



E-Mail Newsletter

MARCH 15, 2008

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"Friends

Helping

Friends."

Everyday is

A gift, that's

why we

call

today,

"the

present"

Taking care of you

It's never a bad time to share the stages of grief. We all go through some of them, some go through all of them. Remember there are no rules and these are not written in stone. Use it as a guide, something that can help you when you are feeling different.

We all get to choose how we live our lives, they will never be the same, but they can be good again.

Get outside and try to get some fresh air, work in garden if you can, plant some flowers. Plant a tree in your loved ones memory so you will have a purpose to get out there and get some fresh air.

Remember, no matter what the memories never leave us, no matter where we are or where we go, if we move to a new home or a new town, the memories always stay in our hearts.

Denial and Isolation Phase of Grief

When a person is dying or experiencing the death of a loved one, it is often difficult to understand their behavior. Reactions to friends and other family members can be bewildering and hard to accept. [Dr. Elisabeth Kubler-Ross](#) is known for her research and strategies of care for the dying. She determined that terminally ill patients and family members, who are losing or have lost a loved one, go through several stages of grief. Grief reactions are not only seen around those who are experiencing death but anyone going through a traumatic event. These stages are described as:

- denial
- anger
- bargaining
- depression
- acceptance

Denial and isolation are usually the first reactions in the grief process, but not always. All human beings are individuals and do not go through the stages of grief in the expected order. Denial and isolation reactions are shown when the affected individual:

- talks only about the future
- avoids talking about their or their loved one's illness
- avoids family and friends
- blame the doctor for their illness
- claim the test results were wrong
- blame the hospital or agency for "messaging up"
- refuse to return phone calls to friends and loved ones

Anger Phase of Grief

Knowing what to expect from a dying individual and their family will help you cope with their reactions. Of all the stages in the grieving process, anger can be the most difficult for a friend or family member to understand. Typically, an individual moves from the denial stage to the anger stage when he or she realizes that death is probable. During this stage the person may:

- ask "Why me?"
- feel angry that they are dying while others are allowed to live
- may question religious beliefs
- accuse family members or friends of uncaring attitudes

Bargaining Phase of Grief

After the dying person or family member has vented his anger at friends, family and at God, he or she enters the bargaining phase. This stage is seen as an attempt to enter some agreement or to finish an important task to prolong life.

During the bargaining stage, the affected person:

- makes promises to God or other higher power
- agrees to change their lives if allowed to live

Depression Phase of Grief

After going through the bargaining stage, the dying individual or family members usually enters a depression. This is the beginning of realization that death will occur. If the person is going through an extended illness, the realization comes after symptoms worsen and a sense of great loss occurs. Patients in this stage are usually weaker and unable to perform even the simplest of tasks. Dr. Kubler Ross stated that there were two types of depression: reactionary and preparatory. Reactionary depression occurs because there are additional losses of:

- finances
- job
- independence
- family role
- intimacy

- disability

Acceptance Phase of Grief

Acceptance is considered the final stage in the grief process. Some family members and friends see this as a happy time of resolution. However, according to Dr. Kubler-Ross, this time demonstrates a time where a dying person is void of feeling and begins to concentrate on their inner self. Many professionals feel that this stage comes as a result of the dying person becoming physically weaker. This stage is usually only seen in individuals that have enough time to work through the other stages of grief.

During this time, the dying individual exhibits:

- a decrease in interest in worldly events
- a desire to be left alone
- a decreased desire for communication
- a increase in detachment from loved ones

Our next Newsletter will be sent out in May, we will start sending them every other month. If anyone has anyone they would like to see in the Newsletter, please write to me at annegd@groww.org. Suggestions, article contributions, recipes and poetry are greatly appreciated. Have you read a new book, would you like to do a book review for the newsletter, write to me.

Until next month

Good grief

AnneGD@groww.org



Chatting Tips: staff@groww.org

When you do get in to the chat room, are you finding you can't keep up and the screen is too small? Look up at the top right hand corner and click on the button which says FLOAT... it will open a new window... now MAXIMIZE that window by clicking on the square in the upper right hand corner... the square is between the "-" and the "x"... it will make the room larger, then type *chat font size 14 or 16

If you are having trouble connecting to the chat rooms, you may need to update your java. Are you getting that blue screen when you try to log on? Try this link and follow the instructions, it should solve your problem

<http://java.sun.com/getjava/download.html>

Help GROWW

What if GROWW earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

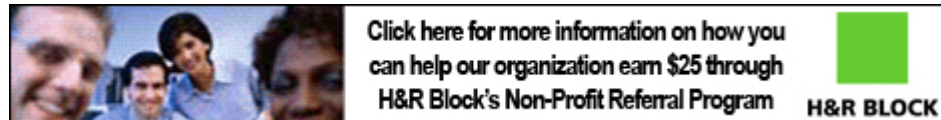
GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause.

Just go to www.goodsearch.com and be sure to enter GROWW as the charity you want to support. And, be sure to spread the word!

This is to make everyone aware of another way to generate funding to keep the GROWW web site viable and available for those that are trudging their way through the loss of a loved one. As we approach the end of the year, we are also approaching another annual event that just cannot be avoided; namely filing our federal income tax returns. This year, H&R Block has initiated a Non-Profit Referral Program to help organizations such as GROWW.

Here is how it works. For each new client (anyone that did NOT file their prior year's tax return through H&R Block), H&R Block will send \$25 to GROWW. All you have to do is present the official certificate to the tax professional when you visit any H&R Block office and file your tax return for 2006. All you need to do is go to the HelpGROWW web page at <http://www.groww.org/helpgroww/index.htm>; scroll down to the banner that looks like this:



Click on this banner and a certificate will open in a new window. Print the certificate, present it to the tax professional at your local H&R Block office, and file your tax return. You will be helping GROWW, get H&R Block guarantee of accuracy, and perhaps get a larger refund. Thank you in advance.

GROWW is a 501© non-profit organization.

Any and all donations are tax deductible.

For a donation form click on the link below

<http://www.groww.org/helpgroww/orderform.htm>



GROWW, Inc.
11677
Douglas
Road
102-PMB 101
Alpharetta,
GA 30005

E-mail
newsletter@groww.org

We're on the Web!
www.groww.org

GRIEF

Grieving is as natural
as crying when you are hurt,
sleeping when you are tired,
eating when you are hungry
or sneezing when your nose itches.
It's nature's way of healing a broken heart.
A cut finger is numb before it bleeds.
It bleeds before it hurts.
It hurts until it begins to heal.
It forms a scab and itches until finally,
the scab is gone and a small scar is left
where once there was a wound.
Grief is the deepest wound you will ever have.
Like a cut finger,
it goes through stages and leaves a scar.
When you try to help someone heal from their pain,
chances are you are probably healing yourself.
Listen to the words
within your own heart.

Author Unknown

Thank you Lorraine for sending me the above

Grief Link

[Do Not Grieve Alone.com](http://DoNotGrieveAlone.com)

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing and mistakes into important events.
Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow"
Melodie Beattie

DATES

Today is the Ides of March.

If you read Julius Caesar in high school, you may retain the feeling that the date portends ill. (It was the alleged date of the assassination of Caesar, and he had been warned by a soothsayer to beware it.)

Actually, in the earliest Roman calendar (supposedly devised by Romulus, he of the wolf surrogate parents and the mythical founder of Rome), the Ides simply meant the middle of the month. In March, May, July and October, the Ides fell on the 15th. It was on the 13th for the remaining months.

Although humans have tried to track dates and time from earliest times, there have always been adjustments, some of them very complicated and pretty bizarre.

After the loss of loved ones, dates can assume a huge importance as we struggle to find ways to cope with their significance and mourn our loss in ways we feel are appropriate. There are many suggestions as to meaningful ways to handle our anniversaries: some visit the cemetery with flowers or a meal; some release balloons (which is now illegal in some states); some spread rose petals at the site; some look at photographs or videos; some crawl under the covers and stay there.

Those of us further along the journey often caution newer members not to give "dates" any more power than absolutely necessary, and many have found that our dread anticipation of those dates is far worse than the actual date. Our loved ones are just as gone from us the day before and the day following as they are on what we consider to be special dates. Given the many revisions in the long history of making calendars, the exact anniversary date is hardly likely to be exactly one year from the last time that date occurred, anyway. (Note that this year had 29 days of February, unlike the more usual 28, for example.)

Certainly we need to remember our loved ones, and in ways most significant to us. Perhaps by doing something extra nice for our grieving selves. Buy yourself flowers. Take a long bubble bath. Walk briskly long enough to release both physical and emotional tension. Reach out to another with kindness.

Our loved ones will always be in our hearts. They need no "special days," nor do we, really.

Barby