



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

February, 2011 Newsletter

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## Upcoming Events

February 17th - General Meeting - 7:00 p.m. - First Baptist Church

March 17th - 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

## Welcome

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 February 17th, 2011.

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*.

## ORGANIZATIONAL CONTACTS

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

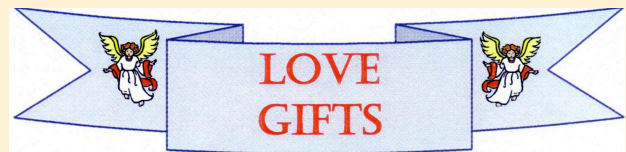
EMAIL:

[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

WEBSITES: National -

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Colorado - [www.tcfcolorado.org](http://www.tcfcolorado.org)



Sheila Slade in memory of

***Karen Jean Slade***

DOB: February 2nd

Anniversary: February 8th

*In loving memory of my daughter  
Karen Jean Slade*



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12/13/2010  
Compassionate Friends  
Pikes Peak Chapter  
P.O. Box 26239  
Colorado Springs Co. 80936  
Dear Friends,  
Re: Feb. newsletter  
Enclosed is a check  
for \$1. I would like to  
sponsor the Feb. newsletter  
in loving memory of my  
daughter Karen-Jean Slade.  
Also please list under  
child birthday Feb. 2, 1950  
Died Feb. 7, 1980  
Also enclosed is a  
photo. If possible print  
photo in newsletter.  
Thank you  
Sincerely yours,  
Sheila Slade



### 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. Wouldn't you like to make a dedication to your child and help our chapter?**



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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>
Karen-Jean Slade 30 years	Feb 2 Feb 7		Sheila Slade
Ian Matthew Anderson 18 years	Feb 2 Aug 29	Fibrosing disease	Joann & David Butler
Kent Curtis Junglen 31 years	Feb 3 Feb 18	Brain tumor	James Junglen
Cynthia Claypool Martin 39 years	Feb 4 Aug 9	Sudden death	Steve & Ann Claypool
Ethan Ford Mosman 7 years	Feb 5 Dec 18	Auto accident	Christi & Mike Mosman
Stephen Merle Schmoker 39 years	Feb 5 Nov 19	Brain tumor	Shirley & Ralph Greer
Michael William Sarmento 46 years	Feb 7 May 29	Heart attack	Donna (Sarmento) Pugh
Tyler Glicken 19 years	Feb 8 Dec 22	Car accident	Ginger Jones
Kimberley Dawn Leir 6 years	Feb 8 May 18	Respiratory failure	Adaline and Herb Leir
Jillian Overly 1 month	Feb 9 Mar 10	SIDS	Dauna Overly
Ryan Rickman 11 years	Feb 11 Jul 19	Auto accident	Jean Rickman
Jay Aguanno 19 years	Feb 12 Jul 7	Accidental overdose	Jean Aguanno
Claire Palmer 21 years	Feb 12 Sep 17	Carbon monoxide poisoning	Jo & Lawrence Palmer
Gary Carlson 44 years	Feb 15 Apr 25		Phil & Rose Carlson
Aaron Steffens 36 years	Feb 16 Jun 5	Diabetes related	Lynn Nickel
Ember Maria Arthur 30 years	Feb 16 Dec 17	Collision	Jeanette Newville
Zachary Dean Glenn 3 years	Feb 18 Jul 14	Accidental strangulation	Kristin & Larry Glenn Janice Bren
Chance Tyler Nichols 17 years	Feb 19 Jul 11		Charlie Nichols
Kendall Ford Young 14 years	Feb 20 May 11	Aplastic anemia	Ford & Ann Young



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## Remembering Our Children On Their Birthdays

<u>Child's Name</u>	<u>Date of Birth</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
<u>Age at Death</u>	<u>Date of Death</u>		
Nikolas Chunn	Feb 21	Accidental Drowning	Monica & Doug Chunn
5 years	Aug 18		
Michelle Sandra Seal	Feb 23	Metabolic disorder	Walter & Diana Seal
3 years	Mar 7		
Fred Chavez	Feb 27	Suicide	Annette Atchison
32 years	Jan 14		
Darrell Lewis Mitchell	Feb 27	Murdered	George & Freda Mitchell
20 years	Feb 9		
Jason Lamb	Feb 28		Jan Lyons-Lamb
32 years	May 5		

## Remembering Our Children On Their Anniversaries

<u>Child's Name</u>	<u>Date of Birth</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
<u>Age at Death</u>	<u>Date of Death</u>		
Paul A. Behr	Nov 29	Congenital abnormalities	Cynthia & Steve Behr
2 months	Feb 1		
James Craig Stieglmeyer	Mar 11	Cystic fibrosis	Wally & Betty Stieglmeyer
25 years	Feb 2		
Kristen Clark	Nov 2	Drug overdose / depression	Donna Krum
31 years	Feb 2		
Katie Shorkey	Sep 8	Murder	Robert & Karen Shorkey
24 years	Feb 3		
Craig Matthews	Jul 24		Cathy Genato
30 years	Feb 4		
Scott Michael Gerwatowski	Jul 28	Heart attack	Linda Gerwatowski
21 years	Feb 4		Helen and Walter Rakocy
David Allen McGough	May 14	Car accident	Lillian McGough
25 years	Feb 7		
Karen-Jean Slade	Feb 2		Sheila Slade
30 years	Feb 7		

## Is This Your Child's Birthday Month?

If you would like to celebrate your child's birthday, bring pictures or favorite items that belonged to your child to our monthly meeting!

You may also bring a dessert or other food to celebrate... If you plan on doing this, please let Laraine know ahead of time so that we can allow enough time for the celebration.



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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>		
Tristan Millman	May 25	Drug overdose	Lisa & Joel Millman
25 years	Feb 7		
Darrell Lewis Mitchell	Feb 27	Murdered	George & Freda Mitchell
20 years	Feb 9		
Patrick Casey Hildebrand	Aug 26	Auto / pedestrian accident	Dr. Jan and Judi Hildebrand
21 years	Feb 9		
Steven Miller	Apr 27	Auto accident	Mike Miller
17 years	Feb 11		
Yancy Hufford	Jun 13		Patty & Larry Hufford
26 years	Feb 11		
Noelle Pearl	Dec 15	Auto accident	Michelle Fleming
17 years	Feb 13		
Peter Joseph Noel	Sep 17		Janet Noel Starritt
20 years	Feb 16		
Stella Elliott	Aug 8	Auto accident	Donna Elliott
6 months	Feb 17		
Eric Cowles	Nov 15	SIDS	Doug & Leah Cowles
3 months	Feb 17		
Kent Curtis Junglen	Feb 3	Brain tumor	James Junglen
31 years	Feb 18		
Graham Stingley	Aug 7		Mary Winter-Stingley
23 years	Feb 18		
Logan Lawrence	Mar 5	Surgical complications	Janet & Edward Lawrence
23 years	Feb 22		
Kirsten Evelyn Cornell	Jun 26	Catastrophic cardiac event	Will & Marion Cornell
9 years	Feb 23		
Marisa Nicole Pilant	Mar 14	Sepsis	Stephen & Julie Pilant
2 years	Feb 23		Richard & Elizabeth Jamison
Reanna Maria Reedy	May 17	Auto accident	Carol Reedy
21 years	Feb 25		
Sean Thompson	Jul 5	Auto / pedestrian accident	Rick Korcsog &
24 years	Feb 26		Frankie Thompson
Jeremy Laurence	May 20	Suicide	Ted & Sherrill Laurence
25 years	Feb 26		
Richard Joseph Armstrong	Oct 19	Drowned	Chuck & Helen Armstrong
4 years	Feb 27		



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## Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

[www.compasionatefriends.org](http://www.compasionatefriends.org)

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](mailto: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](http://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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## THOUGHTFUL POEMS

### Spring Waiting

Winter's end is almost here.  
Crocus struggle in the snow.  
Sunlight has a softer glow.  
Is the winter long this year?

Spring waits, watching for a cue...  
Not to rush your grief away.  
But to be there, when you say.  
Spring is waiting, friend, for you.

Find a little time for Spring,  
Even if your days are troubled.  
Let a little sunshine in  
Let your memories be doubled.

Take a little time to see  
All the things your child was seeing -  
And your tears will help your heart  
Find a better time for being.

*Sascha Wagner*

### Valentine Message

I send this message to my child  
Who no longer walks this plane,  
A message filled with love  
Yet also filled with pain.  
My heart continues to skip a beat  
When I ponder your early death  
As I think of times we'll never share  
I must stop to catch my breath.  
Valentine's Day is for those who love  
And for those who receive love, too  
For a parent the perfect love in life  
Is the love I've given you.  
I'm thinking of you this day, my child,  
With a sadness that is unspoken  
As I mark another Valentine's Day  
With a heart that is forever broken.

*Annette Mennen Baldwin*  
TCF, Katy, TX

### A COMPASSIONATE FRIEND

A compassionate friend will take your hand,  
They will sit, and listen, and understand.  
You don't have to hold back and pretend;  
They know your thoughts and can comprehend.  
A compassionate friend lets you open your heart;  
With them you don't have to play a part.  
You can talk, or cry, or even complain,  
But, with them, you never have to explain.  
A compassionate friend will help you to live;  
Whatever you say, or do, they will forgive.  
They, too, know your hurt will never go away,  
So they will listen and let you have your say.  
They have been down this endless path,  
So, somehow, they can help your wrath.  
If anyone can help your heart to mend,  
It has to be a compassionate friend.

**Kathryn A. Pelky** TCF, Traverse City, MI

### But Norman Rockwell Never Painted Me

At this time of year it always seems - That I see the families of others' dreams  
Everywhere I look, every ad I see - Shows the joyful reunions of family  
With the table laden, good times abound - While families, reunited, gather around  
But Rockwell never painted an empty chair - And a family mourning the one who's not there  
A season that once was celebrated - Now makes us feel more isolated  
I need TCF so that I can see - That there are others just like me  
Whose feelings about holidays are mixed, at best - Whose strength of will are put to the test  
We're loving those that we still hold near - But thoughts of one out of reach brings a tear  
Even now, amidst the love and gladness - This time of year brings a certain sadness  
I no longer have the average family - So That's why Rockwell never painted me

**Kathy Hahn**

TCF - Lower Bucks, PA

### Thanks

Thanks to the friend who did know the right words to say: "There is a group in town that might help you."  
Thanks to the parent who somehow found the courage to call that phone number and find out about "that group."  
Thanks to the mother who went to that first meeting knowing it would really hurt to talk — and talked.  
Thanks to the dad who said after the first meeting that he could never come back — but did.  
Thanks to the parent who, at the fifth meeting, put her arms around a "new one" and said: "They really can help."  
Thanks to the mom who, for the first time, was again able to bake cookies — for her "Compassionate Friends."  
Thanks to the homemaker who could never talk in front of people — who became a facilitator.  
Thanks to the six-foot father who cried in front of the other men — and didn't say he was sorry.  
Because of you, we will be able to help someone we don't even know — next month.

*By John DeBoer ~ TCF, Greater Omaha NE*



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## H E A L I N G W O R D S

### Spring Bursts Forth, and So Will You and You and You

Who could possibly disagree that we all look forward to spring? (For one thing, it means no more outrageously high fuel bills for a few months!)

Most of all, we welcome all the evidence of new life after the seemingly endless cold, sometimes bleak and dreary days of winter. What a difference the new growth of leaves on the trees makes in the appearance of the landscape!! There is the sudden burst of color in all the spring flowers and shrubs – from the crocus to the beautiful array of colorful azaleas to the fragrant peonies that burst into bloom at the end of May. Somehow, all of this gives us a new burst of energy as we throw off our heavy, warm, restrictive clothing and grab our gardening tools to plant the vegetable gardens and flower beds. However, we still keep a sweater or a jacket close by for those times, now and then, which are too cool for comfort just yet.

So it is with us bereaved parents, for whom our whole world became a bleak, cold and desolate winter when a much-loved child was suddenly torn out of our lives. If you are at this point in your life now, then it is possible you may not be able even to be aware of all the beauty of the earth all around you now or in the summer or even in the gloriously colorful fall to come. If this is where you are now in your grief, be very patient with yourself. There are those of us who have gone through several springs without being aware of them. It was not even possible for us to smile, let alone laugh – and we were positive that we would never be able to do so.

Does anyone remember the time he first laughed, as I do? It was at least six months after the death of my son, and I was visiting with a very close friend who made some comment which must have struck just the right chord within me, and I LAUGHED. It was such a shock to hear that sound come from ME that I actually reeled back in my chair and asked, unbelievably, "Did I do that?" For me, that was the first small burst of spring coming back into my life! But, of course, I still had a long way to go.

Be assured – there can be a spring in your life again! But you will have to work for it. It won't come if you just sit back and do nothing. Only *you* can be the judge of what it is you should do.

Although you do have very special needs at this time and it is important not to push yourself beyond the point of your endurance, it may be necessary in the beginning to force yourself moderately to begin the work of building a new life for yourself.

Eventually, you, too, will feel the first small burst of spring coming back into your life. During this, time you will still need the protective covering of an understanding Compassionate Friend, as we sometimes need the protective covering of our jackets and sweaters on chilly nights in the spring.

In time you can be the Compassionate Friend helping other newly-bereaved parents. BELIEVE THAT YOU CAN, AND KNOW THAT YOU WILL.

Grace Remsber  
TCF - Harrisburg, PA

### Feelings From Facts

After our son Bret was killed in an auto accident, I discovered there can be a big difference between feelings and facts. We need to recognize and deal with feelings. But, while we must not deny them, we don't want our feelings controlling us. Below are some feelings/facts I had to sort out-you may have some of your own.

#### SEPARATE FEELINGS FROM FACTS:

You feel like you are going to die-FACT is, you will live. You feel like you will never be happy again-FACT is, you can find happiness if you allow yourself, if you search. You feel cheated-FACT is, no law was ever passed, no one ever guaranteed you would have one or two or more perfect children and they would live twenty years after you die. You feel like you are the only one going through this, or feeling like this-FACT is, every bereaved parent has gone through or is going through this and feeling like you. You feel like no one understands-FACT is, no one can feel what you are feeling but they can be understanding caring.

You feel like there is no one you can talk to-FACT is, there is someone who will listen, you do have to search them out.

Lois Eske  
TCF-Phoenix, AZ



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## Five Years Later

### What I Have Learned

*By Tamie Dodge, Atlanta Chapter, TCF*

January 14 will be my daughter, Jessica's, fifth angel date. She passed away on Jan. 14, 2004, only 16 years old. I remember shortly after her death wondering if I would feel the same depth of sadness after five years. I am not sure why I focused on five years. I suppose that – back then – it seemed impossible that she was gone five seconds and could not imagine life still moving forward into years.

I remember my sister asking me shortly after her death, "What have you learned from this?" I remember thinking that that was a very odd question. At that time, all I had learned was what the horrible depth of true grief was like and how little control I really had over the most important things in my life – the well-being of my children.

In a way her question upset me, even though I did not tell her that. It upset me as I felt she was trying to analyze my grief the same way she analyzed her divorce. She has a Masters Degree in Psychology and she has a tendency to over analyze many things to the point that I feel she loses touch with people's true emotions.

I now look back and ask myself that same question. What have I learned from the experience of losing a child?

- I will still say that I learned that we can try to control the things that are most important to us, but only to a point.
- I learned that we have little control over the things that we cannot predict.
- I have learned how to be much more compassionate toward all people, as we just don't know what their experiences have been.
- I have learned how not to take anything for granted.
- I have learned to tell the people I love how I feel on a regular basis, as you just never know what the future will hold.
- I have learned what is truly precious in life, and it is not summed up in things, but people.
- I have also learned that I have much more to learn, and my search for all of the answers will last a lifetime.

Jessica has taught me so many things, both in life and in her death. I miss her with all of my heart, mind and soul. I can still see her so clearly in my mind. In my mind I can still hear her belly laughs and smell her fragrance. For this I am eternally grateful. I just pray that if I am still here on this earth 20 years from now I can say the same thing.

Jessica, I love you, miss you, want you back more than I can say. I hope you are dancing with the angels.

## Grief and Anger

*By Jackie Wesley*

*The Compassionate Friends, East Central Indiana and Miami-Whitewater Chapters*

At a recent chapter meeting, we discussed anger in our grief. Many experience anger after their child or loved one dies. A description of anger is: "A feeling of rage, an emotional agitation to what is viewed as unfair, unjust and sometimes even shameful."

When we are angry, we need a target. Sometimes the target may be God. (He understands.) Some may even feel anger at their child or loved one, thinking, "How could he/she leave me like this? Why? Doesn't he/she know I'm hurting and in pain?" Some people are angry at the doctors, some at the funeral directors, some even feel anger toward themselves, thinking they could have done *something* to prevent the death.

We may even be angry at our spouse. He/she may not grieve the same way, and we may misunderstand their feelings that are just as deep as our own. Maybe our clergyman is not as compassionate as we believe he should be, or maybe he was not available to us at all.

We are angry because we feel abandoned and that life is unfair. We also feel very alone and no longer in control of our emotions. We may also think nothing will ever be the same, and it **won't**. But as time goes on, it does get somewhat easier as you work through your grief.

We all try at times to not let this anger show to others, but suppressing it can only lead to sickness and withdrawal. Masking anger will often hurt the ones around you and may even drive them away from you.

You may even risk losing your closest support system. Dealing with your anger and admitting it and also seeking help from others who have experienced this feeling is always the healthy thing to do. Personally, talking has been the best help for me. Attending a Compassionate Friends meeting and talking to others who have "been there" has helped many.

**Dated Material - Please Deliver Promptly - Return Service Requested**

*The Compassionate Friends, Inc.*

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**February 2011**

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



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of the  
Pikes Peak Region**