



# WPS *Widowed Persons Service*



Rochester, Minnesota

# NuView

Editor - Clarice Burke

May/June 2014

## CALENDAR OF EVENTS



### MAY



- Thursday, May 8 Widowed Grief Support Group, Gloria Dei Lutheran Church, 1212 12<sup>th</sup> Ave. NW. Use parking lot entrance in the back, **2:00 to 4:00 p.m.** **NOTE TIME CHANGE.** For information call Gene at 775-6623 or Gudi at 254-6903. *Topic for discussion: "How Long Does Grief Last?"*
- Saturday, May 10 WPS Board Meeting at Old Country Buffet at 10:30 a.m., after breakfast.
- Monday, May 12 WPS monthly meeting at Mt. Olive Lutheran Church, 2830 18<sup>th</sup> Ave. NW. Dinner at 6:00 p.m. Catered by Canadian Honker. Menu includes: Boursin chicken breast, green bean almondine, rice pilaf, country mixed salad, dinner roll, and chocolate fudge mint for dessert. Reserve and pay Anna Dingfelder \$11 by Saturday, May 10, at 289-0678, or mail to Widowed Persons Service, P.O. Box 7272, Rochester, MN 55903. Program: Dr. Audrey Nelson, speaker on international travel.
- Sunday, May 18 Widowed Grief Support Group, Samaritan Bethany Chapel, 8<sup>th</sup> Street NW, 6:30 p.m. May use underground parking. For info call Veronica at 775-6623 or Tudy at 289-4273. *Topic for discussion: "What Are Friends For?"*



### JUNE



- Monday, June 9 WPS auction and picnic at Bear Cave Park in Stewartville. Turn west at the bowling alley (Strikers Corner), continue past cemetery, and park is on the left. Watch for signs. Eat at 6 p.m. Come earlier to socialize. Bring a lawn chair, games, and items for the auction. The auction is our fund-raising project for the year. Our own Lowell Gilbertson & Ray Molde will be the auctioneers. Items to donate must be new or slightly used. Homemade baked goodies or crafts are very welcome. No shoes or clothing please. Meal will be catered by Gleason's of Stewartville. Menu includes: Chicken breast, sliced pork roast, potato salad, fruit salad, baked beans, roll, and butter. Coffee and paper products furnished. We will need volunteers to bring bars and cake. Bring your own beverage. There will be a sign-up sheet at breakfast. Reserve and pay Anna Dingfelder \$11 by Monday, June 2, at 289-0678, or mail to Widowed Persons Service, P.O. Box 7272, Rochester, MN 55903. Allow plenty of time as mail is slow in Rochester.
- Thursday, June 12 Widowed Grief Support Group, Gloria Dei Lutheran Church, 1212 12<sup>th</sup> Ave. NW. Use parking lot entrance in back, **2 to 4 p.m.** **NOTE TIME CHANGE.** For info call Gene at 775-6623 or Gudi at 254-6903. *Topic for discussion: "Life Does Get Better in Time."*
- Saturday, June 14 WPS Board Meeting at Old Country Buffet at 10:30 a.m., after breakfast.
- Sunday, June 15 Widowed Grief Support Group, Samaritan Bethany Chapel, 8<sup>th</sup> Street NW, 6:30 p.m. May use underground parking. For info call Veronica at 775-6623 or Tudy at 289-4273. *Topic for discussion: "The Empty Chair on Father's Day."*
- Monday, June 23 WPS Outreach Meeting at 4:00 p.m. at Gramercy, 1333 Arthur Ln. NW off 55<sup>th</sup> Street. If unable to attend, call Dorothy at 289-0635.



#### For information:

Newly Widowed Grief Group, call:  
 Gene..... 775-6623  
 Gudi..... 254-6903  
 Veronica.... 775-6623  
 Tudy..... 289-4273

#### Every Monday 9:00 a.m.

Gal's Breakfast at Canadian Honker or Brothers Grill in Soldiers Field Plaza.

#### Every Tuesday 9:00 a.m.

Guys' Breakfast at Brothers Grill, Soldiers Field Plaza.

#### Every Tuesday 11:30 a.m.

Lunch at Baker's Square South.

#### Every Thursday 9:00 a.m.

Breakfast for all at the Market Place in Byron.

#### Last Thursday of the month 9:15 a.m.

Breakfast for all at Panera Bread North.

#### Every Friday 9:00 a.m.

Coffee and rolls at Panera, next to HyVee South.

#### Every Saturday 8:30 a.m.

Breakfast at Old Country Buffet (All you can eat!)  
 \*Doors open at 8:30 a.m.  
 Meeting at 9:15 a.m.\*

Do you feel the need to share your thoughts, feelings, and frustrations with someone who really understands? Take notice of the WIDOWED GRIEF SUPPORT GROUP MEETINGS as listed above. The facilitators are there especially to listen and to be a friend. Take advantage of this opportunity.

**Widowed Persons Service**

**P.O. Box 7272  
Rochester, MN 55903**

Nonprofit Organization  
U.S. Postage  
PAID  
Permit # 212  
Rochester, MN 55901

*Return Service Requested*

Widowed Person Service is a nonprofit organization. We do NOT have membership fees or dues. If your name has been dropped from the list and you wish to be active or make a contribution, we will be glad to resume mailing the NuView to you. Contact Dick at 280-7703 or email: [rezski@charter.net](mailto:rezski@charter.net). Mail contributions to WPS.

**<http://is.gd/rochwps>**

**Widowed Persons Service  
P.O. Box 7272  
Rochester, MN 55903**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



## SMALL GROUP ACTIVITIES



**500 CARDS** will meet at **Meadow Lakes Senior Living, West 2<sup>nd</sup> Street, across from the golf course, 7:00 to 9:00 p.m., Fridays.** No food provided, bring your own beverage and munchies to share - no popcorn. For information, call Howard Borgen at 282-5660, Phil Weiler at 289-

3563, Ken Lawrence at 624-0142, Dorothy H. at 289-0635, or Dorothy I. at 288-8271. ***If there is a month with five Fridays, there will NOT be cards on that Friday.***

**Square Dancing** at the Senior Center on Tuesdays. For questions, call Joyce Haltom at 282-0334.



**Sunday Afternoon Bowling** meets at 1:00 p.m. at Colonial Lanes, 1824 14<sup>th</sup> St. NW. Please check with Harold at 365-8453.

**Call Ginny Runquist, Cheer Person, at 281-3960** if you know of someone who is ill or has lost a loved one. She will remember that person with a card from the WPS.

### CONTRIBUTIONS

*for March 2014*

***Thank you to the following:***

Barbara Drury	David Overend
Dorothy Guenther	John Schurhammer
Gary Jacobson	Wayne D. Harris
Alice Einck	J. Gordon Christianson
A.R. Johnson	Allen Velsch
Glen & Jeanette Nichols	Harold Fuchs
Dick & Leah Mandery	Lois Davis
Richard Badger	Margaret Kemple

***A big THANK YOU for your contributions!  
Keep them coming!!!!***

### Seasons Hospice

*Adult grief support groups and programs are available with Seasons Hospice. For reservations and detailed information, call 507-285-1930 or e-mail [shbp@seasonshospice.org](mailto:shbp@seasonshospice.org). New free offerings monthly.*

### Standard Emergency Plan



In the future if it is necessary to cancel an event, the event will be noted on our e-mail ([rezski@charter.net](mailto:rezski@charter.net)) and also on TV channel 12 and radio stations KNXR and KROC. However, you are responsible to find out. If

Rochester Public Schools are closed because of weather, our events will also be cancelled. If you paid for the event, it can be used at a future event; but Anna must be notified of your plan (call 289-0678).



## DEATH LEAVES A HOLE IN YOUR HEART



Those of us who have been through this devastating experience agree—the death of a spouse leaves a big hole in your heart.

Your whole set of emotions is upset. If you want to know about this, talk to one of us who have been through this black aspect in life.

How do you handle these terrible feelings? Feelings of pain and loss, of a God who left you to suffer when you didn't deserve it, you think.

How do you deal with ongoing life when your thinking is all screwed up and you see pain and disarray everywhere?

The answer, most of us will offer, is to sit down with someone who has been there. He or she will get you calmed down and help you to get started opening up your thoughts and mind. Writing things down, like keeping a diary, can be a wonderful way of expressing your feelings. As you re-read these thoughts on paper, you will note the changes in your thinking. Consider finding a friend to do things with. Activities like walking and biking are always wonderful at helping your new adjustment.

The anguish in enduring the loss truly is an individual thing. You may wonder if you will get terribly upset like your mother did when your father died. Believe me, suffering and anguish are not congenital. In other words, its nature doesn't necessarily run in families.

Much suffering may depend on the facts of the death. Long illness or sudden and unexpected death—it doesn't matter. You have to deal with the reality that you have lost a person dear and close to you. Remember Jackie Kennedy's stifled emotion on Jack's assassination? That was hardly a genuine and heartfelt reaction to such a tragedy.

Dealing with grief is an individual reaction. The sudden and painful blackouts occur, though you may be assured that they will become less frequent with time. These sudden overwhelming episodes are devastating. They will completely stop you in your tracks, physically and emotionally. They are short-lived but inevitable for awhile.

The requirement is time and understanding. You will survive. Look at us—we made it though it was really hard, believe me!

-ECB

### Our Sympathy

**Our sympathy to family and friends of Betty Badger, Thelma O'Neill, Lucille Schemmel, and Marion Glover Rowenkamp. Also our sympathy to Dick Zelenski on the passing of his two brothers and to Lyle Lubahn on the passing of his daughter and brother.**

### WPS ACTIVITIES

***Reminder that our activities are for people that have been widowed. We appreciate your cooperation.***

### FOR ALL CARPOOL EVENTS:

Please pre-arrange with the drivers listed on sign-up sheets, or check with members of the social committee for space available. Be on time and keep in mind rising gas prices, as you reimburse the driver.



