



# E-Mail Newsletter

SEPTEMBER 20, 2008

SEPTEMBER VOLUME 3, NUMBER 6

## Taking care of you

### HOW YOU CAN HELP ME

Please talk about him, even though he is gone. It is more comforting to cry than to pretend that he never existed. I need to talk about him, and I need to do it over and over.

Be patient with my agitation. Nothing feels secure in my world. Get comfortable with my crying. Sadness hits me in waves, and I never know when my tears may flow. Just sit with me in silence and hold my hand.

When you tell me what I should be doing, then I feel even more lost and alone. I feel badly enough that he is dead, so please don't make it worse by telling me I'm not doing this right.

I am not strong. I'm just numb. When you tell me I am strong, I feel that you don't see me.

Just because I look good does not mean that I feel good. Ask me how I feel only if you really have time to find out.

I don't even understand what you mean when you say, "You've got to get on with your life." My life is going on. I've been forced to take on many new responsibilities and roles. It may not look the way you think it should. This will take time and I will never be my old self again. So please, just love me as I am today, and know that with your love and support, the joy will slowly return to my life. But I will never forget and there will always be times that I cry.

I will not recover. This is not a cold or the flu. I'm not sick. I'm grieving, and that's different. My grieving may only begin 2 months after his death. Don't think that I will be over it in a year. For I am not only grieving his death, but also the person I was when I was with him, the life that we shared, the plans we had, the places we will never get to go together, and the hopes and dreams that will never come true. My whole world has crumbled and I will never be the same.

I will not always be grieving as intensely, but I will never forget him and rather than recover, I want to incorporate his life and love into the rest of my life. He is a part of me and always will be, and sometimes I will remember him with joy and other times with a tear. Both are okay.

I don't have to accept the death. Yes, I have to understand that it has happened and it is real, but there are some things in life that are just not acceptable.

Please don't say, "Call me if you need anything." I'll never call you because I have no idea what I need. Trying to figure out what you could do for me takes more energy than I have.

Understand how difficult it is for me to be surrounded by couples, to walk into events alone, to go home alone, to feel out of place in the same situations where I used to feel so comfortable.

Please don't judge me now - or think that I'm behaving strangely. Remember I'm grieving. I am in shock. I am afraid. I feel deep rage. I feel guilty. But above all, I hurt. I'm experiencing a pain unlike any I've ever felt before and one that can't be imagined by anyone who has not walked in my shoes.

"Friends

Helping

Friends."

Everyday is

A gift, that's

why we

call

today,

"the

present"

Don't worry if you think I'm getting better and then suddenly I seem to slip backward. Grief makes me behave this way at times. And please don't tell me you know how I feel, or that it's time for me to get on with my life. What I need now is time to grieve.

Most of all thank you for being my friend. Thank you for your patience. Thank you for caring. Thank you for helping, for understanding. Thank you for praying for me.

And remember in the days or years ahead, after your loss - when you need me as I have needed you - I will understand. And then I will come and be

Author unknown (submitted by Laura C)

Until next month

Good grief

[AnneGD@groww.org](mailto:AnneGD@groww.org)

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## From our Webmaster Rachel

Every so often it is nice to revisit what GROWW has to offer. Here are some helpful hints.

If you are having trouble accessing the chat rooms make sure your java is updated. If you experience a blue screen that is a clear sign that your java is not updated, go to <http://java.sun.com/getjava/download.html> to download the current version of java.

You may need to try a different browser, such as firefox.

Do you have a firewall? Have you recently installed a new program, has your system added any automatic updates, or made changes to your settings?

We hope you find this information helpful. If you have questions or have ideas that you would like us to address please email [staff@groww.org](mailto:staff@groww.org). If you are having problems accessing the site please provide as much information as possible. We will do our best to help.

## Email to Heaven

As many of you know we have struggled with offensive spam on Email to Heaven for a long time. Over the years we have been forced to take the page down as the spam became intolerable.

Unfortunately, we were forced to take stricter requirements for posting on the page. It now requires a user name and password. Any abuse will result in your access being removed.

Another measure we implemented was to install captcha, which is a program that requires you to enter a series of letters and numbers exactly as displayed. See example below:



Security Code:

We have made some changes behind the scene. Thank you for your patience while we struggled to find a solution.

Please keep in mind, when requesting permission to post it could take up to 72 hours. This is not an automated process and must be done manually.

Rachel  
Webmaster

Remember to be gentle with you as you walk this road.

## Introducing Faith Angels–

FaithAngels is a unique part of GROWW dealing with grief and how grief interacts with faith. Each person's faith is as unique to them as is their journey through grief. In FaithAngels, we explore the life changing effects grief has on our lives and how those changes impact our faith.

challenges for us through our grief process. As our website declares:

(FaithAngels) exists to be a safe place for DISCUSSION and COMFORT for those of us left, to sort out the many hard details of life in the aftermath. Human experience teaches us that even people of faith often still encounter a very rough ride on the roller coaster of grief. Our goal is to be a NON-JUDGMENTAL NON-ARGUMENTATIVE place where people of all faiths express their pain and grief-related faith issues without fear.

In FaithAngels, members share their personal prayer styles, what our "hearts" might be "chewing on", and our journey in the ups and downs of grief and the spiritual life. FaithAngels is a wonderful place of support and comfort not only within grief but our faith. This branch of GROWW meets Tuesdays from 8:30 – 10:00 pm est. and is hosted by GRHostSGeri. All are welcome to join us!

Submitted by: Barby with a great big thank you to Geri and all the wonderful Hosts who give their love and compassion to others.

## You Can Do It - You Can Help

(with apologies to Home Depot)

The love, support, and encouragement of friends and family can make a huge difference in our grief recovery. Ultimately, however, each of us is responsible for our own well-being - no one can do it for us. Below are a few suggestions for getting through and past those stuck-right-where-I-am times:

- \* Take a brisk walk. Pay attention to the seasonal changes. Autumn is beautiful in most places. (As is Spring, for our down under friends.) Your (leashed) dog would love to accompany you.
- \* At the recommended time, say goodbye to the flowers that graced your yard this summer and thank them with winter fertilizer and a good layer of mulch. Plant some bulbs to look forward to next Spring.
- \* Send a note or email to a friend who's ailing or feeling especially blue or having a birthday or other joyous occasion.
- \* Eat something that's good for you. It will make you feel virtuous that you're taking care of yourself.
- \* Eat something that's bad for you. Revel in the taste and texture.
- \* Take a multivitamin daily. (There - no need for veggies.)
- \* Plan to buy a holiday gift in remembrance of your child or sibling for a child whose only present it may be, or just because you love the child.
- \* Learn something new. A different language, how to play a musical instrument, take up knitting, learn chess. It will exercise your brain and take your mind off your sadness for a bit. (Plus, you get bragging rights for the accomplishment!)
- \* Although it's still early, consider how you will observe the holidays. Ignore them? Change them? Stick to old beloved traditions? Some people suggest that we keep some of the old ways and introduce some new ones.
- \* Make a list of the things in your life for which you are grateful. There may be more than you'd guess.
- \* A special way to honor your parent or grandparent is to get serious about the genealogical research that you know you've always meant to do. There are many online sites and books to assist.
- \* Be vigilant (which is not the same thing as hypochondriacal) about your health. Docs are great, and they work hard to keep us healthy, but no one knows our body as we do.
- \* Reach out to another in pain. Nothing helps us more than helping another.
- \* Try to remember that if today was less than serene, that has no predictive magic for tomorrow.
- \* Get out. Get moving. Do something.

This is but a small list. If you have other strategies that have worked for you, please send them to [Barby@groww.org](mailto:Barby@groww.org)

## RECIPE

Banana Bread

Whole-grain cereal, egg whites instead of whole eggs and fat-free yogurt set this delicious banana bread apart. From *eat**better**america*.

Prep Time:15 min

Start to Finish:2 hr 20 min

makes:2 loaves (12 slices each)

- 1 cups sugar
- 1/4 2 tablespoons margarine, softened
- 3 egg whites
- 1 cups mashed ripe bananas (3 to 4 medium)
- 1/2 2/3 cup Yoplait® Fat Free plain yogurt (from 2-lb container)
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cups Whole Grain Total® cereal, slightly crushed
- 1/2

1. Move oven rack to low position so that tops of pans will be in center of oven; heat oven to 350°F. Grease bottoms only of two 8x4- or 9x5-inch loaf pans with shortening.
2. In large bowl, mix sugar and margarine. Stir in eggs whites until well blended. Add bananas, yogurt and vanilla; beat until smooth. Stir in remaining ingredients except cereal just until moistened. Stir in cereal. Pour into pans.
3. Bake 8x4-inch pans about 1 hour (9x5-inch pans about 1 hour 15 minutes) or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely, about 1 hour.

#### Nutritional Information

**1 Serving:** Calories 120 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 190mg; Total Carbohydrate 24g (Dietary Fiber 0g, Sugars 13g); Protein 2g **Percent Daily Value\*:** Vitamin A 0%; Vitamin C 6%; Calcium 10%; Iron 10% **Exchanges:** 1 Starch; 1/2 Other Carbohydrate; 0 Vegetable **Carbohydrate Choices:** 1 1/2

\*Percent Daily Values are based on a 2,000 calorie diet.

**MyPyramid Servings** 1 oz-equivalents Grains

## Phil's Corner

Hi gang as I sit here typing I hope this finds everyone safe who may have been affected by the rash of bad weather we have seen the last few weeks. Please don't put yourself in harms way by ignoring the warnings of safety officials who tell you to get to a safer place.

If you have only moments before leaving, grab these things and go!

Medical supplies: prescription medications and dentures.

Disaster supplies: flashlight, batteries, radio, first aid kit, bottled water

Clothing and bedding: a change of clothes and a sleeping bag or bedroll and pillow for each household member Car keys and keys to the place you may be going (friend's or relative's home)

If local officials haven't advised an immediate evacuation:

If there's a chance the weather may get worse or flooding may happen, take steps now to protect your home and belongings. Do this only if local officials have not asked you to leave.

Protect your home:

Bring things indoors. Lawn furniture, trash cans, children's toys, garden equipment, clotheslines, hanging plants and any other objects that may fly around, and damage property should be

brought indoors.

Leave trees and shrubs alone. If you did not cut away dead or diseased branches or limbs from trees and shrubs, leave them alone. Local rubbish collection services will not have time before the storm to pick anything up.

Look for potential hazards. Look for coconuts, unripened fruit, and other objects in trees around your property that could blow or break off and fly around in high winds. Cut them off and store them indoors until the storm is over.

Turn off electricity and water. Turn off electricity at the main fuse or breaker, and turn off water at the main valve.

Leave natural gas on. Unless local officials advise otherwise, leave natural gas on because you will need it for heating and cooking when you return home. If you turn gas off, a licensed professional is required to turn it back on, and it may take weeks for a professional to respond. Turn off propane gas service. Propane tanks often become dislodged in disasters.

If high winds are expected, cover the outside of all windows of your home. Use shutters that are rated to provide significant protection from windblown debris, or fit plywood coverings over all windows.

If flooding is expected, consider using sand bags to keep water away from your home. It takes two people about one hour to fill and place 100 sandbags, giving you a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers, and time to place them properly.

Remember. Houses do not explode due to air pressure differences. Damage happens when wind gets inside a home through a broken window, door, or damaged roof.

Cover the outside of windows with shutters or plywood. Tape does not prevent windows from breaking. All tape does is prevent windows from shattering. Using tape on windows is not recommended.

#### Protect your valuables:

Move objects that may get damaged by wind or water to safer areas of your home. Move television sets, computers, stereo and electronic equipment, and easily moveable appliances like a microwave oven to higher levels of your home and away from windows. Wrap them in sheets, blankets, or burlap.

Make a visual or written record of all of your household possessions. Record model and serial numbers. This list could help you prove the value of what you owned if those possessions are damaged or destroyed, and can assist you to claim deductions on taxes.

Do this for all items in your home, including expensive items such as sofas, chairs, tables, beds, chests, wall units, and any other furniture too heavy to move. Store a copy of the record somewhere away from home, such as in a safe deposit box.

If it's possible that your home may be significantly damaged by impending disaster, consider storing your household furnishings temporarily elsewhere.

Gather essential supplies and papers.

You will need the following supplies when you leave your home; put them all together in a duffle bag or other large container in advance:

Flashlight with plenty of extra batteries

Battery-powered radio with extra batteries

First aid kit

Prescription medications in their original bottle, plus copies of the prescriptions

Eyeglasses (with a copy of the prescription)

Water (at least one gallon per person is recommended; more is better)

Foods that do not require refrigeration or cooking

Items that infants and elderly household members may require

medical equipment and devices, such as dentures, crutches, prostheses, etc.

Change of clothes for each household member

Sleeping bag or bedroll and pillow for each household member

Checkbook, cash, and credit cards

Map of the area

#### Important papers to take with you:

Driver's license or personal identification

Social Security card

Proof of residence (deed or lease)

Insurance policies

Birth and marriage certificates

Stocks, bonds, and other negotiable certificates

Wills, deeds, and copies of recent tax returns

I know with all we have gone through they throw something else on our plates. If there is one

thing I know about us Growwicians is we are a tough bunch! Stay safe gang see ya in a coupla months.

*If there is anything you would like to see in the Newsletter or contribute, please send it to [newsletter@groww.org](mailto:newsletter@groww.org). Interesting articles, recipes, poetry or anything else that you found helped you and might help others.*

**The next issue will be sent on Nov. 15<sup>th</sup>, until then, be safe and take care of yourself.**