



COMMUNITY FOR HOPE
OF GREATER OSHKOSH, INC.

Special points of interest:

- Our offices are now located at the United Way offices for better visibility and space. The new address is listed on the back page.
- Local Fraternity partners with CFH to spread suicide and bullying awareness in the area
- Check out Pat Bertram's personal story coping with the loss of her partner and her advice and approach to grief
- Donate to support our cause in spreading the word that survivors are not alone.
- Sign up for an email version newsletter!

"Survivors of Suicide: Helping Those Cope with the Loss of a Loved One by Suicide"

Volume 9 Issue 8

November 2010

Survivors of Suicide (S.O.S.) Community for Hope

Public Invitation to Social Gathering at new Community for Hope Oshkosh Headquarters Opportunity to meet new Director, Patrons

"CFH of Greater Oshkosh- Public Awareness & Community Social"

This is a community event to show off our new location, meet our new Executive Director, enjoy refreshments & listen to a short presentation.

CFH is a committed, non-profit organization that serves part of Northeastern Wisconsin. Its guiding purpose is to promote, support and facilitate suicide prevention, intervention and post-vention through community-wide education and collaboration. We have brought action against bullying, lethal means restriction and QPR (Question, Persuade, Refer) training to the forefront of many community leaders and businesses, as well as to everyday, caring citizens.

Date: *Tuesday, November 9, 2010*

Time: *6:30-8 PM*

Location: *36 Broad St., Oshkosh- inside the United Way Building*

Please plan to attend!

Warm regards,

The Board of Directors for CFH of Greater Oshkosh -Doug Bisbee, Linda Schabloski, Kevin Mundell, Don Merz, Sue Szabo, Patti Ahrens and Jenny Wesner

UWO fraternity, Delta Sigma Phi, unites with CFH, stands against bullying, prejudice toward mental illness

The Delta Sigma Phi Fraternity chapter of UW-Oshkosh, in collaboration with Community for Hope, will join the upcoming Nov. 11 Holiday Parade. The parade will be an opportunity for Delta Sigma Phi to show their commitment to promoting awareness and prevention against bullying and suicide in our community and combat the stigma associated with mental illness. The chapter's passion for CFH is so profound

that they have made it their philanthropic mission this year to spread awareness of bullying and promote suicide prevention in their local community. They have made it their philanthropic mission to spread awareness of bullying and promote suicide awareness and prevention in their local community. They too have been affected by suicide, as they have lost fellow students to suicide at UW-Oshkosh.

Area Support Groups in Northeast Wisconsin



When someone we love dies
 Time takes on new meaning
 Either moving too fast
 Or not at all
 As we wait wondering
 When we will feel better
 Wondering how to fix
 The brokenness of our hearts
 A friend's hand touches ours
 Taking some of the loneliness
 With them as they let go
 And for a moment
 We cling to their kindness
 A life preserver
 For a hurting heart

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Survivors of Suicide (S.O.S.) Ripon, Appleton, Oshkosh

Service: **once a month no cost** support groups for those who have survived the death of a family member, friend or special person by suicide. Minimum age to attend is 14 years.

Ripon 1st Thursday. Immanuel United Methodist Church, 401 W. Fond du Lac St. 6:30-8:30 p.m.

Appleton 2nd Monday. Fox Valley Unitarian Universalist Fellowship, 2600 E. Phillip Ln. 920-731-0849. 6:30-8:30 p.m.

Oshkosh 3rd Thursday. United Way Oshkosh Area, 36 Broad St. Oshkosh. 6:30-8:30 p.m.

For more information email: doug.bisbee@communityforhope.org

A Time to Mourn Support Group

A six-week grief group offering support for adults who have experienced the death of an adult loved one. Co-led by professionals trained in grief support. Offered three times per year. This is a **closed group** which means adult members must make a

6 week commitment to this course and the group does not allow new members in the duration of the 6 weeks. You **must call to sign up** prior to the first session.

Held: Lutheran Homes of Oshkosh, 225 N. Eagle St. Oshkosh, WI 54902

Contact: Lutheran Homes of Oshkosh Chaplain Cathie VanderVelden: 920 232-5274

Cost: Free

General Bereavement Support Group—Oshkosh

General grief support group where attendees are accepted at any time regardless of age or religious denomination. Grief discussions focus on events of the death, related feelings, coping skills, validation, and support for group members.

Held: St. Jude Parish, 1025 W. 5th Ave, Oshkosh, WI 54902 (enter through parish office doors)

Contact: Linda Hillary, MS 920 233-8044

Cost: Free

How often: First and Third Thursdays of each month

Time: 7:00—8:30 p.m.

Drop-in Grief Groups—Appleton & Oshkosh

Service: Open to any adult grieving the death of a loved one at not cost. Refreshments and handouts are provided.

Contact: Deb Kosmer, Affinity Visiting Nurses 866 236-8500

Email:

kosrd@ministryhomecare.org

Oshkosh: 1st Thursday of each month at St. Andrew's Evangelical Lutheran Church

1100 E. Murdock Ave. Oshkosh. Groups at 2:30 p.m. and 6:30 p.m.

Appleton: 1st Tuesday of each month at Thompson Community Center 820 W. College Ave, Appleton. Groups at 2:30 p.m. and 6:30 p.m. Cost: Free

Living with Loss—Appleton

Service: Six-week grief group offering support to adults who have experienced the loss of a loved one. Offered in Fall, Winter, and Spring at Theda Care Home Hospice at 2600 S. Heritage Woods Dr. Appleton.

Contact: Rachel Seppi 920 716-1006 or 800 984-5554



The Director's Corner

Doug Bisbee

Bullying has been in the news quite a bit lately. It is an extremely serious issue, a factor that has contributed to a number of teen suicides across the nation, particularly in the LGBT (Lesbian, Gay, Bisexual, Transgender) community. Locally, we face the same challenges.

Tolerance, respect, and understanding are key ingredients to the health of a society, which includes our schools, homes, and workplaces. We are a nation of many races, religions, political beliefs, and sexual orientation. The variety and diversity is what enriches us. When one falls or is demeaned or bullied, all of us are lessened and diminished.

Community for Hope is a agency that stands with all people particularly as they struggle with such challenges as mental illness, drug and alcohol addiction as well as those vulnerable to bullying and intolerance. The call is for each of us to find our voice and speak out against any behavior or words that attack another. The summons is one of courage, an old fashion but much needed virtue.

I Am a Six-Month Grief Survivor - Pat Bertram

Six months ago my life mate — *my soul mate* — died of kidney cancer, and my life changed forever. I survived the first excruciating weeks, and now I am learning to live with his absence. So few people know how to act around the bereft, and they end up offering us maxims that bring no comfort because the adages are simply not true.

People tell us that time heals. Time does *not* heal. **We heal.** Grief helps us heal. Time does nothing. Time doesn't even pass — we pass through time like persons passing through an endless desert. People tell us that we'll get over our loss, but when you have suffered a soul-quaking loss, you never totally get over it. Nor do you want to. **Getting over it seems like a betrayal,** a negation of the life you shared. The best you can do is eventually accept the person's absence as a part of your life. People tell us to move on with life. They don't understand that this *is* our life. Grief is how we get on with it.

Grief is not the problem. The problem is that our loved one died. Grief is the way we deal with that loss, the way we process it, the way we heal the wound of amputation. By experiencing the pain, by

allowing ourselves to feel the loss, we honor our loved one and our relationship, and gradually we move through the pain to . . . to what? I'm not sure what lies on the other side of grief. I've passed the worst of the pain but not yet arrived at a new way of living.

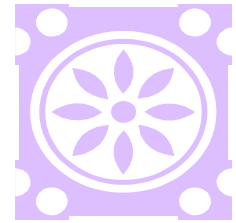
During these past six months, I've been inundated with information about how to deal with grief. I purposely refrained from reading the material. I wanted to experience my own grief without the current fad getting in the way. Currently, the "stages of grief" have become the accepted way of grieving, though there are various new ways of thinking about grief. The truth is, **grief is personal,** however you grieve, that is the right way to grieve.

Grief makes even friends and family uncomfortable, so eventually the bereft learn to hide what they feel. They stop talking about their loved one, but they never forget.

I will never forget.

He will always live in my memory.

Follow Bertram's story at <http://ptbertram.wordpress.com>
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Pat Bertram is a native of Colorado and a life-long resident. When the traditional publishers stopped publishing her favorite type of book — character and story driven novels that can't easily be slotted into a genre — she decided to write her own. *Daughter Am I* is Bertram's third novel to be published by Second Wind Publishing, LLC. Also available are *More Deaths Than One* and *A Spark of Heavenly Fire*.

Grief Support Groups for Children, Young Adults and Men

Center for Grieving Children-Appleton

Provides monthly peer-to-peer support group for grieving children ages 3 to 18 and their families. Led by trained facilitators and volunteers. Includes supper. No cost.

Where: Boys and Girls Club of the Fox Valley on 117 S. Locust St. Appleton from 6 p.m. to 8 p.m.

Contact: Loris Damerow at 920 731-0555 x. 24 for more info and to pre-register. Or email her at : ldamerow@bgclubfoxvalley.org

New S.O.S. Grief Support Group Valley Adolescents 14-24 years

Where: Fox Valley Unitarian Universalist Fellowship, 2600 E. Phillip Ln. Appleton on the **third Monday** of the month, 6:30—8:30 p.m. Free. Contact Barb Bigalke by email: bbigalke2@new.rr.com

Grief Relief

Offers ongoing peer support groups for children and teens ages 5 to 17 in the **Fond du Lac** area. Groups are ongoing, meeting once a month. Also offered are groups for adult caregivers. No cost; contact Terri at 920 926-4960.

Men Journeying through Grief

A gathering of men who have experienced the death of a loved one, recent or past. Gatherings include supper, discussion, grief information and resources. There is no cost, contact Deb at 920 727-2000 for meeting times and place.

For more info on grief support groups please email the Fox Valley Grief Network at

info@wichmannfuneralhomes.com



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Community of Hope of Greater Oshkosh
36 Broad Street Suite 140
Oshkosh, WI 54901

Info Only Phone: 920-230-4840
E-mail: doug.bisbee@communityforhope.org

www.communityforhope.org



Beautiful People

The most beautiful people we have known are those who have known defeat, know suffering, know struggle, know loss, and have found their way out of the depths. These persons have an appreciation, sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern.

Beautiful people do not just happen.

~Elizabeth Kubler-Ross