



E-Mail Newsletter

APRIL 18, 2010

MARCH 2010 VOLUME 5, NUMBER 1

Taking care of you

Spring has come and gone in the blink of an eye, or so it seems. Global warming or whatever the accurate name for it might be is sure messing up everyone's weather. It has been warmer up north on some days then it was here in the south. It was colder in California then it was in Georgia, we got snow twice in February in Georgia, that's just not right.

I think everyone wants spring, we already changed the clock. Lots of people have planted their flowers because it's time to see the pretty colors and maybe even make people smile. Those of us that have been on this road for a while want our flowers to bloom. Those of you who have just joined us on this grief journey, you are probably receiving mixed signals, the flowers blooming could be making you sadder then you expected, this is normal. We all grieve differently; there is no right way or wrong way, just YOUR way. If the flowers make you smile, smile, for a moment, a minute, or the whole day. If they make you sad, know that it's ok; they won't always make you sad. Flowers are life blooming and sometimes reminds us that life goes on with or without us.

Try to get out there and do something for yourself, it doesn't have to be anything big. Go to the store and pick of some sunscreen, get yourself a lawn chair and go sit on your deck or in your yard. Sit around and relax, grab a book, even a grief book. The fresh air will do you good and maybe take the winter blues away!

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

Hints from H&R Block-courtesy of PG Felker

"Friends

Helping

Friends."

• *Everyday*
is

A gift, that's
why

We call today
"the present"

More dependents mean more tax breaks: When you have a life event change, such as adding a dependent to your family, even if you've maximized your contributions to your Dependent Care Benefit plan, you may still find more benefit. If your expenses are greater than your contributions, you may be able to claim up to an additional \$1,000 using the child care credit. Consult a tax professional for more information.

Avoid penalties by changing your withholding: If you didn't have enough taxes withheld from your paycheck, the IRS will penalize you. Consider increasing your withholding to avoid another penalty next year. Fill out a new Form W-4 to give to your employer.

Do yourself a favor by contributing to an IRA: Your IRA investment will continue to save tax dollars each year, because the earnings inside your account aren't taxed until you withdraw the money.

Get the right skills for today's jobs: The Employment and Training Administration (ETA) teaches you the skills to get hired and provides training for today's job market. The agency also helps match people with job opportunities. To find out more, call 1-877-872-5627 or TTY at 1-877-889-5627. Or visit the ETA at www.doleta.gov.

Use equity in your home for home improvements: If you improve or update your home you may ultimately raise your home's value! Therefore, you may want to consider borrowing against the equity in your home to pay for your improvement projects. By taking advantage of low home-mortgage interest rates, you'll get a tax deduction for the interest you pay on the money you borrow.

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>



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GA 30005

E-mail
newsletter@groww.org

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

Contact Information

For information or questions about GROWW, please write to staff@groww.org

Anyone who hasn't signed up for a password for the message boards and would like to do so please go to the following link and submit the information required. Please remember we are all volunteers here and it may take up to 48 hours to process your request.

<http://www.groww.org/community/boards/passwordform.htm>

Resources

How do you explain to your young child that mommy lost the baby she was carrying in her tummy? Or tell them that a family friend lost his battle with AIDS? Or answer "Why did puppy have to die?" In an eighteen month period, I was faced with explaining all of these things to my four year old son. I couldn't find any books that were specific enough, or age appropriate to give him the answers I wanted him to have. So, I wrote my own. I am trying make as many families with grieving children as I can aware of this resource.

"Mommy, What is Dead?" (copyright 2007) is a soft cover illustrated book explaining death and dying, aimed at preschoolers and young children. It explains the difference between body and soul, and the various ways people and animals die. Taking no religious stance, it offers the two most common beliefs as to what happens to the soul after death ("heaven" and reincarnation). "Mommy, What is Dead?" offers comfort by telling children that our memories are the way love continues on. With gentle text, and simple pictures, young children easily understand its message. A complete eBook is available by email upon request.

"Mommy, What is Dead?" can be previewed, and is available through our website at <http://mommywhatis.com>.

I wrote this book in hopes that my efforts can help other families during a difficult time, like it did mine, and that it may be used as a resource in healing. I hope you can help me get in touch with those who have young children who have experienced loss, and may have need of a book like mine.

Should you have any questions, please email me at mycasa2ucasa@yahoo.com
Thank you for the opportunity to share this with you.

Nikki Aksamit

PS: there is a news article available, if anyone would like a copy, please email me and I will send it to you annegd@groww.org, please put Newsletter Article in the subject.

I'd like to share with you that Tom Wilson, the cartoonist of the popular Ziggy comic strip, lost his beloved wife to breast cancer several years ago and has written a very touching, inspirational book about his journey. I know that those who come to your support groups or website in search of guidance will find great comfort by reading his story.

Until 01/19/10, Mr. Wilson is donating 100% of his personal royalties to the LIVESTRONG foundation. I have included the link so you can read more about the beautiful effort he is making to help heal others. Thank you for the work you are doing to help heal those in need. I am very thankful for the kind hearts who are making a difference in this world.

<http://zigzagging.hcibooks.com/>

Sincerely,

Rene

I have no affiliation to the LiveSTRONG organization aside from being an admirer of their work, and having had the good fortune of meeting Mr. Wilson several months ago at a book signing. I read this book and I found it so powerful, I sincerely believe it can help all those who read it, and wish for it to reach as many people as possible.

PS: I received a copy of the book from a friend and plan to read it, if anyone who is widowed would like to borrow it after I finish it, send me an email.

Compassion Books is pleased to announce our new 2010 catalog!

This year, in addition to classics and timeless favorites, we have more than forty new resources to help children, adults, caregivers, and professionals with grief and losses of all kinds. We have reviewed dozens of new works in the last year, and have gleaned what we feel are the most innovative, professional, and accessible to include in our collection.

To view our new and classic resources, visit us on the web
<http://www.compassionbooks.com/store/>

For a free copy of our 2010 catalog, please email, call, or fax us with your request.

Compassion Books
7036 State Hwy 80 South, Burnsville, NC 28714
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www.compassionbooks.com • orders@compassionbooks.com

The Dougy Center announces its new online support community.

The Dougy Center's new online support community connects teens, young adults and parents of children grieving a death for support and inspiration. Join the discussion at www.dougy.inspire.com

Poetry

A LOVE THAT NEVER DIED

Red roses were her favorites, her name was also Rose.
And every year her husband sent them, tied with pretty bows.
The year he died, the roses were delivered to her door.
The card said, "Be my Valentine," like all the years before.

Each year he sent her roses and the note would always say,
"I love you even more this year, than last year on this day."
"My love for you will always grow, with every passing year."
She knew this was the last time that the roses would appear.
She thought, he ordered roses in advance before this day.
Her loving husband did not know that he would pass away.
He always liked to do things early, way before the time.
Then, if he got too busy, everything would work out fine.
She trimmed the stems, and placed them in a very special vase.

Then, set the vase beside the portrait of his smiling face.
She would sit for hours, in her husband's favorite chair.
While staring at his picture, and the roses sitting there.

A year went by, and it was hard to live without her mate.
With loneliness and solitude, that had become her fate.
Then, the very hour, as on Valentines before,
The doorbell rang, and there were roses, sitting by her door.
She brought the roses in, and then just looked at them in shock.
Then, went to get the telephone, to call the florist shop.
The owner answered, and she asked him if he would explain,
Why would someone do this to her, causing her such pain?
"I know your husband passed away, more than a year ago,"
The owner said, "I knew you'd call, and you would want to know."

"The flowers you received today were paid for in advance."
"Your husband always planned ahead, he left nothing to chance."
"There is a standing order that I have on file down here"
"And he has paid, well in advance; you'll get them every year."
"There also is another thing, that I think you should know,
He wrote a special little card....he did this years ago."
"Then, should ever, I find that he's no longer here,
That's the card ...that should be sent, to you, the following year."
She thanked him and hung up the phone, her tears now flowing hard.
Her fingers shaking, as she slowly reached to get the card.
Inside the card, she saw that he had written her a note.
Then, as she stared in total silence, this is what he wrote...

"Hello my love, I know it's been a year since I've been gone,
I hope it hasn't been too hard for you to overcome."
"I know it must be lonely, and the pain is very real."
"For if it was the other way, I know how I would feel."
"The love we shared made everything so beautiful in life."
"I loved you more than words can say, you were the perfect wife."
"You were my friend and lover, you fulfilled my every need."
"I know it's only been a year, but please try not to grieve."
"I want you to be happy, even when you shed your tears."
"That is why the roses will be sent to you for years."
"When you get the roses, think of all the happiness,
That we had together, and how both of us were blessed."
"I have always loved you and I know I always will."
"But, my love, you must go on, you have some living still."
"Please....try to find happiness, while living out your days."
"I know it is not easy, but I hope you find some ways."
"The roses will come every year, and they will only stop,
When your door's not answered, when the florist stops to knock,"
"He will come five times that day, in case you have gone out."
"But after his last visit, he will know without a doubt,"
"To take the roses to the place, where I've instructed him,
And place the roses where we are, together once again."

Clarissa MacTavish

Recipe

[Vert's Meat Loaf](#)

1 1/2 lbs lean ground beef
1/4 C chopped onion
1 C tomato juice (I use V-8 simply because I always
have it on hand)
3/4 C Quaker oats
1 egg, slightly beaten
1/4 t pepper
1/2 t salt

Heat oven to 350. Combine all and mix lightly. Shape and put in pan.
I smother the whole thing with Heinz catsup!

8 x 4 loaf pan (I use a 7 x 11 shallow pan. Can never get the meatloaf out of a loaf pan)

Bake one hour.

Drain and let stand 5 minutes.
Enjoy!

MUNCHAUSEN'S BY INTERNET

The term "Munchausen's by internet" was coined by psychiatrist Marc Feldman in 1998, and is a widely acknowledged presence on websites, especially those with a focus on medical concerns.

Munchausen's syndrome, first given the name in 1951, is a psychologically maladaptive condition in which an individual unable, for whatever reason, to seek care, comfort and attention in appropriate ways, feigns unreal illness(es) in an attempt to gain them.

Munchausen's by proxy is even further maladaptive, as the individual seeks caring attention from medical personnel and others by causing illness – or the appearance of illness – in others. Most, though certainly not all, cases of Munchausen's by proxy involve mothers and their child or children.

With the huge and growing availability and popularity of the internet, the usual suspects have shown up, including those who perpetrate Munchausen's by internet.

Given the nature of and reason for GROWW, it's not hard to understand why fakes of various stripes would find our site attractive. Knowing that we have suffered great pain, it's reasonable for both sincere grievors and those who have a need to fake it to assume that we are a compassionate, sensitive, caring group. As watchful and careful as GROWW hosts and staff are, GROWW has never been, and never can be, immune to fakes. They are discovered eventually, or get tired of us and go away to plague another site, but they can do – and have done – a lot of damage to rooms and to individual members before they leave.

As we all know, GROWW's motto is "friends helping friends." We are not here as shrinks, policepersons or babysitters. It is up to each of us to remain both caring and cautious. If someone in a chat room seems iffy to you, be extra cautious, and please feel free to write to staff@groww.org at any time so that we can be aware of your concerns.

Please be careful.

- Do not give personal information in the room. Do not give personal information in private chat until you have chatted with the person long enough to make a reasonable judgment as to truthfulness, trustworthiness and sanity. (And be aware that the best fakes are VERY good at what they do.)
- Do not agree – or offer – to send money to another member unless you are very sure it makes sense to do so (and you won't miss the money).
- Be cautious of those who join us with a rather over-the-top history who, when the spotlight on them dims a bit, add tragedy upon tragedy.

All that said, thank you for your compassion, for your loving kindness, and for your presence.

Reminder

Send in recipes and poetry if you would like to have them posted in the Newsletter.

The next newsletter will be sent June 15, 2010