



community for hope
of greater oshkosh, inc.

Volume 12 Issue 4

April 2013

Oshkosh's 3rd Annual Chester Marcol 5K Walk for Suicide Awareness

When: April 27th, 2013

**Where: Oshkosh North High Gym
1100 W. Smith Avenue
Oshkosh, WI**



Special points of interest:

- Please register for this years 3rd Annual Walk in Oskosh with #13 Packer Chester Marcol
- Reminder to submit pictures to the Memory Wall pg 2
- Learning to Cope through poetry pg 3
- Remember our friends in the Northern Valley at the Suicide Resource Center, refer those in Outagamie Co.
- Donate to support our cause in spreading the word that survivors are not alone.
- Save a Tree! Sign up for an email newsletter!

Registration:
\$20 age 13 & up
\$10 Age 12 & under



*Featuring
Chester Marcol #13
Green Bay Packer Hall of Famer
"Alive and Kicking"
Book Signing!*



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7:30 a.m. Registration & Check In
8:00 a.m. Groups & Presentations
9:00 a.m. Walk Starts



UNIVERSITY OF WISCONSIN
OSHKOSH Counseling Center



Register and donate at:
oshkoshsuicideawareness.com
By April 18, 2013
(t-shirt guaranteed)

**** Same Day Registration Available
cash or check
(t-shirt NOT guaranteed)**

***Held Rain, Shine or Snow**

Sorry NO pets, skateboards or bikes!

Area Support Groups in Northeast Wisconsin

Survivor Phone List

Patti Ahrens	920-688-2678
Darla & Jim Barker	920-585-5588
Jeff Berger	920-527-8986
Melissa Blank	920-460-1056
Julie Bixby-Wendt	920-864-2873
Curtis Boettcher	920-739-2250
Alvina Chambers	920-707-0303
Bonnie Coonen	920-766-5020
Nancy Freimuth	920-731-9832
Virginia Foster	920-739-3547
Richard Gear	920-734-0807
Mike & Joann	
Hopfensperger	920-733-1095
Richard & Debbie	
Logan	920-205-6809
Kim & Steve Nissen	920-739-7483
Susan Marjenka	920-470-8055
Donna Michalkiewicz	920-731-1766
Tim & Sandy Page	920-229-6432
Tina Peck	920-636-5079
John & Pam Reilly	920-757-7191
Melissa Reilly	920-757-7191
Julie Reiser	920-268-8318
Linda Schabloski	920-205-7589
Ingeborg Silbaugh	815-608-7313
Dan & Sally	
Smithback	920-735-9277
Tom Somenske	920-788-9002
Pam Tonagel-Hendricks	920-722-6833
Alan Toney	920-376-6692
Linda Van Stralen	920-788-5293
Jenny & Andy Wesner	920-379-7966
Warren & Wendy	
Zimmer	920-725-5159
Liz Zimmerman	920-231-5643

Survivors of Suicide (S.O.S.) Oshkosh & Neighbors

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.

Oshkosh 3rd Thursday. United Way Oshkosh Area, 36 Broad St. 6:30-8:30 p.m. 920-230-4840

Ripon 1st Thursday. Immanuel United Methodist Church, 401 W. Fond du Lac St. 6:30-8:30 p.m. 920-229-6432

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

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

For more info email Barb: bbigalke2@new.rr.com

A Time to Mourn 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 from 7:00—8:30 p.m.

Affinity Visiting Nurses Hospice Programs

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

Contact: Affinity Visiting Nurses **866 236-8500** or at **920-727-2000**.

Oshkosh: 3rd Thursday of each month at the Oshkosh Senior Center, 200 N. Campbell Rd. 6 p.m.

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

Young Adult Appleton: 3rd Wednesday of each month at Harmony Café, 233 E. College Ave. 5:45 pm.

Ripon (New!): 3rd Monday of each month at Mug Coffee House, 307 Watson St. 6 p.m.

Peace through Grief

This is an Affinity Nurses program offered at their Neenah office. This 6-week program provides information and support, looking at all aspects of grief. For those interested, pre-registration is required, to allow for ample curriculum and supplied for each participant. Please contact the Affinity Nurses hotline **866 236-8500** for dates.

Dear Beloved Family Members and Friends,

On April 27, 2013, we will be hosting **Oshkosh's 3rd Annual Chester Marcol 5K Walk for Suicide Awareness**. At this event, we wish to honor your loved one on our "Memorial Wall" which will be attended by a **US NAVY COLOR GUARD**. They will be special guests at our walk! ALL are welcome and encouraged to send a picture. Please send a scanned picture of your loved one to liz_zimmerman@yahoo.com or send the actual picture to:

PLEASE include the name, birth year & death year or age of your loved one, so others may pay their respects. If you need help providing a picture, please call or email me and I will help you.

(Any picture you wish to have returned, MUST have a self addressed STAMPED envelope for its return.)

Any questions please call Liz @ [920-231-5643](tel:920-231-5643) or email me at the address above.



Liz Zimmerman
c/o Wesner Auto Body
2025 Dickinson Ave.
Oshkosh, WI 54904.

The textures of life are as diverse as the textures nature shows us every season . . .

If there is a season I've loved, and there were many, Why doesn't it feel the same now?

Something happened that changed my whole world, - I lost a loved one by suicide.

For me, Autumn faded into winter, winter seemed longer, colder... lonelier... Autumn used to be my favourite season, but I couldn't rejoice in nature's beauty - I couldn't see or feel colour, I had to be patient. Summer came and I still felt such disengagement from nature because of my grief.

When does nature's beauty suddenly appear again in our lives after a bereavement ?

...It varies with each person, because we are all different.

For me, it was many years, after 7 long, bland years

I appreciated

my senses returning...

Slowly seeping into my daily life like an old friend.

I hope you can in some small way, begin to enjoy the colours of nature I am able to share with you.

When you feel alone, take courage & draw strength from those who are willing and ready to be near when times (for us) seem just too hard to bear.

Thank you for supporting each other, thank you for caring.

When you feel the gentle breeze on your face, Maybe your comfort lies in the belief that the one you love is not only in your heart, and in your memories, but is also all around you. Surround yourself with your memories until the pain begins to be bearable.

Find more inspiration on the website The Gift of Keith at this link: <http://thegiftofkeith.org/info/main.html>

Grief Support Groups for Children, Young Adults and Men

Grieving Children Center, Appleton

Meets from 6:45 - 8 PM at the Boys and Girls Club of the Fox Valley, 160 S. Badger Ave. **Appleton**. Contact is the Center for Grieving Children Director Loris Damerow, coordinator of this group. Teens may call anytime to join [920-750-5839](tel:920-750-5839) or email at ldamerow@bgclubfoxvalley.org

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: bbi-galke2@new.rr.com

S.O.S. Grief Support Group Oshkosh Teens

Where: Meets at the Hooper Community Center 36 Broad St Suite 140 Oshkosh, every **2nd & 4th Tuesday**, 6:30-8:30pm. More info: 920-230-4840

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.

Compassionate Friends Group

For those who have experienced the loss of a child, meets every 4th Thursday at Faith United Methodist Church, 1025 Tullar Rd. **Neeah**, 7 p.m.

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 Affinity Visiting Nurses at 866-236-8500 for more information. Now meets at 816 W. Winneconne Ave. **Neeah**. First Wed of ea. month 6 p.m.—8 p.m.

For more info on grief support groups please email the Fox Valley Grief Network at: info@wichmannfuneralhomes.com



Survivors of Suicide (S.O.S.)

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

We Will Never Forget You

- ♥ Nick Ahrens * May 15, 2001 * 14 ♥
Cody Barker * Sept. 13, 2010 * 17
Cheryl Berger * Sept. 17, 2011 45
Rick Biesterveld * Jan. 28, 2010 * 48
Jeff Blank * Feb. 21, 2012 * 52
“Skippy” Bixby * Sept. 17, 2006 * 44
Mark Boettcher * March 14, 2011 * 43
Mike Boos * Sept. 20, 2011 * 24
Gaylord Christians * Sept. 12, 2011 * 27
Alex Cornelius * Sept. 2, 2011 * 15
Debra Lee Disbrow * Apr. 27, 2011 * 59
*Sister of Nancy Freimuth 920-731-9832
920-740-4762 nancydf@new.rr.com*
Devon Finger * Nov. 13, 2011 * 50
Matt Foster * Nov. 8, 2011 * 45
Jo Gear * Nov. 27, 2006 * 58
Shane Hopfensperger * Feb. 28, 2004 * 25
Steven Keppler * May 8, 2007 * 48

Nothing
lasts forever even pain
unless we want it to
Is a truth that must be faced
if life is to go on
Deb Kosmer
debkosmer@new.rr.com
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- Grant Laib * June 29, 2011 * 27
Tanner Logan * Sept. 14, 2004 * 17
Ted Marjenka * July 21, 2010 * 62
Jeremy McKendry * Oct. 10, 2011 * 21
Bonnie Michalkiewicz * Apr. 5, 1999 * 14
*Daughter of Donna Michalkiewicz
920-731-1766 jmichalkiewicz1@new.rr.com*
James Page * Dec. 4, 2004 * 16
Amanda Reilly * Oct. 15, 2007 * 26
John Reiser * Oct 13, 2010 * 51
Andrea Schabloski * Aug. 31, 1999 * 16
Erik Smithback * Feb. 28, 2010 * 22
Grace Somenske * Nov. 7, 2008 * 59
Craig Edward Tonagel * Dec. 3, 2002 * 33
Mark F. Vermeern * Apr. 25, 2006 * 19
*Son of Kim & Steve Nissen 920-739-7483
stevkimnissen@hotmail.com*
Salvatore Vitale * Sept. 14, 1999 * 27
Alex Wesner * July 31, 2007 * 18
Justin Zimmer * Jan. 15, 2006 * 15

