

Hello, friends,

Once again, we had a large turnout—33 people! Welcome to our new members and many thanks to those who continue to support this group.

A card was passed around to the group to thank Carrie Ball for her kindness and generosity in providing the booklets that Ingrid passed out to each of us last month. If anyone has read their booklet and would like to see another, please bring it to the next meeting and exchange it. Each booklet was different, and it might be nice to sign your name on those that you've read and see how many we can circulate.

Our guest speaker (and Suddenly One member), Mary Garrepy, gave us valuable information on the Oak Run group *Reach Out-Neighbors Helping Neighbors*. A flyer is attached to keep on hand. This group provides rides to medical appointments, handyman services, call-a-day, and computer assistance. Their members are volunteers from our community and offer their services for a small donation of \$10-20 on average. The group keeps none of the money. All donations go to nonprofit organizations within the local area. If you have need of one of their services, please call the numbers listed in the flyer. If you have a skill or ability to share, please contact Mary and find out more about how you can volunteer to help others.

It was also noted that Marion Senior Services provided transportation to and from medical appointments for a fee of \$4 round trip. They require a 2-3 day notice, will get you to and from appointments between the hours of 9 am to 2 pm and there is a 2-hour window for each pickup and drop off.

Also noted is the service provided by the Marion County Fire and Rescue to install smoke detectors that you have purchased and change batteries in existing ones.

Another of our members, Bettye Wilcox, shared a service provided by several local churches. GriefShare is a Bible-based grief program offered by a number of local churches. I have pulled information from their website, which I've attached, or you can visit their site: [www.griefshare.org](http://www.griefshare.org). Bettye has also contacted her pastor, Dreana Miller, who is willing to talk with our group. Please contact Bettye if you are interested.

Bettye has also started a sign-up sheet for anyone in our group who might be interested in various activities such as card games, board games, day trips, etc. This would be for members of our group who would like to get together socially but may not be ready to join the larger Oak Run groups. It can be tailored to the interests of our members. If you did not sign up at the meeting, please contact Bettye for more information on these activities.

Kathylee reminded us that she is available for notary services at no cost to the Suddenly One group. Some of the documents we've discussed recently, such as the claim for refund from SECO for utility bills, require notarization. Please contact her at 570-650-7099 if you need this service.

A member suggested we start a "sunshine" policy of sending cards to those of our members who might need cheering up or support after surgery or during an illness. If anyone is interested in doing this, please contact me and we can discuss how we can make this happen.

Attached are two handouts regarding processing grief that you might find helpful.

I have arranged with the Oak Room Grill at the Golf Course to have a monthly lunch for Suddenly One members. **We will meet there at 11:30 on every 4<sup>th</sup> Friday of the month.** The first lunch will be **March 25<sup>th</sup>**, so please mark your calendars. If you didn't sign up at the meeting, please let me know by March 23 if you want to attend. If you did sign up and can't go, please let me know that, too. I'd like to give the restaurant an accurate count so they know how many to

set up for. This is a no-host lunch, so everyone is responsible for getting themselves to and fro and for paying for their own lunch. I know some of us might like to go to a different place each month, but for now, this is the most convenient for the largest number of our group.

The April meeting will be held on April 1<sup>st</sup>, not the 8<sup>th</sup>. This is because Oak Run has a standing commitment to another group for the use of the Card Room at that time. Please remember to come on that date, and not our usual 2<sup>nd</sup> Friday.

Ingrid has kindly offered to lead a group walk in Sholom Park in May as she did in November. Please note that the May meeting will be held in Sholom Park immediately following the walk. After that, we will find a place for the group to have lunch. We will meet at the Orchid Club at 10:30 to carpool to the park. If you are unable to, or don't care to walk, there are benches to wait on while the others walk. More details will be available at the April meeting.

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.*

Thank you, and I hope to see you next month on April 1<sup>st</sup>.

Shelley  
210-410-0090