

Hello, friends,

As this year comes to an end, I want to thank everyone for their support of *Sudden1y One*. What started out as a way for the recently widowed to find information became so much more. We've found others to share our daily burdens and victories, and I hope some meaningful friendships.

Several people have asked that we consider meeting twice a month. Rather than an actual meeting, I will try to find activities that we can do at least once a month in addition to our regular meeting. If you have suggestions on what you'd like to do, or what days and times are best for you, please let me know. I'm developing a calendar for 2022 so we can plan ahead for some things to do.

At the meeting on Friday, we welcomed several new members and covered some brief announcements:

- We thanked Ingrid for leading the silent walk at Shalom Park in place of the regular November meeting. At the beginning of that walk, she offered a prayer of psalms that many have requested a copy of, so this is attached. Ingrid also provided a lovely card for us to sign and send to Ken and Mary, two of our Sudden1y One members who were married in early November. We wish them well.
- A reminder about the Wreaths Across America program for national cemeteries. This will be on December 18. The time was originally 11:00 but looks like it might be pushed up to 10:30. **If you have signed up for this, I will contact you this week with the details when I have them confirmed.** We will meet at the overflow parking lot next to the dog park and carpool to the Florida National Cemetery in Bushnell.
- I was contacted by a volunteer from Hospice of Marion County who offered to have someone speak to the group about pet bereavement. After a discussion about pets, companionship and grief in general, the group indicated we might appreciate having someone speak with us on this topic. They may present some ideas that would translate to the grief we are experiencing in the loss of our loved ones. In conjunction with this discussion, we also touched on a love of pets to provide some purpose in life by volunteering to pet sit, dog walk, or foster animals.
- Linda Glick brought and passed out packets of information from Hospice of Marion County. She also asked me to read aloud a short piece that many of us seemed to identify with: AAADD-Know the Symptoms (see attached), which provided us a much-needed laugh. Thanks, Linda.
- I was told by a couple of members that they did not realize the scope of the website [www.sudden1yone.com](http://www.sudden1yone.com). Many have only seen the first page. I demonstrated on my phone that the menu is available at the top right of the screen and will offer choices for other pages. If you haven't already discovered this, please check it out. In the meantime I will look into making the menu more apparent when you open the site.
- We discussed the possibility of an outing or two for this month: one is a visit to the World Equestrian Center to see their spectacular lights. The other is a drive-thru lighted display presented by the Ocala West United Methodist Church, just off SR 200. A sign-up sheet was passed, and I will contact those who signed up as soon as I have a date and time. If you are interested in either one of these, please let me know before ASAP so I can coordinate transportation. More information will follow to those who are signed up.
- A couple of members brought to our attention phone scams or dangerous in-person experiences to be aware of. If anyone approaches you in a parking lot for instance asking to use your phone or get out of the car to look at damage, DON'T DO IT. It is a potential theft, carjacking, or worse. Leave immediately and contact the store or place you were at and notify their security. Be aware of your surroundings at all times, and trust your instincts.
- In the spirit of looking for meaning and purpose in our lives, I invited Diane Church to address the group about the opportunities to help others through her club *Give Back to the Community*. This is an Oak Run group that meets twice a month to provide a variety of items to charitable organizations in the Ocala area. She was

assisted by Patty as they listed the more than 21 charities that this group supports and demonstrated some of the items their group makes and/or provides to these organizations, which include lap blankets, newborn caps, baby blankets, backpacks with blanket & teddy bear, cancer patient specialty items, shower kits and so much more. This could be a way for anyone looking to volunteer in some capacity to stay within Oak Run but help the entire community of Ocala. They are always in need of people to help, and you don't need to sew, knit or crochet. If you can cut fabric, tie a knot, stuff bags or help deliver boxes and clothing, they can use you. Here is a partial list of the charities they support through food, clothing, household goods, specialty items, cash donations and endless work:

- St. Paul's Church, Interfaith Church
- Board of Education Dept for Homeless Children
- Alpha Center (babies 0-3 yrs), Covington House (under 10 yrs), Arnette House (teens), Helping Hands [parent(s) with child]
- Domestic Violence shelters, Kimberly House (victims of child abuse)
- Salvation Army, Sheriffs' Ranch, Veterans
- Advent Health, Hospice of Marion County, multiple nursing homes & memory care centers

Diane's stories of the people they help is heart-wrenching. They are funded through cash donations, item donations, and proceeds from sales of their handmade items at the annual Craft Fair. **If you want to help, please contact Diane Church, 352-873-3471. The club meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month at the Island Club from 12:00 to 3:00 p.m.**

The latest membership roster is attached. For those of you who don't have email addresses, Ingrid Crane will deliver this message and any attachments to your home. *If you don't plan to return to the group, or don't want to receive this information, please let me know, and I'll remove you from the list.*

The next meeting will be **Friday, January 14th at 10:30, in the Card Room of the Orchid Club.**

Thank you, and I hope to see you next month.

Shelley  
210-410-0090

P.S. Thank you Mary G. for forwarding your portion of the Remember Me poem. I found the entire poem online and wanted to share it with the group.