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## Grief Support

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

### ***“The Major Impact of Your Spouse’s Death on Your Life”***

Evening Zoom Support Group  
Next Meeting  
Tuesday, July 9th  
7:00 – 8:15 pm

To login, the meeting ID is 861 3697 3690 and the Passcode is 083243. If you have any questions, you can email them at [szsrdv@gmail.com](mailto:szsrdv@gmail.com) or phone Susan at 616-780-1082 and/or Bob 616-780-5433.

The death of one’s spouse is one of the most impacting, stressful, and life-changing events that an individual can experience in a lifetime. Not only is one’s spouse no longer alive, but the lifestyle that was developed and was intertwined together no longer exists. It was like part of oneself was ripped away! There’s now no one so intricately connected with the surviving spouse to really listen and care about what kind of day he/she had, no one to do things with or be affectionate with. So many things are so different and no longer possible! All those things comprise a huge adjustment that is necessary to make in the process of grieving, initially creating loneliness, longing and despair at times. Mental health professionals refer to those as “secondary losses” and they serve to make one’s life very different from that of being married.

Please join us to discuss how facing your spouse’s death and all the secondary losses you are having to face is both very painful and totally unwanted! However, the amazing part of this though, is that with time and much work, significant life changes can become growth producing. We will be talking about tools and strategies that can really be helpful!. We hope to see you online!

The WPS Online Educational Grief Support Group will be facilitated by Dr. Susan Zonnebelt-Smeenge, Psychologist, and Dr. Bob DeVries, Pastor and Seminary Prof (emeritus) authors of *Getting to the Other Side of Grief: Overcoming the Loss of a Spouse (2<sup>nd</sup>. Ed.) 2019.*

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### ***“How Do We Fill The Emptiness”***

Daytime Support Group  
Monday July 8<sup>th</sup> at 1:00 pm

**Location:** Storybrook (Formerly 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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### ***“One is a Whole Number; Being Comfortable being Single”***

Evening Support Group  
Friday July 12<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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### ***“Tasks on the Grief Journey”***

Daytime Support Group  
Wednesday July 17<sup>th</sup> at 1:00pm

**Location:** We will be meeting at Oriole Park, 1380 42<sup>nd</sup> Ave SW, Wyoming, MI. We meet under the big tree by the basketball court. Bring your own chair. In case of rain, we will meet at the WPS Office, 4211 Clyde Park SW, Wyoming, MI

**Facilitator:** Peggy Hayes

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### ***“Dealing with Myself, My Kids, and My Family on the Grief Journey”***

Evening Support Group  
Tuesday July 23<sup>rd</sup> at 7:00 pm

**Location:** Berkley Hills Church  
1670 Ball Ave. NE, Grand Rapids, MI 49505

**Facilitators:** Kim Slupe & Michelle Cole

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## Social Support: Newly Widowed

### THIS MONTH'S SOCIAL SUPPORT LUNCH/DINNER

**Wednesday, July 10 @ 1:00 pm**

Location: Ford Airport Viewing Area  
For a variety of Food Trucks  
4910 Kraft Ave., SE, Grand Rapids

**Sunday, July 28**

Location: No Dinner Today  
See you at the Picnic Potluck  
Whistlestop Park, Byron Center

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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.

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.

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### Marge's Donuts



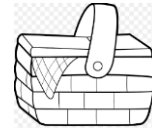
Come join us for coffee, a donut and conversation. All are invited to share in conversation in the private back room at Marge's on the last Friday of each month at 10:00 am located at 1751 - 28<sup>th</sup> St. SW, Wyoming. This month it will be July 26. For questions contact Michele Cole at 616-901-2839. Hope to see you there!!

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### **WPS Picnic Potluck at Whistlestop Park Pavilion, Sponsored by MKD Funeral Homes**

**2120 76<sup>th</sup> St., Byron Center**

**Sunday, August 4 at 1:00 p.m. (Rain or Shine)**



All are welcomed to attend, table Service, Lemonade and Ice Tea are provided. Please bring a dish to pass (with something in it). Karon will again be bringing her delicious pulled pork and buns. (Alcohol is not allowed in the park). RSVP to Karon at 616-885-4830, and be sure to leave your name.

**Picnic is in place of eating out the last Sunday in July.**

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**\*\*Save the Date!\*\***

### Fall Auction

**Thursday, November 7, 2024**

**Aquinas College, Donnelly Ctr  
Grand Rapids, MI**



Thank you to Russ's Restaurant. Russ's Restaurant on Chicago Dr., in Grandville hosted a fundraiser for WPS which raised \$238.00. We are grateful to all who participated in making this fundraiser a success.

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West Michigan Whitecaps Game is scheduled for Sunday, August 11, at 2:00 p.m. 30 tickets are available for our group in Section 112. \$16.00/person until gone. Call Maureen at 616-550-3515 to reserve your ticket.

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## 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 support and social opportunities and helps provide the newsletter to those who have become recently widowed.



### Line Dancing

Monday Evening

Location:  
Gilda's Club  
1805 Bridge St  
Grand Rapids

Will Return in the Fall with cooler weather.

### Outdoor PickleBall



Monday, July 1, 8, 22 & 29<sup>th</sup>  
Time: 9:30 a.m.

Location:  
Del-Mar Farms Clubhouse  
5761 Del Mar Dr., Grandville

It's a fun hour of pickle ball. You don't have to be a pro, just come and enjoy the fun. RSVP only if you can attend. Contact Mary or Bobby Brewer at 616-283-3132.



### Scramble!

Tuesday July 2, 9, 16, 23 & 30<sup>th</sup>

Location: Gracewil Golf Course  
2597 4 Mile Rd.,  
Grand Rapids, MI 49544

Tee Off Time: 9:30 a.m.

Golf is every Tuesday for our Jolly Drivers. Join the camaraderie where the focus is on fun, not just the score.

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

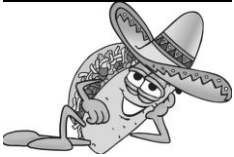


Thursday, July 11 and 25<sup>th</sup>  
Time: 10:30 a.m.

Location: Double Dib  
Depot Ice Cream  
3284 Remembrance Rd.NW  
Grand Rapids, 49534

A-Fair Play, Mini Style.  
For questions contact  
Karon at 616-885-4830

### Dinner at Qdoba



### Mexican Eats

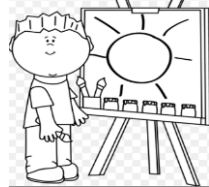
Wednesday, July 24  
Time: 4 to 8 pm  
Location:  
3871 Rivertown Pkwy  
Grandville, MI 49418

The Qdoba Flyer is in the office or there will be copies when you arrive at Qdoba, to use as well. Qdoba will give 25% of sales donated to WPS.

### Third Thursdays

Thursday, July 18 from  
5 to 8pm

Location: Storybrook  
(Formerly Lincoln  
Square) Meeting Rm  
3121 Lk. Michigan Dr NW  
Grand Rapids, MI



Bring your thinking caps and a dish to pass for lots of laughs.

### Safety Class

Officer Jason Castor!!

CITY OF  
**WYOMING**



Monday, July 15 at 10:00 am

Location: Wyoming Police  
Department of Public Safety  
Community Services Unit  
2300 DeHoop SW  
Wyoming, MI 49508  
Please meet in the lobby  
before 10:00 a.m. Our Group  
will be escorted to the  
classroom at 10:00 a.m. All  
are welcomed to attend this  
learning opportunity and ask  
questions.

### Kindness Krew!!

Friday, July 12/19  
Location:  
Salvation Army  
Grand Rapids 49504  
The "Kindness Krew"  
will be volunteering at  
the Salvation Army,  
Doing a variety of odd  
tasks. Please call/text  
Maureen at 616-550-  
3515 or Michele at  
616-901-2839.

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

### 2023 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, April Hulst, David Morgenstern (Widower), David Campbell (Widower) and Bonnie Kruthof (Widow).



4211 Clyde Park, SW (Unit C)  
Wyoming, MI 49509  
Return Service Requested



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Grandville, MI

Monthly Newsletter

**July, 2024**

**Issue 179**

### 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.org](http://www.wpsgr.org)



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](http://wpsgr.org) | [director@wpsgr.org](mailto:director@wpsgr.org)  
[\(616\) 538-0101](tel:6165380101)