49519  
Tee Off Time: 9:30 am

Golf is every Tuesday for our Jolly Drivers. Join the camaraderie where the focus is on fun, not just the score. Please be on time to prevent putter pandemonium.

For questions contact Maureen 616-550-3515, Jim 616-915-4674 or Dave 616-885-4238

## Pickle Ball

Wednesday, May 1, 8, 15 & 22<sup>nd</sup>

Location: MSA Woodland  
2100 28<sup>th</sup> St. SE  
Grand Rapids 49508

Join us each Wednesday at 12:15 pm for a fun hour of pickle ball. Drive, Drop, Dink - - Repeat. You don't have to be a pro, just come enjoy the fun. Cost is \$5.00 per person. Hope to see you there!

For questions contact Bobby Brewer: 616-283-3132

## The Kindness Krew

Friday, May 17<sup>th</sup>, 11 am to 2:30 pm

Location: God's Kitchen  
303 S. Division  
Grand Rapids, MI 49503

WPS's "Kindness Krew" will be recruiting volunteers to help serve and clean tables at God's Kitchen. Please call/text Maureen at (616) 550-3515 or Michele at (616) 901-2839. There is a limit to the volunteers at God's Kitchen, so please call earlier than later, thank you.

If you have a non-profit that needs help, feel free to contact "The Kindness Krew".

## Russ' Restaurant

Russ' Restaurant  
4440 Chicago Dr., S.W.  
Grandville, MI 49418



During the Week of Monday, May 20 thru Saturday, May 25, Russ' Restaurant will accept the WPS Fundraiser Flyer for a percent donation. Breakfast, Lunch, Brunch, Dinner, just present the flyer to the cashier. Valid only at the Grandville location. Stop in the office and pick up your flyers or print them from [www.wpsgr.org](http://www.wpsgr.org) website. Stop in anytime during the 3<sup>rd</sup> week of May with your flyer.

March 19 WPS volunteers gathered at Culver's for a Share Night Fundraiser. They created a feeling of friendliness and goodwill with patrons and staff earning \$379.00. **Thank you** to the Volunteers for their work that evening and for allowing Culver's to experience that special friendship at WPS.

**Thank you** to all those from the 'Kindness Krew' who joined in at H.O.P.E. (Helping other people eat) Gardens. Lots of laughter was had by all volunteers. Why is the Hulk a good gardener? (His green fingers)

We cannot run Widowed Persons Service without the help of our amazing volunteers. Whether you have just a few hours a month or a week, we can always use help, please email [Director@wpsgr.org](mailto:Director@wpsgr.org) and 'Thank you'.

## 2024 Board Members

Aggie Kempker-Cloyd – President, Mike Larabel – Vice President, Diane Lobbestael – Secretary (Widow), Julie Myers – Treasurer, Tom Braciak (Widower), Chris Wilks, Molly Black, Susanne Miller-Schachinger, Rev. Kenneth W. Hoskins, Tom Blower, April Hulst, David Morgenstern (Widower) and David Campbell (Widower).



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Monthly Newsletter  
**May, 2024**  
**Issue 177**

### Our Mission

Widowed Persons Service (WPS) is organized exclusively for the purpose of offering supportive services to those individuals in the greater Grand Rapids area who have suffered the loss of a spouse through death.

### Our Vision

To provide actively grieving widowed men and women a safe and healthy environment in which to process their grief, resulting in an enriching life as a single person.

### Our Process

WPS offers each grieving individual peer-to-peer support based on the belief that a widowed person is best helped along his/her grief journey with the help of other widowed people who have had similar experiences.

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### WPS Updates

Stay updated with Widowed Persons Service online:



[www.wpsgr.com](http://www.wpsgr.com)



Widowed Persons Grand Rapids



### Office Hours

Tuesday & Thursday: 10:00 a.m. – 3:00 p.m.  
Wednesday: 11:00 a.m. – 4:00 p.m. Please call for an appt.

### Contact Us

4211 Clyde Park, SW (Unit C)  
Wyoming, MI 49509  
wpsgr.org | [director@wpsgr.org](mailto:director@wpsgr.org)  
[\(616\) 538-0101](tel:6165380101)