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## Educational Support

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

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***“How you know you are getting through grief: Markers or Mile Posts that you are headed in the right direction”***

Evening Zoom Support Group  
Next Meeting  
Tuesday, March 7<sup>th</sup>, 2023  
7:00 – 8:15 p.m.

On March 7, 2023, we will continue the discussion of how re-building your level of self-esteem, developing your sense of confidence, and being congruent and appropriately assertive are excellent tools for working on your grief. You are undoubtedly also eager to get some sense of how long this journey will take, and how you can know you are making progress. We will also discuss what is necessary to accomplish for you to know that you are actually through your grief! So, we will discuss some of the “markers” or “mile-posts” along the way that will give you evidence that you are headed in the right direction.

Meeting ID: 833 6616 5740 Passcode: 956072

Email: [widowedpersonsgr@gmail.com](mailto:widowedpersonsgr@gmail.com) or call the office at (616) 538-0101 with any questions.

**Facilitators:** Bob DeVries (pastor) and Susan Zonnebelt-Smeenge (psychologist)

**Location:** The convenience of your own home.

**Need help with Zoom?** Email WPS Executive Director Julie Whitney [JWhitney@wpsgr.org](mailto:JWhitney@wpsgr.org) or call (616) 538-0101 for assistance.

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***“Looking At The Factors That Make Your Grief Journey Uniquely Yours”***

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

**Facilitators:** Beverly and Bob Vander Heide

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

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***“True Comforts To Ease The Pain”***

Daytime Support Group  
Wednesday, March 15<sup>th</sup> at 1:00 pm

Come join other newly widowed people as we share our stories and support each other. We will meet at the WPS Office.

**Hosts:** Peggy Hayes

**Location:** WPS Office 4211 Clyde Park, SW (Unit C) Wyoming, MI

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***“You Know You Are Done Grieving When...: Saying The Final “Good-Bye”***

Evening Support Group  
Tuesday, March 28<sup>th</sup> at 7:00 pm

**Facilitators:** Kim Slupe & Michelle Cole

**Location:** Knapp Reformed Church  
4025 Knapp St. NE Grand Rapids, MI 49525

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# March Social Support: Newly Widowed

## THIS MONTH'S SOCIAL SUPPORT LUNCH/DINNER

**Wednesday March 8<sup>th</sup> @  
1:00 PM**

Location: West Side Social Tavern  
2802 Lake Michigan Dr. NW  
Grand Rapids

**Sunday March 26<sup>th</sup> @ 4:30 PM**

Location: Red Lobster  
3464 River Towne Point Circle SW  
Grand Rapids

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 to 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 years is only a suggested time frame, please feel free to attend any or all of the events listed.**

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## March Social Support: Independent Social Opportunities

The following activities are being held independent of WPS programs. WPS encourages the maintenance of friendships gained through participation in our services. If you have 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 emails 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 on all support and social opportunities and helps provide the newsletter to those who have become recently widowed.

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### Marge's Donuts

Come join us for coffee, a donut and conversation. We will meet in the back room at Marge's on the last Friday of each month at 10:00 a.m. This month it will be March 31<sup>st</sup>. Hope to see you there!!

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### Potluck and Game Night!!

Wednesday March 15<sup>th</sup> at  
5:30 p.m.

Location: St Casimir/6<sup>th</sup>  
Street Hall  
649 6<sup>th</sup> Street NW Grand  
Rapids

This will be a potluck so  
please bring a dish to pass!!

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### Pickleball!!

Tuesday, March 7, 14, 21 &  
28 @ 1:00 p.m. (Please note  
time change)

**Location:** MSA Woodland  
2100 – 28<sup>th</sup> St. Grand Rapids

Join us each Tuesday  
afternoon @ 1:00 p.m. for  
some friendly competition.  
**Cost is \$5.00** per person per  
session. Bring your own  
paddle.

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### Bowling at the Clique!!

Thursday March 2, 9, 16, 23 &  
30<sup>th</sup>.

Location: Clique Bowling Lanes  
533 Stocking Ave. Grand Rapids

Please arrive no later than 9:30  
a.m. for check in. Bowling  
starts at 10:00 a.m.  
Join us each Thursday morning  
for three games of bowling, fun  
and friendship. Cost is \$7.00 to  
bowl and \$2.00 for shoes.  
Lunch afterwards for those who  
wish to stay. Optional \$1.00  
donation for drawing.

## Upcoming Highlights

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### Welcome to the New Director of WPS!!

Hello from Julie Whitney, the new Executive Director at WPS!

I am absolutely thrilled to be a part of this wonderful organization and am excited to support its many participants, volunteers and Board Members.

A few things about me... I live in Ada with my husband, Adam, and our 3 children Nathan (12), Brianna (10) and Jacob (6). All three kiddos are in Spanish immersion at Forest Hills. We also have several furry family members, with 2 dogs, 2 cats, and 1 fish. As a family, we enjoy many outdoors activities including fishing, hiking, boating, shopping and vacationing in all places warm and sunny.

My professional experience lies in corporate finance, namely at a company called Grainger based out of Chicago. I worked in finance for about 15 years prior to becoming a stay at home parent after my 3<sup>rd</sup> child was born. I've also served on many nonprofit boards and financial committees, including The Children's Workshop as Treasurer and The YWCA of West Michigan Finance Committee. Most recently, I regularly volunteer at Forest Hills Public Schools. While I am very comfortable with numbers from my finance days, my most valuable professional accomplishments are the relationships formed over the years with my many business partners. I am passionate about helping people and figuring out solutions to their needs, whether it's financial or otherwise. I look forward to putting my skills to use through fundraising activities to grow and sustain Widowed Persons Service.

This fall, I hope to continue my journey to serve our community as I pursue a Masters in Social Work in addition to my role as Executive Director. I am truly dedicated to the WPS community and look forward to helping out in any way I can.

Happy New Year to you all and I look forward to getting to know you very soon!

Warm Regards,

Julie

Office Hours: Tuesdays and Thursdays 10:00am-3:00pm, Wednesdays 11:00am-4:00pm

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### A Special Thank You to David Carrier Law!!

A special thank you to the professionals at David Carrier Law, whose generous support funds the WPS Monthly Newsletter. David Carrier Law specializes in estate planning and elder law.



GROWING THROUGH GRIEF

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



Non-Profit Organ.  
U.S. Postage  
PAID  
Permit No. 70  
Grandville, MI

Monthly Newsletter

**March 2023**

**Issue 163**

### 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.



4965 E. Beltline Ave NE  
Grand Rapids, MI 49525  
(616) 361-8400

### WPS Updates

Stay updated with Widowed Persons Service online:

-  [www.wpsgr.com](http://www.wpsgr.com)
-  Widowed Persons GR



GROWING THROUGH GRIEF  
**Office Hours**

Tuesday & Thursday: 10:00 a.m. – 3:00 p.m. Wednesday: 11:00 a.m. – 4:00 p.m.

### Contact Us

4211 Clyde Park, SW (Unit C)  
Wyoming, MI 49509  
[wpsgr.org](http://wpsgr.org) | [director@wpsgr.org](mailto:director@wpsgr.org)