



Thank you to all our supporters and donors. Our work isn't possible without you. Through your generosity we are putting our mission into action. Your giving expands to others, and those ripples expand even more. It is a powerful way of touching people's lives; helping widowed adults move forward after the loss of a partner.

Grief Support Meetings

“YEARNING For Your Deceased Spouse While LEARNING To Rebuild Your Own Personal Identity.”

Evening Zoom Support Group
Tuesday, **February 3rd** at 7:00 pm

The meeting ID is 861 3697 3690 and the Passcode is 083243.

If you have not read the book “Getting to the Other Side of Grief”, contact the WPS office for a copy.

If you have any questions, you can email at szsrdv@gmail.com or phone Susan at 616-780-1082 and/or Bob 616-780-5433.

WPS invites you to participate in its monthly ONLINE educational grief support group. With Valentine's Day coming up on Saturday, February 14, 2026, regaining a sense of personal identity and self-esteem is a big challenge as you grieve the death of your spouse. The process of grieving certainly deals with all the emotions that flood over you, but you also quickly realize that you may not be as self-confident and have courage to “do it alone.” You may even question your own worth since your spouse is no longer there to provide support, encouragement, and partnership. The emotional intimacy you experienced is missing and a disturbing sense of loneliness can become overwhelming. Join our conversation about some things you can do while grieving to foster a positive sense of yourself and bolster your sense of self-esteem. How do you make yourself venture into unknown territory?

The group is facilitated by Dr. Susan Zonnebelt-Smeenge, clinical psychologist and Dr. Bob DeVries, pastor/professor (emeritus). We'd love to have you participate and take more steps on your grief journey!

We hope you will participate! See you Tuesday, Susan and Bob

“I Feel So Lonely without My Spouse”

Tuesday, **February 3rd** at 1:00 pm

Location: The Grandville Library – “Babcock Room”, (Enter off of Washington Ave.)

4055 Maple St., SW, Grandville, MI

Facilitator: Sue and Mike Barnes

“Valentine's day: Losing the Love of your Life”

Monday, **February 9th** at 1:00 pm

Location: StoryPoint Activity Room,

3121 Lake Michigan Dr., NW, Grand Rapids, MI

Facilitators: Maureen Bawden and David Morgenstern

“How Do We Fill the Emptiness?”

Tuesday, **February 24th** at 7:00 pm

Location: Knapp Valley Church, 4025 Knapp St NE, Grand Rapids, MI - Lower Level, Door C

Facilitator: Michele Cole

Social Support for the Newly Widowed

This Month's Newly Widowed Social Support Luncheon

Wednesday, February 11th @ 1:00 pm

Location: Bestside Grill

1645 Leonard St NW, Grand Rapids

Join this friendly group of newly widowed men and women for a luncheon with fun and friendship. WPS encourages you to take this opportunity to make new friends who are going through the same sense of loss as you are, and to help you through the grief process. By attending a social event,

you begin to gain confidence in life as a single person, an important component of your grief journey. Monthly social opportunities are coordinated and sponsored by WPS volunteers and alums who have been widowed.

You are invited to attend any and all activities listed in this newsletter. Updates are found on our homepage at www.wpsgr.org or on our Facebook page at "Widowed Persons Grand Rapids"

BRENA

Rockin' for a Reason

BRENA



With WEST MICHIGAN'S PREMIER PARTY BAND!



SPRING DANCE FUNDRAISER

Heavy hors d'oeuvres and cash bar from Sunnybrook Country Club,
625 Port Sheldon St., Grandville Photo Booth, Raffle, Auction Items
FRIDAY, MAY 15, 2026 TICKETS: \$50.00 PER PERSON

WPS GOLF OUTING FUNDRAISER TUESDAY, JUNE 23, 2026
Gracewil Country Club TICKETS: \$100.00 PER PERSON

WPS FALL AUCTION FUNDRAISER THURSDAY, NOVEMBER 5TH, 2026
Aquinas College, Donnelly Center TICKETS: \$55.00 PER PERSON

In December, some of our WPS Kindness Krew and participants attended a presentation created for WPS by Davenport University's Senior RNs and WPS received the thank you below.

Dear Friends at WPS!

On behalf of our Davenport University Senior Nursing Students, we want to extend our heartfelt thanks for joining us—despite the challenging winter weather—to participate in our students' presentations on cardiovascular health, arthritis, and chair yoga. Your presence brought such wonderful energy to the day, and our nursing students were genuinely thrilled to share their work with you.

This experience was meaningful on both sides: our students gained invaluable insight from engaging with a community eager to learn and discuss real-world health topics, and we hope the information and demonstrations offered useful, empowering tools for your members' well-being.

Opportunities like this deepen learning, strengthen community ties, and remind us why partnerships like ours matter so much.

Thank you again for your time, your openness, and your partnership. With gratitude and warmest wishes for a joyful holiday season, Amanda



Amanda Alemdar, MSN, RN, CNE
Assistant Professor, College of Health Professions
Davenport University

Save The Date Tuesday, March 10 at XGolf, Grandville, 4830 Wilson Ave SW, 10:00 am to 12:00

**Kindness
Krew**



CREATING VALENTINES FOR OUR VETERANS, Monday, **February 9th** from 2:00 pm to 4:00 pm, colored construction paper and markers will be provided. Feel free to bring and use your own art supplies to create your valentine cards

February has been recognized as American Heart Month since 1964. The First Friday in February (2-6) is always **Wear Red Day** to raise awareness of heart disease! If you have a non-profit that needs help. feel free to contact Maureen 616-550-3515 or Michele 616-901-2839



Thank you to all those who joined us at Big Boy. Big Boy is known for its delicious variety of entrees such as burgers, sandwiches, etc. Big Boy will be forwarding a check to WPS.

WPS encourages the maintenance of friendships gained through participation in our services. If you find Widowed Persons Services helpful, these opportunities may be of interest to you as you adapt to your life as a single person. For further information or questions, feel free to contact the WPS Office at (616) 538-0101. As a non-profit organization, your yearly \$25.00 contribution to the newsletter renewal enables WPS to inform all current and past participants of support/social opportunities and helps provide this newsletter to those who are recently widowed. Updates will be posted on our Facebook page; "Widowed Persons Grand Rapids"



Pickleball

Monday,
**February 2nd,
9th, 16th and 23rd**

Time: 12:00pm to
2:00 pm
Sign-in: 11:45 am

Location:

MSA
5435 28th St.
Court SE
Grand Rapids

Cost is \$5.00
Per player.
Be sure to sign
in/say hello.



Going Bowling!

Thursday,
**February 5th, 12th,
19th and 26th**

Time: 10:00 a.m.
Sign-in: 9:30 a.m.

Location:

Park Center Lanes
2222 28th St SW
Wyoming, MI

Cost is \$8.00 and,
includes shoe
rental. Bowling, all
the cool people are
doing it. Mike C.
will be our Greeter.



**Dinner
Fundraiser**

Monday,
February 2nd

Time: 4:30 am

Location:

3872 Rivertown
Pkwy
Grandville, MI

Bring your grass
skirt, we will have
Hawaiian leis and
get ready to
celebrate Hawaiian
style! Qdoba has
25% of the check
donated to WPS.



**Culinary Sunrise
at New
Beginnings**

Wednesday,
February 4th

Time: 8:30 am

Location:

New Beginnings
4735 Lk. Mich. Dr.
Walker, MI

Everyone is invited
to start your morning
off with people who
make you feel good
about being you. Be
sure to say hello &
sign-in.



Movie Night

Thursday,
February 5th

Time: 4:30 pm

Location:

StoryPoint
Comm. Rm.
3121 Lk. Mich. Dr.
Grand Rapids

No tickets, No
lines, just cinema
magic. Bring your
own beverage.



The Bestside will support the WPS Spring Dance at three events in February (below). **WPS must be written on the bottom of your check** and The Bestside will tally the totals and provide 15% in support of the 2026 Spring Dance with BRENA.

**Lunch at The
Bestside!**

Wednesday,
February 11th

Start Time: 1:00pm

Location:

Bestside
1645 Leonard NW,
Grand Rapids

**Dinner at The
Bestside!**

Sunday,
February 8th

Time: 4:30pm

Location:

Bestside
1645 Leonard
NW, Grand
Rapids

**Dinner at The
Bestside!**

Sunday,
February 22nd

Time: 4:30pm

Location:

Bestside
1645 Leonard
NW, Grand
Rapids

**Chris Wilks
Gold Medalist
Self-Defense**

Thursday,
February 19th

Start Time: 6:15 pm

Location:

StoryPoint
Comm. Rm.
3121 Lk. Mich.Dr.
Grand Rapids

Chris Wilks, Gold
Medalist, GVSU
Instructor, WPS
Board Member will
be teaching
effective self-
defenses for all
ages. **All adult
ages are welcome
to attend.**



Marge's Donuts

Friday,
February 27th

Time: 10:00 am

Location:

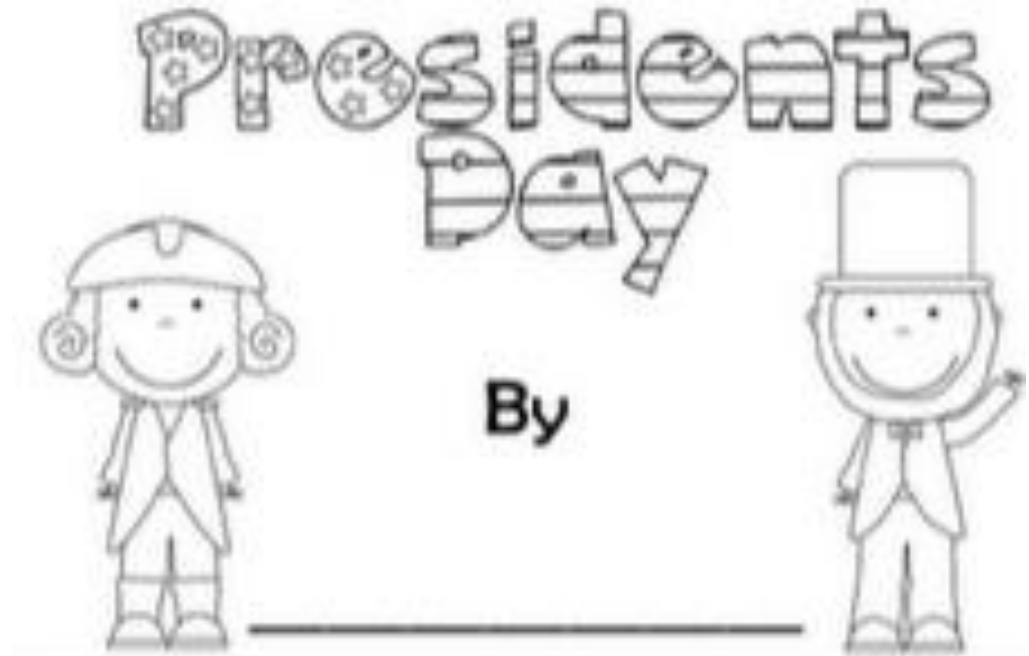
Marge's Donuts
1751 28th St SE
Wyoming

Come join us for
coffee, donuts and
conversation. All
are invited to share
in conversation in
the private back
room at Marge's
Donut Den on the
last Friday of each
month. WPS Board
Members will be
Greeting.

2025 Board Members

Maureen Bawden (Widow), Tom Braciak (Widower), Lindsey Chrystan, Rev. Kenneth W. Hoskins, Agnes Kempker-Cloyd, Diane Lobbestael (Widow), Susanne Miller-Schachinger, David Morgenstern (Widower), Julie Myers, Deb Nykamp (Widow), and Chris Wilks.

4211 Clyde Park, SW (Unit C)
Wyoming, MI 49509
Return Service Requested
Monthly Newsletter
February - 2026
Issue 198



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 adults 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.

WPS Updates

Stay updated with Widowed Persons Service online:



www.wpsgr.org



Widowed Persons Grand Rapids

Office Hours

Tuesday thru Thursday: 10:00 a.m. – 3:00 p.m.
Please call for an appt. or feel free to stop in.

Contact Us

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