



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

August, 2010 Newsletter

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Upcoming Events

August 19th - General Meeting- 7:00 p.m. - First Baptist Church
September 16th - General Meeting- 7:00 p.m. - First Baptist Church

TELEPHONE FRIENDS

Any of these members may be contacted to talk to you about your loss:

CHAPTER LEADER

LARAINÉ ANDERSON 351-7653

INFANT LOSS

COLLEEN & ART MANNON 535-9868

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON 573-2743

LEUKEMIA

JANE & STEVE GABRIEL 282-1924

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS 599-0772

SUICIDE

LARITA ARCHIBALD 596-2575

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT 531-5488

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

OUR MEETING ROOM HAS CHANGED

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the **First Baptist Church** downtown at 317 E. Kiowa. We understand your pain; won't you let us help you through your grief?

Our next meeting will be on August 19th, 2010.

It is often difficult to attend your first meeting, but those who do find an atmosphere of support from other parents who understand a parent's grief. Nothing is asked of you; there are no fees; you do not have to speak a word if you do not care to. If you are more comfortable bringing a friend or relative along with you, please do. Many find these meetings help them to heal; and together we learn to live with our loss. We learn that *we need not walk alone.*

We are now meeting in the Fellowship Hall downstairs. The Fellowship Hall is very private, comfortable and with its own restrooms. We will enter through the atrium doors just west of where we normally enter and, as usual, we will have our TCF sign outside in front of the door.

ORGANIZATIONAL CONTACTS

TCF National Office
P.O. Box 3656
Oak Brook, IL 60522
630-990-0010 or toll free 877-969-0010

EMAIL: nationaloffice@compassionatefriends.org

WEBSITES: National - www.compassionatefriends.org

OOPS!

We're hoping that there weren't too many people who tried to attend our last TCF meeting. Unfortunately our key card wouldn't let us in to the church so we convened to the Pikes Peak downtown. Parking downtown was a nightmare so a few of those who showed up at the church understandably headed home.

We're sorry for any inconvenience this may have caused our members and we'll try to rectify the problem so this won't happen in the future.



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Love Gift Donations

Our chapter exists entirely through your donations which are tax deductible. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.

SUBMISSION GUIDELINES

\$50 or more - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

\$0 to \$50 - A picture, if available, and dedication to be listed in the newsletter.

These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation Form.



Tell us what you want. Is there something specific that you'd like to see? Perhaps more stories or articles on healing? Recommendations for books or poems written by other TCF members?

Do you have a poem or a prayer, story or picture that you would like to share? We also welcome your contributions to our newsletter whether original or something you may have read. If submitting something you've read or know is copyrighted material, you must obtain written permission from the author prior to us going to publication.

Please address any submissions to:

Stew Levett
160 El Dorado Lane
Colorado Springs, CO 80919

Or write to: Stewart@Archangelgifts.com

Submissions need to be received by the 10th of the month to be included in the following month's newsletter. Thank you.

LOVE GIFT DONATION

Your Name _____

Child's Name _____

Date of Birth _____

Anniversary Date _____

Dedication _____

Picture Enclosed: YES NO

Mail to:
Frank Schager
2235 McArthur Ave.
Colorado Springs, CO 80909

Angel Eyes: Giving Comfort, Providing Hope

Our group offers bereavement services for parents, families, friends and caregivers who have been affected by the sudden unexpected loss of an infant or toddler. This group offers you a comfortable place to heal and learn how to live with your loss. Nothing is asked of you; you do not have to speak if you choose not to.

People who have received bereavement services report that it is very helpful for them to have people to talk to who can understand the grief of losing an infant or young child. This group is a safe place where you can talk about both your grief and the precious memories you have of your child. Each month we will begin with a particular topic, talk about how you might be affected and have time for general sharing.

The group is led by an ANGEL EYES social worker whose mission is to help families and others cope with the sudden, unexpected death of an infant or toddler throughout the state by providing a range of bereavement services. For additional help and information: **Angel Eyes 1-888-285-7437**

Web site: www.angeleyes.org

Meetings are held the 3rd Monday of the Month

Location: Colorado Springs Penrose Library, 20 N. Cascade Ave
Time: 6:30 p.m. - 8:30 p.m.

There is no cost and parking is free at the meters after 6:00 p.m.



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Dear Laraine Anderson:

The Angel Walk is the 'heart and soul' of Angel Eyes. We would like to encourage you and your constituents to join us to memorialize the precious lives of babies and children who were taken too soon. Families, friends and the Colorado community come together to participate in a tree dedication, name reading and one-mile walk at Clement Park in Littleton. This is the thirteenth year for the event. The memorial tree provides a special place for those who have lost a loved one to memorialize them. The names of the children are read during the ceremony and the family has the option to place dirt on the tree in memory of your child. Following the tree dedication ceremony, everyone gathers together to walk around the lake at Clement Park. After the walk, there is a BBQ, silent auction, kids activities (face painting and balloon tying) and a local live band. It is a wonderful time to remember and share.

I've attached a PDF of our registration brochure, please let me know if you would like me to mail you some hard copies. You can also find more information about the Angel Walk by visiting our event site at www.firstgiving.com/angeleyes. Please do not hesitate to contact me if you have any questions or concerns about the Angel Walk.

Regards,
Jenny Young

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Jenny Young, Resource Director
Angel Eyes, Formerly The Colorado SIDS Program
425 South Cherry Street, Suite 560
Denver, CO 80246
Office: 303.320.7771
Cell: 303.956.5423
jenny@angeleyes.org
www.angeleyes.org



Angel Walk: August 15, 2010 at Clement Park, visit www.firstgiving.com/angeleyes

6th Annual Golf Tournament: September 11, 2010 at Arrowhead Golf Club



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TISSUES, TEARS, & TREASURES

A circle of chairs and boxes of tissues,
a roomful of tears and emotional issues.
Frightening at first, I did not want to enter
into this strange group, and be in the center.
What I soon learned, as we sat side by side,
we were bound by the love of our children who died.
Each shattered heart,
desperately seeking a moment of peace,
from the pain and weeping.
So many things different, and yet all the same,
hearts lost in a fog of loss and pain.
Those who have journeyed, much further than me,
reached out in comfort, listened quietly.

Each shattered heart spoke, and the tissues were passed,
we never avoid speaking of the past.
This circle of friends, have found a bond,
and here I'm still known
as "Tony's Mom."
Slowly, I've found
I can reach out to others
who are newly bereaved, fathers and mothers.
Strength I have found in this
circle of chairs,
to grieve and to heal
and to show that we care.

by **Diane Barta** (*Tony's Mom*) ~ TCF Portland, Oregon

NEW: Create a Memorial Website to Remember Your Child, Sibling, or Grandchild!!

The Compassionate Friends is pleased to offer you the opportunity through a partnership with premier Internet memorial website Legacy.com for you, your friends, and family to remember and pay tribute to a special child online. These memorial websites are really easy to make (you can create one in as little as five minutes--or you can be as creative as you wish), giving you a timeless and touching site for you, family, and friends to remember and honor the child you miss, but will always remember.

To review a couple of websites on Legacy.com, created by bereaved parents, please visit

<http://memorialwebsites.legacy.com/>

[BlakeMcKenzieHarris/homepage.aspx](http://memorialwebsites.legacy.com/BlakeMcKenzieHarris/homepage.aspx) (created and sponsored by Blake Harris' Dad) and

[http://memorialwebsites.legacy.com/SNOOKIE/](http://memorialwebsites.legacy.com/SNOOKIE/homepage.aspx)

[homepage.aspx](http://memorialwebsites.legacy.com/SNOOKIE/homepage.aspx) (created and sponsored by Samantha Davis' Mom).

When you enter through our portal, a portion of the proceeds from the memorial website you create will go to support The Compassionate Friends and its many national programs designed to aid families going through the natural grieving process following the death of a child. We are currently offering you a FREE 14 day trial and, for a limited time, you'll receive 25% off your first year sponsorship of your site! For more information and to start creating your site, please visit Create a Memorial Website!

You may want to keep in mind that the memorial website you create can make a wonderful gift!

Change and Challenge

As I look back over the past six years since our son died, I realize how much I have changed. When we talk about grieving, we often forget to mention that we grieve, too, for the person we were before our child died. We might have been energetic and fun-loving, but now are serious and absorbed.

Our friends and family miss the "old us" too, and their comments show it: "Don't you think it's time to return to normal?" or, "You don't laugh as much as you used to." They are grieving for the person who will never be the same again.

Like the caterpillar who shrouds itself in a cocoon, we shroud ourselves in grief when our child dies. We wonder, our families wonder, our friends wonder – when will they come out of it? Will they make it through the long sleep?

What hues will show when they emerge? If you've ever watched a butterfly struggle from the safety of a cocoon, you'll know that the change is not quick or easy – but worth the effort!

We begin to mark our struggle from the cocoon of grief when we begin to like the "new us." When our priorities become different and people become more important than things – when we grasp a hand that reaches and reach in turn to pull another from his own cocoon, when we embrace the change and turn the change into a challenge. Then we can proudly say, "I have survived against overwhelming odds. Even though my child's death is not worth the change in and of itself, the changes and challenges give me hope that I can feel fulfilled again. I can love again."

TCF, Appleton, WI



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Due to an error on our part, the following names were omitted from our Child Anniversary list in July. Our sincere apologies go out to those families whose loved ones were absent from the July newsletter and every attempt will be made to eliminate these errors in the future.

Stew Levett - Editor

Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Ryan Rickman 11 years	Feb 11 Jul 19	Auto accident	Jean Rickman
David Scott Mueller 19 years	Oct 16 Jul 19	Drunk driver	Sandy Eversole
Michael Benjamin Decker 18 years	May 16 Jul 20	Gunshot	Mary & Jerry Decker
Veronika Olivia Baca 1 year	Aug 2 Jul 22	Heart defect	Sharon Baca
Travis Grimmer 29 years	Nov 20 Jul 23	Cancer	Mary Lou Grimmer
Sarah Katherine Stouber 5 days	Jul 18 Jul 24	Diaphragmatic hernia	JoAnn Labenberg
Cathleen Bartlett Maxwell 6 years	Mar 17 Jul 24	Auto/ped accident	Dick & Marty Maxwell
Travis Holappa 25 years	Jul 14 Jul 25	Kidnapping / Murder	Kim & Terry Packa
Kari Ann Kirt 15 years	Mar 28 Jul 26	Car accident	Lon and Andrea Kirt
Benjamin Stewart Easton 22 years	Jun 3 Jul 28	Car accident	Susan Stewart
Christie Fike 32 years	Apr 2 Jul 28	Leukemia	Shirley & Dan Emerson
Derek Matthew Chandler 14 years	Dec 4 Jul 29	Truck / ATV Accident	Billy & Cherie Chandler
Nathan Gentry 7 years	Jun 16 Jul 29	Cancer	Susan Gentry
Jimmy Schmidt 13 years	Jun 28 Jul 30	Leukemia	Jim & Laurie Schmidt
Jonathan Steven Gabriel 5 years	Apr 19 Jul 31	Leukemia	Steve & Jane Gabriel
Patricia Spain Boden 39 years	Apr 18 Jul 31	Auto accident	Margie Spain



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Remembering Our Children On Their Birthdays

<u>Child's Name</u>	<u>Date of Birth</u>		
<u>Age at Death</u>	<u>Date of Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Eric Johnson	Aug 1	Hit by car	Gary Johnson
22 years	Apr 13		
Veronika Olivia Baca	Aug 2	Heart defect	Sharon Baca
1 years	Jul 22		
Emma Renee Younger	Aug 2	Heart complications	Adam & Mindy Younger
3 months	Nov 9		
Genevieve Sucharski	Aug 2	Car accident	Mark and Karen Sucharski
18 years	May 12		
Aaron Paul Levett	Aug 2	Drug overdose	Stewart & Leta Levett
26 years	Oct 18		
Nicholas Clare Cousineau	Aug 3	Obstructed airway	George & Chris Cousineau
3 years	May 29		
Matthew John McCallister	Aug 4	House fire	Steve & Carol McCallister
22 years	Apr 3		
James Russell Kempa	Aug 4	Heart attack	Russell & Gayle Kempa
15 years	Sep 22		
Jessica Stockwell	Aug 7	Rare disease	Mark & Sally Stockwell
24 years	Oct 12		
Graham Stingley	Aug 7		Mary Winter-Stingley
23 years	Feb 18		
Stella Elliott	Aug 8	Auto accident	Donna Elliott
6 months	Feb 17		
Clayton Neal Brehm	Aug 10	Drug overdose	Ramona Atkinson
26 years	Sep 23		
Kimberly Denise Patterson	Aug 11	Auto accident	Sigrid Patterson
16 years	Oct 30		
Michael Williams	Aug 13	Heart rejection	Carmen Randall
28 years	May 18		
Christopher Calegar	Aug 15	Car accident	Kevin & Linda Calegar
10 years	Mar 22		
Gina Marie Geffre	Aug 16	Airplane crash	Joann Jahraus
14 years	May 29		
Zack Orr	Aug 16	Train accident	Dave & Sharon Orr
12 years	May 25		
Suzanne Bethany Thomas	Aug 20	Leukemia	Arnie & Mary Thomas
4 years	Oct 3		



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Remembering Our Children On Their Birthdays

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Susanna Jeanette Scruggs 23 years	Aug 21 Nov 22	Friedrich's Ataxia	Patricia Beard
Raul Garcia 19 years	Aug 21 Sep 17	Hit by Drunk Driver	Rena Gonzalez
Mia Allyson Gardiner 16 years	Aug 22 Dec 4	Car accident	Peri Gardiner
Lance Alan Rigby 21 years	Aug 25 Sep 1	Car accident	Deborah Rigby
Sayge Frisco 1 day	Aug 26 Aug 26	Stillborn	Renai Frisco
Sheldon Pasca 20 years	Aug 26 Nov 30	Stabbing	Norma Watkins
Patrick Casey Hildebrand 21 years	Aug 26 Feb 9	Auto / pedestrian accident	Dr. Jan and Judi Hildebrand
Mary Hope Burton 7 years	Aug 27 Dec 30	Perforated gastric ulcer	Jim & Betty Burton
Andrew Paul Whiteman 20 years	Aug 27 Jul 2	Motorcycle accident	Lyle Whiteman
Kevin Hardman 21 years	Aug 28 Aug 6	Allergic to morphine	Dianne McLaughlin
Nolan Edward Stites 19 years	Aug 31 Aug 29	Psychological homicide	Richard & Marilyn Stites

Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Tyrone Elliott Bautista 19 years	Apr 22 Aug 1	Homicide	Rosemary Devney
Bradly Garrard 18 years	Dec 12 Aug 1	Unknown	Sally Garrard
Jason Bradford Pfeif 18 years	Jun 17 Aug 1	Drowning	Chris and Brad Pfeif
Chelsey Ann Kear 15 years	Dec 29 Aug 5	Suicide	Tami Kear
Kevin Hardman 21 years	Aug 28 Aug 6	Allergic to morphine	Dianne McLaughlin



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Remembering Our Children On Their Anniversaries

<u>Child's Name</u>	<u>Date of Birth</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
<u>Age at Death</u>	<u>Date of Death</u>		
Keith Andrew Barrett	Mar 8	Auto Accident	Ree Barrett
24 years	Aug 9		
Cynthia Claypool Martin	Feb 4	Sudden death	Steve & Ann Claypool
39 years	Aug 9		
Laura Dean	Jun 17	Birth defect	Barbara Dean
30 years	Aug 16		
Andrew Paul Weaver	May 16	Vehicle accident	Valerie Lightbody
20 years	Aug 17		
Nikolas Chunn	Feb 21	Drowning / hotel pool	Monica & Doug Chunn
5 years	Aug 18		
Derrick Shane Moore	Sep 28	Electrocution	Ray & Deanna Moore
11 years	Aug 20		
Scott Martinson	Mar 26	Leukemia	JoAnn Martinson
6 years	Aug 21		
Nathaniel Hughes	Dec 19	Homicide	Jim Hughes
18 years	Aug 21		
Clayton Champion	Mar 24	Sudden death	Jessie & Phyllis Roark
29 years	Aug 22		
Jose N. Camacho	May 8	Accidental shooting	William & Veronica Camacho
9 years	Aug 24		
Sayge Frisco	Aug 26	Stillborn	Renai Frisco
1 day	Aug 26		
Kimberly Elizabeth Pratt	Sep 12	Diabetes / epilepsy	Pam Bilberry
17 years	Aug 27		
Nicole Maria Kelley	Dec 8	Anesthesia complications	John & Lois Kelley
4 years	Aug 28		
Nolan Edward Stites	Aug 31	Psychological homicide	Richard & Marilyn Stites
19 years	Aug 29		
Ian Matthew Anderson	Feb 2	Rare fibrousing disease	Joann & David Butler
18 years	Aug 29		



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What the caterpillar
calls the end,
the rest of the world
calls a butterfly.
Lao Tzu

NEW SCHOOL YEAR

TO MOST PEOPLE SCHOOL MEANS:

The kids out from underfoot, caps on;
Buying a new lunch box, new clothes
and the usual school supplies; Fixing
breakfast and trying to get it eaten;
Getting to a school bus on time.

WHAT DOES SCHOOL MEAN TO A MOTHER WHO HAS LOST A CHILD?

Watching other children filled with
excitement; A little boy who should be
in kindergarten; A brother who must go
off to school by himself; A teacher who
must reach out to a class when her little
one won't be in school this year; A
mother sending two children off, when
there should be three.

Many tears, behind smiling faces!

*Patsy Hedges
TCF, Frederick County, MD*



Back to School

Everywhere you look it's "Back to School" sales and bargains. The mall and newspapers are full of ads about what your child will need. Great! But what if your child isn't going to school?

We found out about holidays soon after Jessica died. Valentine's Day, which is usually pretty inoffensive, came ten days after her death. She had been making plans for her pre-school party and we quickly found out about holidays and what they are like after your child dies. After that came other holidays and a birthday.

But one snuck up on us and caught us with our guard down. I began to feel very uncomfortable about the notices for kindergarten registration in the papers. Then the Back-to-School ads started. As the first day of school approached, I knew this was a day I hadn't expected to have to handle as part of my grieving. I hadn't even read about it in all the books I'd been pouring through. Fortunately, I had two dear friends who felt my apprehension of the coming day; they were determined to keep me busy, but the agony was still there. It seemed that everywhere I looked were school buses and excited children in their new clothes.

I kept thinking how unfair it was. Jessica is in new clothes but where she is... certainly, she wasn't one of those happy, excited children going off to school. I hear other moms saying that they can't wait for school to start so they'll feel free. This is the year I'd have been "free". Jessica would have been in school all day and my son is going into the seventh grade.

"FREE!" If other moms only knew... for the past 19 months I've been so free I can't stand it.

Peggy Miller, TCF Seattle, King County

What is Left?

When a child dies, you ask, among other questions, what is left? A beautiful, sensitive, intelligent son has chosen to end his life. What can be left after such a crushing blow? Others will point out that you have a spouse, other children or grandchildren, perhaps relatives and friends. They are all left. Perhaps you have a career that is left. And yet, how meaningless all of those are to a bereaved parent, to one who is suffering the most devastating loss of all. So you continue to search for what it is that is left.

You read books on bereavement, scarcely remembering what you have read; you attend meetings, talk with others who have suffered a loss like yours. If you are fortunate you have one or two good friends who, while they cannot fully understand, are there to love and listen. Perhaps there is a therapist who guides you in your search for an answer. But for a long while everything you read or hear has little meaning and certainly cannot provide the answer to your question.

Or can it? Does all that you have read and heard and experienced finally come together and answer the questions of what is left? For me it does. The answer was 13 months in coming, but how clear it seems now. I am left. That's it! I am left and I have been left with the love of Scott. It is a new love, it is different, more intense, it is undemanding, it need not be reciprocated, there are no strings attached. I love this love of Scott's. It warms me and comforts me. It is a wonderful love, but I cannot keep it. It would be wrong to do so, this love is too precious to keep to myself.

I am left with love to spare and love to share. It will never run out. He will always be with me to replenish it. I have found my answer! I am left to share Scott's love with you.

Betty Stevens, TCF Baltimore, MD

August 2010

The Compassionate Friends
Pikes Peak Chapter
P.O. Box 26239
Colorado Springs, CO 80936



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of the
Pikes Peak Region