



Spoke Newsletter

Wednesday December 19, 2018

President—Paul

Attendance: 23(56%) Attendance with make ups: 25(60%)



***Due to the Holiday Season No Meeting on
Wednesday, December 26 and Wednesday, January 2***

***Urgent: We need a Cashier for the Month of January. Please contact
Dick Cumming: Phone: 402-488-8556 Email: cumming.dick@gmail.com***

Program Wednesday, December 19, 2018

Mourning Hope—Kate Holman, Advancement Director & Dr. Ross Dirks, Volunteer

Arranged by Dennis Duckworth



Kate is currently Advancement Director of Mourning Hope Grief Center. She is a mission-driven professional with more than 10 years in the not-for-profit field. Her experience includes fundraising, event planning, staff and donor/membership management, volunteer recruitment and training, marketing, communications and writing. Kate was Community Development Manager for the American Cancer Society located here in Lincoln. She has a Bachelor of Science Degree in Hospitality Management from University of New Hampshire—Whittemore School of Business and Economics.

Dr. Ross Dirks is a retired school administrator and served in the following schools in the city of Lincoln and Raymond, Nebraska: Pound Middle School, Culler Middle School, East Middle School, Goodrich Junior High School and Raymond Central Junior High School. Memberships/Affiliations: National Association of Secondary School Principals and Nebraska State Association of Secondary School Principals. He was awarded the Sawin 'Soul Work' that recognizes an LPS Administrator (non Principal) who strives to support teaching and learning to create a world class school district.

THE MOURNING HOPE GRIEF CENTER

At Mourning Hope, youth have the opportunity to participate in peer-based grief support groups with kids their own age who have experienced similar loss. Children and teens are taught healthy coping skills for dealing with the death of a loved one. They are given the freedom to grieve in their own way and at their own pace. Ultimately, they learn that hope and healing are possible, and ***No Child Ever Has To Grieve Alone.***



***A Rotary Thank You to Kate Holman & Dr. Ross Dirks for an excellent
presentation on Mourning Hope Grief Center.***

***Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.***

December 19, 2018

Family Grief Support Group

The family grief series is for families with youth ages kindergarten through high school seniors, who have experienced the death of someone significant in their lives. Children and teens come to Mourning Hope following the death of a sibling, parent, grandparent or friend. All are welcome.

New families are welcome to join the 10-week group for the first two weeks of the series. Thereafter, the series is closed. This allows those attending to establish trust and comfort among a familiar group as they do the difficult work of mourning.

Mourning Hope has developed a curriculum for its 10-week family grief series based upon the work of nationally known death educator-counselor, Dr. Alan Wolfelt, and our experience working with hundreds of grieving families since Mourning Hope's beginnings in 1994. The curriculum includes discussion themes and activities to help kids express themselves through art, games and dramatic play. After a brief time together with all the families in the series, participants divide up by age group. The size of each age group ranges from three to eight youth, and each group has two volunteer facilitators.

Some families choose to contact Mourning Hope within the first few months after the death of a loved one. Others wait a year or more before calling. There is no timeline for grief and the choice is different for each family. As children grow and develop they often re-grieve losses as their developmental abilities progress, so many families attend the grief series more than once.

For families new to support groups, or for those who need a bit of extra support on their grief journey, Mourning Hope offers a 6-week abbreviated version of the 10-week group, "Bits of Hope."

School-Based Grief Support Group

Mourning Hope recognizes that transportation and family schedules often prohibit bereaved youth from attending a grief support group at our Center. In order to increase Mourning Hope's reach to grieving students in the Lincoln community, Mourning Hope partners with Lincoln Public Schools to offer school-based grief support groups for bereaved students. An 8-week, peer support group model was launched several years ago out of the need to reach grieving children and teens where they spend the majority of their time--in their schools.

Children's school bereavement groups offer a safe, natural environment for children to support one another. These groups help prevent negative consequences related to unresolved childhood grief such as difficulty with classroom concentration, behavioral problems, social isolation and withdrawal, depression, truancy, substance abuse and even suicide. One of the greatest program benefits is youth recognizing they are not alone in their grief.

These school-based services occur weekly during school hours and are co-facilitated by a Lincoln Public School employee and a Mourning Hope trained facilitator. Groups are designed to support grieving youth of various ages. All materials are supplied by Mourning Hope and there is no cost for the school or the youth to participate.

School personnel interested in hosting a program at their school should contact Alyssa Christensen at achristensen@mourninghope.org or call 402.488.8989. You can also reach out to Amy Lipins within the LPS school district with any questions or concerns at alipins@mourninghope.org.

Young Adult Grief Support Group

The Mourning Hope Grief Center offers **free** grief support groups for those between the ages of 19 and 30(ish). Whether you are single or married, experienced the death of a family member, coworker or friend, Mourning Hope invites you to participate in grief support sessions offered throughout the year.

Mourning Hope offers the opportunity for individuals to meet and discuss the wide range of emotions and various life events experienced following the death of a loved one. This is a safe, non-judgmental environment. Individuals will be invited to share their personal experiences with loss and grief, ask questions of the group as desired, and provide support for one another with the assistance of our dedicated staff and volunteers.

Volunteer

One of the greatest investments Mourning Hope can make in our community and in the lives of grieving families is the recruitment, training and support of a highly committed group of volunteers. Please read the Volunteer job descriptions below to determine what is best for you! Dr. Dirks words in regard to volunteers with Mourning Hope: Compassion, kindness, listening skills, manage discussions for the benefit of the group, transforming, excellent training provided and incredible joyful.

Lincoln East Rotary Club
Teacher of the Month—November 2018
Jay Lockard—Scott Middle School



Marco Pedroza, Principal—Denise Lockard, Spouse, Jay Lockard, Teacher, Kayla Finck, U. S. Bank, Wayne Casper, Chairman

Lincoln East Rotary Club Members extend a **sincere thank you and congratulations**
To Jay Lockard, as an outstanding teacher in Lincoln Middle Schools.



Chris Nealy and Staci Cline
announced their engagement on
December 17, 2018

Wedding Date: July 27, 2019

Congratulations to Chris and
Staci from Lincoln East Rotary
Club Members



Anniversaries & Birthdays

Weeks of December 20—January 9

Birthdays:

Deb Durre—December 20

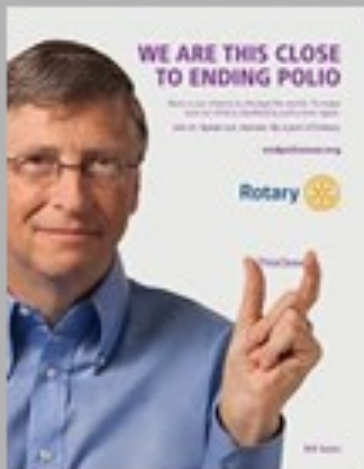
Bob Simmering—January 2

Anniversaries

Darrel Huenergardt—January 3

Jerry Christensen—January 3

(Roses) Wayne Casper, December 23—Gordon Bair, December 26—Al Burdick, December 26



Happy Dollars

Barry Stelk	\$ 5.00
Dale Lloyd	\$ 1.00
Dean Douglas	\$ 2.00
Gordon Bair	\$ 5.00
Darrel Huenergardt	\$ 2.00
Al Burdick	\$ 5.00
Greg Schnasse	\$ 2.00
Mike Carr	\$ 3.00
Ed Stivers	\$ 2.00
Gene Roth	\$ 2.00
Dennis Duckworth	\$ 2.00
Paul Horton	\$ 5.00
Wayne Casper	\$20.00
Total	\$2700



Greeter Duty

January—Greg Schnasse

Make Ups

Ozzie Gilbertson

Zambia Project

Duane Tappe

Social Event



Cashier Duty

January—Need a Volunteer

Contact Dick Cumming

Guests & Visitors

Merrilea Anderson

Steve Grosserode

Kayla Finch

U.S. Bank

Marco Pedroza

Principal, Scott School

Jay Lockard

Teacher

Denise Lockard

Spouse

Lincoln East Rotary Club—Meeting Announcements

NO Meeting—December 26, 2018—Christmas

NO Meeting—January 2, 2018—New Year

*Lincoln East Rotary Club
Spoke Newsletter
Published by Wayne Casper*