



The Companion

PSFC Newsletter – Issue #20
February 2022

Hi everyone and welcome back to another year of The Companion newsletter!

We have decided to start the newsletter up again and your feedback is important to us. Our hope is that each of you find something within our written words that will help you heal, find hope, help someone else or just bring you some peace and a smile on a particularly rough day.

I read this quote somewhere: *“The first step toward getting somewhere is to decide you’re not going to stay where you are.”* So, I’m changing my tune this year, **instead of apologizing, I’m thanking....**

As I’ve been grieving most recently with the death of my sweet granddaughter Alexis, I’ve noticed that I was apologizing for my grief. “Sorry for crying,” I have said to friends and co-workers. Or “I’m sorry for calling you so late just so you can listen to me blab on and on.” But why should I feel sorry about my normal and necessary grief? Why should you? So now I’m changing my “sorry” montage for a “thank-you” message: “Thank you for listening to me.” “Thank you for helping me.” “Thank you for being there for me.” Or simply, “Thank you.”

Expressing thank you honors our need to mourn and be supported in our grief. It extends gratitude to our helpers. Personally, this switch in my words has made me feel more empowered in my grief. At first, I was surprised that my words could make such a difference in my feelings; but by changing my words, I have also changed my actions. Rather than seeking approval and reassurance, I give myself approval and reassurance in my feelings and I’m less anxious in just being in that moment. So much better, right? We all deserve to give a little more kindness to ourselves! A little self-love is a great start to self-care.

* Sources: 365 Days of Understanding Your Grief - Daily Readings for Finding Hope and Healing Your Heart, by Alan D. Wolfelt, Ph.D. & Panda Elder, Teacher and stay-at-home mom.

On another note, we would like to hear from you. It has been my honor to have worked with many, many individuals and families over the past 10+ years in grief support. Many words of wisdom and stories have been shared along the way which may have helped you along the grief path.

Some of my favorites are: 1) Give yourself grace, like you would a friend. 2) Forgive yourself often. 3) You did the best you could with what you knew at the time. 4) You will never ever forget your loved one, but one day you will be able to think about the best memories not just the saddest one. And last but not least, 5) If love could have saved you, you would have lived forever.



Now it's your turn. We would love to hear from you and would then like to share some of your helpful words or thoughts on our website. You are invited to submit thoughts or ideas of how the support group has helped you or things you heard or did that helped you through your grief walk. Also, if you have any topics that you want us to tackle in future newsletters or in support group meetings, please feel free to share these as well. Contributions may be put on the PSFC Website but only with your permission. These thoughts and statements can be anonymous; or if you only want us to use your initials or a first name, that is A-okay. Just let us know how you would like it to appear; and if you are not ready to share anything, that is A-okay too. We just know that walking this path of grief helps when you have a companion or words from a fellow survivor to keep you from feeling so alone in your grief. We are here to help, and we would like to hear from you!

“Each person’s grief journey is as unique as a fingerprint or snowflake.” ~Dr Earl Grollman

Peace and Love my Friends, Jeanette

PEOPLE TO REMEMBER

ETERNAL REST:

Richard – January 17th
Robbie – January 31st
Timmy – February 7th
Derek – February 10th
Jacob – February 24th
Shawn – February 25th

BIRTHDAYS:

Tanner – January 10th
Broxton – January 16th
Shawn – January 19th
Bruce – January 23rd
Mark – February 1st
Gage – February 16th
Joe – February 18th

*Comfort
Corner*

WE OFFER SUPPORT

General support meetings:

3rd Thursday of every month from 6:00 to 8:00 p.m. – The next meeting is February 17, 2022.

Support group meets at

**211 E. Franklin Street,
Suite F, Appleton, WI**

NEW! Jeanette has office hours by appointment on Feb. 24th & Mar. 3rd – please call or email to set up a time.

UPCOMING EVENTS

Starting February 18th: “Ice Sculptures on the Avenue” – PSFC sculpture displayed on College Avenue.

February 23rd: Join us as PSFC is the featured Nonprofit at the Wisconsin Herd basketball game.

Note: National Suicide Prevention Lifeline 3-digit dialing code **988** goes into effect on July 16, 2022.

Prevent Suicide Fox Cities • 211 E. Franklin Street, Appleton, WI 54911 • mail@preventsuicidefoxcities.org

Visit our website for more information and resources at <http://www.preventsuicidefoxcities.org>

A SPECIAL NEED: Please note that PSFC is a 501C3 Nonprofit Organization that exists to decrease suicide and its toll on survivors of suicide loss. Our financial support comes from donations, grants, and fundraising. We appreciate the opportunity to provide support to you and your families. Tax deductible contributions can be made through our website or via check. Thank you!