



It Is a Wonderful Life if You Live Here!!!

I am constantly grateful that **GriefWorks** operates out of Auburn, Algona, and Pacific and serves both King and Pierce Counties. The support that **GriefWorks** receives from this community and region is proof that "It Is a Wonderful Life" when hard times arrive. And hard times have arrived. Like every non-profit agency, **GriefWorks** strives to serve all in need—turning no one away—while juggling to pay the bills and keep the doors open for grieving individuals and families.

That's why the April and May fundraising events are critically important. **Glimpsing Back and Paying It Forward** will be held on Friday, April 17, from 6:30 to 8 p.m. at the White River Valley Museum. **Dahlias & Desserts** will be held on Tuesday, May 5, from 6:30 to 8:00 p.m. at the Veterans Memorial Building. These two occasions promise to be enjoyable for all who attend. They are also pivotal to meeting immediate financial costs of operation for **GriefWorks**.

Glimpsing Back and Paying It Forward is complimentary with hors d'oeuvres and local wines being served. A silent auction offering amazing items, such as a signed UW football and tickets and two VIP tickets to "Celtic Woman" at the Paramount Theatre will be totally fun competition for all. At **Dahlias & Desserts**, guests will receive dahlia tubers and hear Mike Harbin share his expertise and instructions on their care and feeding. Delicious desserts will be a major part of this pleasant and educational evening.

GriefWorks needs supporters with giving hearts to attend these two great events! We want to keep our doors open to serve the grieving. RSVP at (253) 333-9420 or debbie@griefworks.org...and please invite your friends!

Thank you for your support and I look forward to seeing you soon.

Daryl Thompson
Executive Director
GriefWorks



Grief Tip

This spring, consider planting a flower, bush, or tree in memory of the one who died. Or plant several things. Do this ceremonially if you wish, perhaps with others present. If you do this planting where you live, you can watch it grow and change day by day, season by season. You can even make it a part of special times of remembrance in the future.



Don't Forget...

Friday, April 17, 6:30-8 p.m.
White River Historical Museum
918 H Street SE, Auburn, WA
All **GriefWorks** supporters are invited to attend a special donors' event, **Glimpsing Back and Paying it Forward**. Hors d'oeuvres and local wines will be served. Guests can enjoy the museum exhibits and bid in the silent auction. For details, call (253) 333-9420.

Save the Date...

Tuesday, May 5, 6:30-8:00 p.m.
Veterans Memorial Building
411 E Street NE, Auburn, WA
GriefWorks annual **Dahlias and Desserts** fundraiser. Join other **GriefWorks** supporters for an evening of dessert, dahlia tubers and instructions for growing them. For details, call (253) 333-9420.

Upcoming...

Grief Talk Support Groups

Monday, April 13-May 11, 12:30 – 2 p.m.
Call for locations and to register.

Public Forum

"The Impact of Grief on Other Relationships". May 5, 10:30 a.m.—Noon, May 7, 7:00 p.m.—8:30 p.m. No cost to attend. Call **GriefWorks** for location.

Family Grief Retreat

Grief education and support for all ages. Saturday, April 25, 10:00—5:30 p.m. Please call or e-mail for info or to register.

Ongoing Enumclaw Groups

GriefWorks staff facilitate two support groups at the Enumclaw Public Library. There is no cost or pre-registration for these groups, which are sponsored by Enumclaw Regional Hospital.

Grief Support Group:

First and third Wednesday of each month, 1-2:30 p.m.

Caregivers Support Group:

First and third Thursday of each month, 1-2:30 p.m.



Ask Dr. Bob

*Everything you wanted to know about loss,
but were afraid to ask*

Dear Dr. Bob,

My cousin was murdered a year and a half ago and the trial of the person who did it just ended. I hear people saying, "Now you have closure." I'm like, "Closure?" Yeah, there's closure on who did it and now they are put away for good. But how could there ever be closure? Am I missing something here?

T., Olympia

Dear T.,

No, you're not missing anything. Years ago, grief expert, Darcie Sims wrote an article called, "Let's put closure on closure." Similarly, I did an analysis of the words the media use in reporting grief and they frequently use this word. We close doors, bank accounts, and jars, but **not** lives. Four years ago I did a research study of 18 long-term bereaved parents and asked them if they used a number of words to describe their grief, one of which was "closure." My finding: None of the mothers and fathers whose child had died between five and 21 years said that they now had closure on their grief. So, T., it's obvious that you are not missing something. It's the folks "out there" who seem to hope you are now "done" with your grief. Unfortunately, they may only one day realize their mistake when they experience a significant loss—something we don't wish on anyone. Death is a heck of a way to change your perspective, isn't it?

Take care.
Dr. Bob

Bob Baugher, Ph.D., has taught for over 25 years and currently is a psychology professor at Highline Community College, where his classes include Death and Life. He has led numerous community and national bereavement workshops as well as written or co-authored several books, available at www.GriefWorks.org. Identities in his column are altered to maintain confidentiality.

Local Sponsors Make Such a Difference

GriefWorks would like to thank four local businesses for their support of the *Glimpsing Back and Paying It Forward* event on Friday, April 17 from 6:30 to 8:00 p.m. at the White River Valley Museum, 918 H St. Auburn, 98002. Their support is the "wind beneath our wings"!

Auburn Wine and Caviar for providing the local wines
Grocery Outlet in Federal Way
Sam's Club at the SuperMall
Costco in Covington



Founder's Corner



WHO DO WE SERVE?

Many client faces and personalities parade through my mind's eye. They leave me feeling warm and content that **GriefWorks** has been able to make a positive difference in their healing journey through grief.

There is a widow, married nearly 60 years, whose husband died after a brief illness, and another widow, married almost as long, whose husband needed her full-time care for five years. Both live with the ache of loneliness in a world oriented toward couples and in a world where they had never functioned as a single adult, having left home to marry when they were young. In the midst of doing difficult, energy-draining grief work, they both are trying to figure out who they are now without the loving support of their spouse, whose identity is still so much a part of their own. Both are daring to reach out and form new interests and friendships in a struggle to create a life with meaning, joy, and purpose.

There is a mom whose 15-year-old son died after a brief and rare illness, and another mom whose 16-year-old daughter died by suicide. Both moms are living with heartache that they could never comprehend until it was their own. A part of themselves has been torn away. Yet they continue to work and function as moms. It isn't optional the rest of the family wants dinner. The surviving siblings continue to have needs and deserve their mother's love and support. At the same time, the children have not only lost a sibling, but also their mom as they had always known her.

There is the 10-year-old boy who loves wrestling and car races because his daddy did also. It will be years before he watches either event without remembering his dad and missing him. His mom is trying to show interest, but neither wrestling nor racing is "her thing." She, too is not who she was since the death of her husband. She and her son share memories as they work on the *Our Story* book with a **GriefWorks** counselor.

Currently **GriefWorks** has about 30 active clients served by three grief counselors who work part-time. Year-to-date, we have served over 200 bereaved adults, teens, and children. The need is there. The money to pay staff to work full-time is not. YOU can make a difference in so many lives with your financial support. Please give generously at this great time of need.

*Mel Erickson, along with Nanette Flynn, founded **GriefWorks** in 1998 as a bereavement resource providing education and support for people grieving a death or seeking to understand the grief process.*

GriefWorks

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