

May, 2013



**THE
COMPASSIONATE
FRIENDS**

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

May 16th - General Meeting - 7:00 p.m. - First Baptist Church

May 25th - Balloon Launch & Barbecue

Pikes Peak Chapter Steering Committee

Chapter Leader

Laraine Asaro-Boyd - Acting
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

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 May 16, 2013.

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community.

You Need Not Walk Alone.

TELEPHONE FRIENDS

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

CHAPTER LEADER - ACTING

LARAIN ASARO-BOYD
Mom of Michael E. Anderson

★ 351-7653

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON

★ 573-2743

SUICIDE

LARITA ARCHIBALD

596-2575

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT

★ 531-5488

LEUKEMIA

JANE & STEVE GABRIEL

★ 282-1924

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS

599-0772

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON

(303) 814-9478

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



A STORY ABOUT A BEAUTIFUL PRINCESS
JACLYN MARIE WILLIAMS
by Sandra Williams

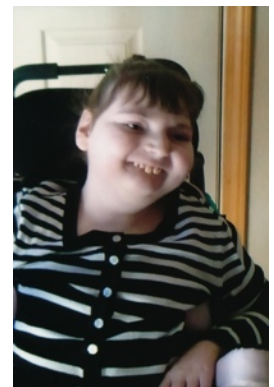
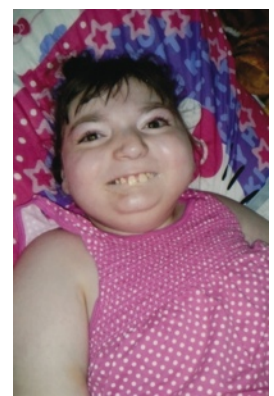
When I was 13 years old, I knew I wanted a daughter named Jaclyn after Jaclyn Smith, who was my idol. I had my son Mike in 1994. I was pregnant with my second child in 1998. When I was three months pregnant, I had a dream that I was having a girl with black hair. My husband thought I was crazy. On January 20, 1999, I gave birth to my Jaclyn. Her full name is Jaclyn Marie Williams.

She had a g-tube put in at 2 ½ months of age due to acid reflux. She began having seizures at nine months of age. The neurologist felt it was hereditary, as I had them at the same age. When Jaclyn was 15 months old, she was diagnosed with Partial Trisomy 5. The geneticist said it was rare, and we had to wait for science to catch up to her. She was put on kidney medicine for underdeveloped kidneys.

She was admitted into the hospital on October 11, 2000 for a sinus infection and dehydration. During the hospital stay, I questioned the nurse about the color of the medication. She said it is brand name vs. generic. I said okay. Jaclyn was discharged on October 13, 2000. The next morning, October 14, 2000, Jaclyn went into cardiac arrest at home. She was clinically dead in my arms. Jaclyn was shocked twice in the ambulance and five times in the ER. She was brought back, but had severe brain damage and cerebral palsy. She was now completely dependent on me for all of her needs.

Jaclyn fought every battle with fierce determination and a smile on her face. She was in and out of the hospital constantly with one health issue after another. She laughed, played and kicked. She would always brighten the room with her beautiful laugh and smile. To know Jaclyn was to love Jaclyn. She loved her brother like crazy. All she had to do was see him, and she'd light up.

On January 31, 2001, Jaclyn was admitted into the hospital with bronchitis and low oxygen. She was diagnosed with RSV. We were talking discharge when Jaclyn took a turn for the worse. She was rushed into ICU. Jaclyn had developed pneumonia. They wanted to put her on a ventilator. I said no. She was put on a Bipap machine. The labs the next day showed she had developed acidosis (too much carbon dioxide in the blood). My voice and touch would calm her. However, she could no longer follow me with her eyes. The night of February 5, 2013, she developed high blood pressure and a high temperature. We tried four different medications to help her. She was not improving. The decision was made to let her go. After being taken off oxygen, she was gone in 45 minutes. I held my beautiful daughter for the last time as she went home. Jaclyn passed away on February 6, 2013 at 11:10 am. She was 14 years old and the light of my life. She was the most beautiful, precious jewel ever created.





Remembering Our Children On Their Birthdays

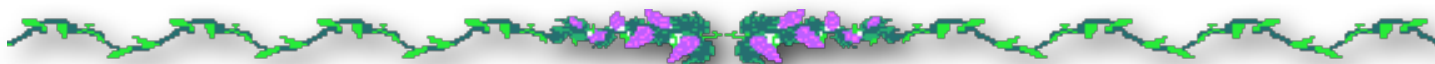
Child's Name	Date of Birth	Compassionate Friend
Cody Darby	May 1	Lori & Steve Darby
Robyn Kulas	May 2	Patty Kulas
Susan Gordon	May 3	Mr & Mrs Arthur Gordon
Martin Joseph Lanoue	May 4	Judy Lanoue
Patrick Niedringhaus	May 5	Leah & Dave Niedringhaus
Angela Gisela Martinez	May 5	Maria Hymes
Abbi Rose Starzynski	May 5	Sherry Starzynski
Douglas Radowski	May 7	Patricia Radowski & Renee Roettger
Jose N. Camacho	May 8	William & Veronica Camacho
Gregory Randall Davis	May 9	Cora Davis
Henry Rio	May 13	Isabelle & Ed Rio
Henry Rael	May 13	Maria Rael & Isabelle & Ron Rael
Jacob Hunter Smathers	May 14	Patty, Becky & Renee Smathers
David Allen McGough	May 14	Lillian McGough
Ashley Meston	May 15	Jerry Meston
Andrew Paul Weaver	May 16	Valerie Lightbody
Michael Benjamin Decker	May 16	Mary & Jerry Decker
Denise Elaine Bear	May 16	Dona & Tanya Flores
Reanna Maria Reedy	May 17	Carol Reedy
Rocke Lee Corley	May 18	Jeanne Corley
Brian Michael Gregory	May 20	Roy & Phyllis Gregory
Jeremy Laurence	May 20	Ted & Sherrill Laurence
Jonathan Ell-Duncan	May 20	Dan & Becky Duncan
Kara Nichols	May 20	Julia Nichols
Joshua C. Attardi	May 23	Paula Attardi
Jeffrey Russell Schumaker	May 23	John & Vera Schumaker
Skylar Lynn Boyle Ringland	May 24	Cathleen Boyle
Gary Michael Owens	May 24	Freda Maria Garcia
Audrina Elyse Escano	May 25	Chris & Christina Pearson
Tristan Millman Troeger	May 25	Lisa & Joel Millman
Josh Huston	May 27	Rodney & Michelle Moreno
Damon Vincent Christianson	May 30	Chaela Christianson
Konrad Ferrar	May 31	Maria Hymes

Cherish your memories on Mother's Day



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Julie Bankston	25 years	May 4	Peggy Bankston
Martin Joseph Lanoue	1 day	May 4	Judy Lanoue
Jason Lamb	32 years	May 5	Jan Lyons-Lamb
Joshua Cesar Menendez	1 year	May 10	Dianna Castellanos & Julio Menendez
Kendall Ford Young	14 years	May 11	Ford & Ann Young
Justin A. Clayton	16 years	May 12	Terry & Sharon Clayton
Genevieve Sucharski	18 years	May 12	Mark & Karen Sucharski
Branden Howland	17 years	May 13	Julianne Howland
Kaden France	2 weeks	May 14	Jeremy & Sarah France
Joshua Aaron Munkirs	25 years	May 14	Dana & Laura Munkirs
Jason Nathaniel Lurch	23 years	May 15	Kathleen & John Lurch
Matthew Stockwell	25 years	May 15	Mark & Sally Stockwell
Gavin Perez	2 years	May 16	Shannon Paolini
Tyrone Binnebose	2 years	May 18	Natasha Binnebose
Kimberley Dawn Leir	6 years	May 18	Adaline & Herb Leir
Anthony Lopez	21 years	May 18	Paul & Trudy Lopez
Michael Williams, Jr.	28 years	May 18	Carmen Randall
Kira Ann Schager	5 years	May 19	Frank & Lori Schager
Eric Evans	26 years	May 21	Linda & Dick Evans
Christopher Clayton Hodson	22 years	May 22	Eric & Janice Hodson
Christopher J. Novich	15 years	May 22	Susan & Joe Novich
Zachary Nicholas Hoke	6 years	May 24	Debra & Steve Hoke
Zack Orr	12 years	May 25	Dave & Sharon Orr
Leah Ann Trutna	21 years	May 28	Steve & Phyllis Trutna
Nicholas Clare Cousineau	3 years	May 29	George & Chris Cousineau
Gina Marie Geffre	14 years	May 29	Joann Jahraus
Michael William Sarmiento	46 years	May 29	Donna (Sarmiento) Pugh
Nicolas Jay Broughton	18 years	May 30	Rose Broughton
Mallory Paulene Hendrickson	1 year	May 30	Celine & Gary Hendrickson



Are You Interested?

Would you like to become more involved in the Pikes Peak Chapter of The Compassionate Friends?
We'd love to have you contact us and sit in on a Steering Committee meeting to see what we do.

Many of our regular meeting members are just the type of people we're looking for to help us move our chapter forward with new and exciting ideas. Are you interested?



Please consider submitting an article or poem for our newsletter. Whether you would like to tell us about your child, about your feelings, or just submit something you have read somewhere else that you found helpful or meaningful, the newsletter is for you and your input is most welcome. Contact your editor, or bring your article or poem to a meeting and give it to the facilitator and we'll see that it gets published. Testimonials about how TCF has helped you are always needed. It does not have to be lengthy; a paragraph or two would be just fine. It is important to let people know that TCF exists and that it is helpful to those who have suffered the loss of a child, grandchild or sibling.



Graduation Day

It's May and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever-stirring "Pomp and Circumstance". Now there will be a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you're strange?

As always, you must follow your heart. So go if you'd like to, and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others. Just remember that your own instincts are the most important ones, that no one can make this decision for you, and that it doesn't really matter what other people think of you.

It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way – and may a bit more healing take place in the doing.

*Peggy Gibson
TCF Nashville, TN*

GRADUATION – A TIME TO REMEMBER

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every Graduate. This time of year reminds me that my graduation from high school was a bittersweet time.

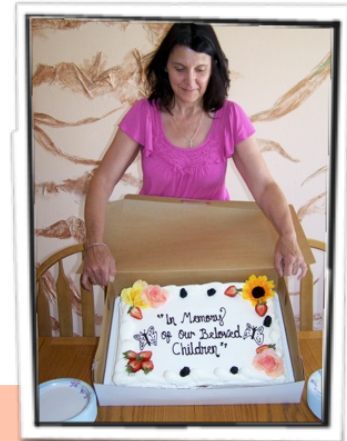
Really, it was the first time I had "surpassed" my older brother, David, in anything significant. I turned the age he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting to move past where he had been cut short. Graduation day was no exception. I was happy to be getting out of high school, and looking forward to the coming August when I would go to college. But why was I getting to do these things and not David? What made me so special that I got to stay here and experience these things? I am still not quite sure of the answer to those questions.

Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for me, each event has been a bit bittersweet.

The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother or sister, as well. For me, figuring that out was a huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15 ½ years later, as it was when I took that walk across the stage to accept my high school diploma.

*Amy Baker Ferry
Heart of Florida TCF, Longwood, FL*





MARK YOUR CALENDARS!

We will once again be hosting singer & songwriter Alan Pedersen at our annual Memorial Day balloon launch and barbecue picnic, May 25th. You and your family are cordially invited.

For those who are not familiar with Alan he is also a bereaved parent and a national singer/songwriter who has dedicated his music in the healing of others who are on their grief journey. This will be Alan's **final** year touring as a singer/songwriter and you won't want to miss his music of love, hope and healing.

This will be a potluck picnic hosted by steering committee members Bob & Yvette Thompson.

More information will be available in our May newsletter and through special announcements you'll receive via email. Please mark your calendars for this loving, special event.





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
Colorado - www.tcfcolorado.org

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.compassionatefriends.org

Love Gift Donations

A "Love Gift" is a wonderful way to remember your child, while also helping our TCF chapter "reach out" to bereaved families. There is no charge to attend meetings, use the library, or receive the newsletter. We depend solely upon these gifts, monetary or gifts-in-kind, to support our chapter. You may choose to donate a tax deductible "Love Gift" at any time. Let us be here for the families who do not know today that they will need us tomorrow.

Our chapter exists entirely through your donations which are tax deductible. 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. 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?*

➡ **Send Love Gifts to Frank Schager, 2235 McArthur Ave., Colorado Springs, CO 80909** ➡
Thank you for contributing and supporting the work of our local chapter!

LOVE GIFT DONATION



Costs are rising. We need your Love Gift to support our chapter & newsletter! If you can, please help.

I would like to make a donation ☐ in Memory of ☐ a Chapter Gift

In loving memory of: _____

Love Gift Donation: \$ _____ Please make check payable to: The Compassionate Friends

Cut and mail this form with your Love Gift to: Frank Schager – 2235 McArthur Ave – Colorado Springs, CO 80909

Contributor Name & Address: _____

Relationship: ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No



THOUGHTFUL POEMS

A Mother's Lament

If I had known
The pain I'd bear
The sadness and the great despair
Would I have chosen the path I did
To have this child
Who so briefly lived?
Yes, I am certain
That I would
For all the laughter
All the good.
He taught us all
So much you see
Through his kindness,
Love and generosity.
Though he's gone
From us physically
He lives on in our hearts
Eternally.

Sandy Roush
TCF Lakes Area, MI
In Memory of Whit

First Encounter ~ by Sascha

When grief first enters our life,
it tends to invade us –
completely and relentlessly.
We are without comfort, we do not
feel pleasure, we find no joy.
We ache in mind and body.
We feel weak and numb.
in the deepest core of our being,
we are ready to accept
that we will never know happiness
again.
What's more, we feel that this state
is entirely appropriate, natural and
irreversible.
Nothing can convince us that, given
time, we can learn to live again.

But we will.

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Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.
The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.
Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

Annette Mennen Baldwin
TCF Katy, TX
In Memory of my son, Todd Mennen

A MOTHER'S THOUGHTS...

YESTERDAY...

We dreamed of how our future would be,
Of times we'd share, my child and me.
Whether joy or pain, laughter or tears,
We'd stand together throughout the years.
A promise of what life should always be,
Of a child so dear, ever loving me.

TODAY ...

My heart sobs with uncontrollable grief.
I search for answers but find no relief.
The skies have darkened, no longer bright,
For my child is gone forever from sight.
The dreams we shared can never be,
They're left to linger in my memory.

TOMORROW...

My heart will push aside this cloud
That darkens my life like a heavy shroud.
Once again I'll see the dawning light
And know my child's love still burns bright.
I'll remember the moments we both shared;
I'll remember our love and how we cared
I'll remember my child now lives in me,
And his yesterdays shall always be.

Carol Cichella, Rockfort, IL

Thoughts on the Month of May

The spring flowers on your grave, express
the time of year It used to be a busy
time...lots of happy days and cheer.
I still have all the Mother's Day cards
made of construction paper and glue.
Verses written on a slant that said, "Mom,
I love you."
I'll make no birthday cake this May, nor
see the graduation of your class. The
parades, ice cream socials and such are all
a part of the past!
And though these weeks bring sadness,
when I remember them I have to smile.
May was really very special and I'm glad
we had it for a while.

Norma Herzog
TCF - Cincinnati, OH

Do You Feel It?

Do you feel it, it's in the air?
The thundering silence, it's everywhere.
The eager question that's never asked
About your child, the one that's passed.

Do you feel it now, you must listen clear
It's going to be asked, it's very near.
It's right on top so listen deep,
Or miss the queue, you'll surely weep.

You must feel it now, the color is blue.
It can't be them, it must be you
Who draws away when oh, so close
The words are pale, much like a ghost.

Do you feel it, well
Do you feel it, do?
Those missing words
As they draw from you?

How are you, can I help?
Ah, there they are
They were hidden a bit,
But not too far.

Stew Levett - Pikes Peak TCF



HEALING WORDS

A BEREAVED MOTHER IS

A Bereaved Mother is...someone who stands at a grave wondering how she is going to live the rest of her life without this child.

A Bereaved Mother is...someone who thinks she will spend the rest of her life with this horrendous feeling inside.

A Bereaved Mother is...someone who has learned how to live all over again.

A Bereaved Mother is...someone who wishes they would take Mother's Day out of the calendar.

A Bereaved Mother is...someone who has to learn to accept the loss of her beloved child and uses what she has learned to help others.

A Bereaved Mother is...someone who can again learn to smile, to look forward to the future and get excited again because her Compassionate Friends were there when she needed them.

I remember vividly the first Mothers Day after my son died. Had there been a vote that year, I would have cast mine for the abolition of Mothers Day. I didn't want there to be such a day and I didn't want anybody to remind me that it did, indeed, exist. My response to those who were left who loved me was to pull away and isolate myself.

I Made A Mistake!

Between the first and second Mother's Day I made a number of discoveries. Probably the most important one I made was that my surviving child needed to be allowed to show her love for me. She was and is as important as my son who died and has that right. I also learned that my salvation lay in the hands of those people who cared for me, and when I learned to let them help me, I helped myself.

Help yourself this Mothers Day

Mary Cleckley
TCF - Brandywine Hundred, DE Chapter

Use the following suggestions to guide yourself or another mother who has lost a child to try to find ways to celebrate on Mother's Day.

- Remind yourself that you are a mother even if your child has died. Especially if it was your only child, the loss of a child, no matter what age, is devastating. Concentrate on the good times you had with your child or baby and not on the death. Plan ahead of time what you want to accomplish on Mother's Day to honor your child. Don't wait until the day as it will be too emotional. Planning ahead is the key to getting through the day and feeling better about it each time you do it.
- Put some photos together to hang or display in your home. Select photos that bring a smile to your face. Go a step further and compile a scrapbook of all the special times and memories with your child. This may be difficult at first to get started, but as you move along with the project, it should give you a sense of joy and comfort to honor your child this way.
- Join support groups that specialize in parents that have lost a child. You will meet other parents and mothers that have lost a child or baby. No one understands better than someone who knows the pain that you feel. Plan to celebrate Mother's Day as a group to support each other.
- Make a donation to an organization that helped your child while they were still alive, maybe a hospital, a library or a church that offered support. Do something positive for another child as a remembrance for your deceased child, especially if it is a child who has lost its mother.
- Plant a tree on Mother's Day to watch it grow through the years. Take your photo with the tree each year on Mother's Day as a remembrance of your child. Maybe you would prefer to grow a flower garden that would have many colorful blooms that would represent your child's favorite colors. Add a new plant to the garden each Mother's Day in remembrance.
- Talk to a mother who has lost her child. Many times, people don't talk about the child that died and this makes the mother or parents very sad as they know that their child did exist. Just simply ask them if they would like to talk about their child. Some mothers may really want to talk about their children and others may not. Take the mother a plant or a Mother's Day card.
- Concentrate on your other children on Mother's Day if you have other children. Write a poem together or plant a flower together and talk to them about their sibling as, no matter how young they are, they may feel the loss as well.

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May, 2013

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Pikes Peak Chapter
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Colorado Springs, CO 80949-1345**



**Pikes Peak Chapter
The Compassionate Friends**