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## Educational Support

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

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### ***“Making Room to Move Forward in your Life”***

Evening Zoom Support Group  
Next Meeting  
Monday, September 11<sup>th</sup> at  
7:00 – 8:15 p.m.

We will be discussing the third goal of a total of 5 that need to be addressed and accomplished in order to get through the entire challenging journey in dealing with the death of a spouse. That basically consists of reviewing and summarizing your life with your deceased spouse, memorizing the life you had together for easy retrieval and finalizing your life with your spouse by moving him or her to your past once you have said a final goodbye to having a present relationship with him/her anymore, all to make room to move forward in your life. As you can see, there are several components to work through with this goal, and we will be pulling those each apart to help you better understand what behaviors, thoughts and feelings are involved. We hope you can attend this meeting, as it is so important to understand this goal and ways grieving is an active and intentional process to enable you to move into a newly reconstructed future. You may call Susan at 616-780-1082. Or call / email the WPS office at (616) 538-0101, [director@wpsgr.org](mailto:director@wpsgr.org). Meeting ID 861 3697 3690 Passcode: 083243

**Facilitators:** Bob DeVries (pastor) and Susan Zonnebelt-Smeenge (psychologist) **Location:** The convenience of your own home.

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### ***“What Can I Do About All The Emotions I Am Experiencing? Do Some Of Them Get Expressed In My Dreams?”***

Evening Support Group  
Friday September 8<sup>th</sup> at  
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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### ***“Widowed: Is It Different for Men & Women?”***

Daytime Support Group  
Wednesday September 20<sup>th</sup> at 1:00  
pm **NOTE: NEW LOCATION!!**

We will be meeting at The Grandville Library – Community Commons Room 4055 Maple St. SW Grandville, MI 49418. Please use Community Commons door off of Washington Ave. Please come join us at this beautiful new location. This room is much larger.

**Hosts:** Peggy Hayes

**NEW LOCATION: Grandville Library – Community Commons Room**

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### ***“Are My Friends “Friends Forever”? Looking At How Friendships May Change After the Death of Your Spouse.”***

Evening Support Group  
Tuesday, September 26<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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# September Social Support: Newly Widowed

## THIS MONTH'S SOCIAL SUPPORT LUNCH/DINNER

**Wednesday September 13<sup>th</sup>**

**@ 1:00 PM**

Location: Pizza Ranch  
3492 Chicago Dr. Hudsonville

**Sunday September 24<sup>th</sup> @ 4:30**

**PM**

Location: Monelli's  
5675 Byron Center Ave. SW Wyoming

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

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## September 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 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.

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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 September 29<sup>th</sup>. Hope to see you there!!

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### Golf Scramble!!

Tuesday September 5, 12, 19 & 26<sup>th</sup>.

Location: Gracewil Country Club  
2597 4 Mile Rd. NW  
Grand Rapids, MI 49544

Join us each Tuesday morning for a fun golf scramble. Please be there no later than 9:15 for team draw. Golf starts promptly at 10:00.

We will only go off on one nine so we ask that everyone get there a little earlier to keep things moving.

Optional \$2.00 drawing. RSVP: [litzj@charter.net](mailto:litzj@charter.net) if not golfing.

### World Champion WPS Board Member

Congratulations, Chris Wilks, for winning a GOLD MEDAL in the Kumite Individual-Sobu Sanbon division at the World Union of Karate-Do Federation World Championships this past July in Dundee Scotland! Chris serves on the WPS Board of Directors and is a Senior Associate at Regal Financial Group LLC in Grand Rapids. Chris also assists Jim Stoddard with the annual Edema Golf Outing.

### Card and Game Night!!

Wednesday September 20<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

Burgers and Hot Dogs will be available to purchase for \$10. The ladies Auxiliary will furnish some sides but they welcome help with sides if you wish!!

Also, please bring a friend if you would like!!

## Monthly Highlights

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### *Fundraiser Fall Fun Tango*



September 29<sup>th</sup> from 6 to 11 p.m.  
The Casino Club  
3260 Salerno Dr. N.E.  
Grand Rapids, MI

Join us for a fun night of heavy hors d'oeuvres, desserts and dancing.

Tickets: \$40. To pre-order you may contact the WPS Office at 616-538-0101. Music by "Sounds Familiar" Band. Cash bar available. Come join the fun!!

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### **Traverse City Wine Tasting & Color Tour**

Thursday October 26<sup>th</sup>, 2023

Departure Time: 7:30 a.m. and Return Time: 9:30-10:00 p.m.

Join us for a Traverse City Winery Tour and enjoy the fall colors! We will be going to Traverse City, Mission Point, and the surrounding areas. The cost will be approximately \$89\* per person. That covers the cost of the bus and the tip for the driver. The cost of the wine tasting, lunch and dinner will be the responsibility of each individual. WPS has secured a 30-seat bus, so get your reservations in quickly!!

Please RSVP to Bonnie at [onlydutch1@yahoo.com](mailto:onlydutch1@yahoo.com) or text her at 616-785-9511 no later than September 10<sup>th</sup>.

\*The cost of the trip could be less than the specified amount depending on if we fill the bus or not.



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### **Help Wanted!**

WPS is looking for two volunteers to help us in our WPS office! Knowledge of Microsoft Word and Excel are helpful in assisting with weekly bookkeeping and managing our mailing lists. The hours vary, but we expect no more than five to ten hours per week.

We are also looking for an Executive Director as Julie Whitney is transitioning out of her Executive Director role to continue working on her master's degree in social work. Julie has graciously accepted our invitation to remain with WPS as a Board member. Thank you, Julie for your leadership, guidance over the past year!

David Morgenstern (widowed in July of 2020) has stepped in as the Interim Executive Director. Dave has been active with the Fall Dance committee as well as last month's Edema Golf Outing. Dave retired at the end of 2020 after 40 years of helping employers with their employee health, life, dental and disability insurance. His WPS e-mail address is [david.morgenstern@wpsgr.org](mailto:david.morgenstern@wpsgr.org) and his cellphone number is 616-450-7130.



**Widowed  
Persons  
Service**

GROWING THROUGH GRIEF

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



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

Monthly Newsletter  
**September 2023**  
**Issue 169**

### **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 GR



**Widowed  
Persons  
Service**

GROWING THROUGH GRIEF

### **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:(616)538-0101)