



# Bereaved Parents of the USA

## Anne Arundel County Chapter

February, 2006

[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

### LET MUSIC HELP YOU HEAL

In this world where we all know that tragedy can, and does strike at any given moment, there are some things, like music, that will always be part of our lives. From the day we are born we are nurtured by lullabies and songs passed from one generation to another. And whether we have a voice of gold or need a bucket to carry a tune, music is infused in our lives. Who doesn't remember "Rock A Bye Baby," "Eensy Weensy Spider," or "Ring Around the Rosie"? We learn patriotic songs, spiritual hymns, and holiday and Christmas carols. Some of us play instruments, some dance, some create music. Everyday we hear music, which is woven into the tapestry of our lives.

In my life, I have heard:

- ...Pixie (my Granpap) singing "The Old Rugged Cross"
- ...Family caroling around the piano
- ...Concerts—the Supremes, America, Jamie O'Neil
- ...School band programs & graduations
- ..."Amazing Grace" sung at our son Dave's funeral
- ...My daughter singing "...all things considered, I'm doing just fine"...shortly after Dave died
- ..."When I Think About Angels" and felt Dave's spirit surround me.

What does music bring to your life? Does it sooth your soul? Does it lift your spirit? Does it help you relax? Or does it keep you energized? Does it make you wonder if it's really music? Does it bring back memories ..good and painful? We are what we experience in life. And part of that experience is music. Let music help you heal.

Carol Tomaszewski, Annapolis Chapter BP USA

### GOALS OF BEREAVED PARENTS OF THE USA

- to educate families about the grief process and all its complexities as it applies to the death of a child at any age and from any cause.
- to aid and support those who are suffering such a loss, regardless of race, creed or financial situation.
- to provide a library at each meeting place where members may borrow books with up-to-date information about the grief process.
- to supply the telephone numbers of other bereaved parents, siblings and grandparents who are able to offer support to other more newly bereaved families.
- to inform and educate members of the helping professions who interact with bereaved parents as to the nature and duration of parent/sibling/grandparent bereavement.
- to provide monthly meetings with sharing groups and occasional informative programs.



The printing of this newsletter has been donated  
By Paul and Claudia Balasic in memory of their daughter  
**Bethany Anne Balasic**

The mailing of this newsletter has been donated  
By Rachel Hand in memory of her son  
**Adrian Bernard Andrew Ortega**



**Bereaved Parents of the USA**  
**Anne Arundel County Chapter**  
**P.O. Box 6280**  
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**Mailing List:** Dave Alexander - **Programs:** VACANT  
**\*note -** as you can see we have several vacancies... we hope someone will consider helping!

It is our sincere hope that you will find comfort somewhere in this newsletter. It is our intention to offer you hope in knowing that you are not alone. We encourage you to write about your feelings and to share your feelings with others who understand.

Material to be printed "in memory of" must be sent to the editor 6-8 weeks in advance of the newsletter in which you wish the item to be printed.

**March submissions are due by Feb 12.**

**Library:**

Our lending library is available to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. When you have finished with them, please return them at our monthly meeting or mail them to the post office box listed above. Thank you.



**Refreshments at our monthly meetings:**

A sign-up sheet is on the refreshment table at the meeting. Drinks, ice, and paper products are provided by the chapter. For information, contact Carol Tomaszewski at 410 519-8448.



**MEETING INFORMATION**

**Next meeting: February 2, 2006**

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

(Meetings usually held on first Thursday of month)

Calvary United Methodist Church

301 Rowe Blvd., Annapolis

Please park in the lot behind the church

**TELEPHONE FRIENDS:**



Sometimes we feel the need to talk to someone who understands the pain we feel and will listen to us. When you have questions to ask, a need to talk, or have a difficult day, these people welcome your call.

Marie Dyke, single parent, daughter, 17, only child, car accident.

Janet Tyler, daughter, 5 and brother, 33, car accident. 410-969-7597

Tia Stinnett, miscarriages and infant death. 410-360-1341

Sandy Platts, infant death. 410-721-6457

**OTHER RESOURCES:**

- \* **Bereaved Parents of the USA, (BPUSA)**  
National contact number (708-748-7866)
- \* **Stephanie Roper Committee, for victims of violent crime, Anne Arundel County chapter**  
representative is James Donnelly (410-544-1473).
- \* **Survivors of Suicide Group (SOS)**  
meets the 1st Tuesday of each month from 7:30 p.m. - 9:00 p.m., at Severna Park United Methodist Church, 731 Benfield Road,

**Sponsor Our Monthly Newsletter**

You can help underwrite the costs of our newsletter by sponsoring the printing of a monthly issue of the newsletter - the months of March, April, June, and December are still available for sponsorship this year. To sponsor the printing for one of these months, please contact Dave Alexander (dralex@sdalex.com or 410-544-3634).  
Newsletter printing costs \$150 each month.

## CHAPTER NEWS AND NOTES

### HELP!! ZIP CODE CHANGES

If you are one of the ones in the Annapolis and Arnold areas whose zip code is changing, please call Dave Alexander at 410-544-3634 or send him an email at [dralex@sdalex.com](mailto:dralex@sdalex.com) with your new zip code so we can update our mailing list.

### PLEASE! PLEASE! PLEASE HELP US SAVE ON PRINTING AND POSTAGE

If you *move*, please let us know your new address. If you *don't want* to receive our newsletter any more, please let us know. If you would rather read the newsletter on our website, please let us know, and send us your email address, and we will send you a reminder each month when the newsletter is put on the website. (The newsletter is loaded on the website as soon as it has been produced — about 10 days before it is delivered in the mail.)

You can contact us by mail at our address at PO Box 6280, Annapolis, MD 21401-0280 or by sending us an email at [ChapterLeader@sdalex.org](mailto:ChapterLeader@sdalex.org).

### Chapter Website

To place your child's name on our website, email Dave Alexander ([dralex@sdalex.com](mailto:dralex@sdalex.com)), or send him a note (PO box 6280, Annapolis, MD 21401). Include your name, your child's name as you would like it to appear, and your child's date of birth and date of death.

To have a picture of your child on the website, email a digital file with the picture or send a printed picture to Dave. (Photos will be returned.) If you have any questions, please call Dave at 410-544-3634.

### MEETING TOPICS—ANNAPOLIS

#### February 2: Using Music in Dealing with Grief

Some bereaved parents find music can be helpful in dealing with their grief. Paul Balasic will relate his experiences with music in his grief journey and talk about the role he believes music can play in the grief process. Members are urged to bring CDs or cassette tapes with music they have found particularly meaningful and helpful as they deal with their grief. We will use these as part of the discussion in our non-newly bereaved sharing group.

#### March 2: The Early Years

Noel Castiglia, one of the founders of our chapter, will focus his presentation on the different experiences of newly bereaved parents from the beginning of their losses through the first few years, with emphasis on useful coping mechanisms.

### Eastern Shore Bereaved Parents Group

The Queen Anne's County Bereaved Parents Group meets on the *First Wednesday of each month*. The next meeting will be on Wednesday, Feb. 1, at 7:00 pm. The Group meets at the *Calvary United Methodist Church in Queenstown*. The Church is located at the intersection of Maryland Avenue and Steamboat Lane in Queenstown.

All are welcome to come. Please pass the word to other bereaved parents.

For more information, contact Joan Gray at 410-827-7471 or Dave Alexander at 410-544-3634 or send an email message to [QueenstownGroup@sdalex.org](mailto:QueenstownGroup@sdalex.org)

### Prince Georges Chapter Revival

The Prince Georges County, MD, Chapter of the Compassionate Friends has recently been revived. They meet the second Thursday of the month at 7:00 pm, at the united Parish of Bowie Church, Mitchellville, and Mt. Oak Roads in Bowie.

For further information, contact either Marion Jones at 301-877-3484 or Jan Withers at 301-627-7315

Many of you who receive our **newsletter** were referred by a friend, physician, or clergy. You may have never attended a meeting. In this case, it is likely that your child's name does not appear in our **monthly list of "Our Children Remembered"**. This is because we require your permission to do so. If you would like your child's name added, please send a note to our post office box. List your child's name, your name(s), and the dates of your child's birth and death. Please allow 6 weeks to be sure it arrives in time for the appropriate month.

### Donations:

Donations may be made to offset the cost of printing and mailing the newsletter, the chapter website, the annual Remembrance Service, the annual Conference of Hope and Healing, and books and other materials for the Chapter Library. *We gratefully acknowledge the following donations made in the last month: Thank You*

Veronica & Bob Blake in memory of their son **Alex Blake**  
Bob & Sandi Burash in memory of their son **Paul J. Burash**  
Dorothy & Norm Heincelman in memory of their  
granddaughters **Cortney Belt and Traci Heincelman**  
LuAnn Schaeffer in memory of her son **Anthony John Schaeffer**

Notice: St. Agnes Hospital Offers Bereavement Lecture to honor Emily Schindler

THE HOSPICE CENTER FOR BEREAVEMENT CARE of St. Agnes HealthCare presents the  
**Second Annual Emily Schindler Memorial Lecture on Death and Dying, Grief and Loss**

to be held on March 17, 2006 9:00am till noon.

For details , please go to our chapter website: [www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)  
and click the "Special Events" button or call Christy Bullman at 410 368-3353

### All Is Well



Death is nothing at all,  
I have only slipped into the next room.  
I am I and you are you.  
Whatever we were to each other that we are still.

Call me by my old familiar name,  
Speak to me in the easy way which you always used.  
Put no difference into your tone,  
Wear no forced air of solemnity or sorrow.

Laugh as we always laughed,  
At the little jokes we enjoyed together.

Let my name be ever the household word it always was.  
Let it be spoken with effect,  
Without the ghost of a shadow on it.

Life means all that it ever meant. It is the same as it ever was;  
There is absolutely unbroken continuity.

What is this death but a negligible accident;  
Why should I be out of mind because I am out of sight?  
I am but waiting for you, for an interval,  
Somewhere very near,  
Just around the corner.  
All is well.







## SIBLING PAGE



### WHAT ABOUT ME?

Have you ever felt that, as a surviving brother or sister, we are often forgotten? I have felt this way quite often in the last 6 years. Over time, the feeling becomes less and less.

Our parents' grief is so much different from ours. No more or less hurtful than ours, but different. They lost their child. I hope that, in my lifetime, I never have to know how that feels. I know how painful it was when Sean died. I don't want to know the pain of having a child die.

But, oftentimes, we are "the forgotten mourners." I love my brother very much, and miss him just as much. I think that people sometimes forget that we are hurting also. My parents were offenders of that too.

I know they know my sister and I were hurting, but they were so wrapped up in what they were feeling that they didn't have time to worry about what we were feeling. I tried so hard to make my parents well again that I neglected my own grief. Pretty much denied it. We really want to make our families "normal" again.

I have had some awful things said to me over the last 6 years. Two weeks after Sean died, someone said to me, "Well, you do still have a sister." Well, yes, I do still have a sister, but that doesn't lessen the pain of my brother's death, and my sister can't possibly replace my brother. Probably the worst thing anyone has said to me is "Why aren't you over this? Sean has been dead for 6 months." Well it is not something you just "get over."

I have learned a lot of things over the years, and if I hadn't been in such a state of shock, maybe I would have had some good responses. When I think back on it, I wish I had. I have decided that, from what I have learned, I need to educate people and make them understand that siblings and friends have the right to grieve too.

As surviving siblings and friends, we also have to realize that we need to find a new "normal." We also need to know that it's okay to feel all of the things that we feel - be it anger, sadness, guilt, or any other emotion.

Just know that you're not crazy or wrong to grieve. Know also that it is all right to think and talk about them when you're ready, not when someone else says or thinks you should be ready. Death and grieving are, unfortunately, a part of life.



Traci Morlock, BPUSA, St. Louis, MO

## OUR CHILDREN REMEMBERED

Please remember the following families this month.

Bethany Anne Balasic  
Daughter of Paul and Claudia Balasic  
February 13, 1981 - April 5, 1996

Michael Allen Barker  
Son of Diane and Seth Barker  
January 18, 1990 - February 10, 1999

Susan Lawrence Barr  
Daughter of Bryant and Missy Lawrence  
July 14, 1961 - February 16, 1991

Alex Blake  
Son of Bob and Veronica Blake  
February 1, 1982 - September 25, 2004

Darius JoVan Brown  
Son of Victoria and Robert Brown  
February 1, 1992 - May 30, 2004

Kenealy Reine Bushnell  
Daughter of Chris and Jenny Bushnell  
February 1, 1974 - April 13, 2004

David Norton Cann  
Son of Ruth Cann  
August 21, 1956 - February 4, 2004

Elizabeth Caitlyn Carr  
Daughter of Sandy and Bill Carr  
July 13, 1989 - February 24, 2003

Owen F. Carr IV  
Son of Peggy Carr  
June 29, 1978 - February 18, 2003

Chrystal M. Clifford  
Future Daughter-in-Law of Marilyn Mabe  
July 17, 1978 - February 17, 2001

Ashlea Marie Cranston  
Daughter of Thomas and Mary Cranston  
July 4, 1984 - February 24, 1985

Tyler Dudley  
Son of Julie Cremen  
December 29, 2000 - February 23, 2001

Katie Fritz  
Daughter of Carol Fritz  
October 29, 1977 - February 27, 1993

Christopher Joseph Galdi  
Son of Kathy Galdi  
November 14, 1985 - February 20, 2003

Kimberly Judith Gardner  
Daughter of Joan F. Gardner  
February 6, 1968 - August 16, 1992

Steven Joseph Garvey  
Son of Mark and Cheryl Sylce  
January 21, 1985 - February 1, 1985

Lee Robert Hayden  
Son of Terri Hayden-Molton  
Grandson of Mary M. Senier  
November 12, 1979 - February 19, 1990

Michael Thompson Heany  
Son of Frank and Jean Heany  
February 7, 1973 - December 23, 2004

Thomas "Tommy" Michael Howard  
Son of Thomas and Donna Howard  
May 27, 1984 - February 10, 2000

Sandrine J. Ingulia  
Daughter of Michele Ingulia  
January 17, 1965 - February 14, 2003

Chrystal Lynn Isaacs  
Daughter of Tish and Darrel Isaacs  
April 12, 1984 - February 1, 2003

Charles William Kelm  
Son of Kathy Kelm  
July 17, 1974 - February 26, 1995

Matthew Louis Lupero  
Son of Barbara and Guy Lupero  
March 24, 1965 - February 16, 1991

Timothy J. Mabe  
Son of Marilyn Mabe  
October 29, 1977 - February 18, 2001

Ethan Matthew MacPherson  
Son of Kim and Scott MacPherson  
January 22, 1994 - February 13, 1995

Kyle Patrick McDonough  
Son of Judy McDonough  
February 25, 1982 - May 15, 2005

Jolene Dawn McKenna  
Daughter of Charlene Kvech  
February 8, 1967 - November 22, 1971

Richard McKinney Jr.  
Son of Richard and Ellen McKinney  
March 6, 1975 - February 19, 1998

Graham Kendall Miller  
Son of Ken and Abby Miller  
February 3, 1981 - May 4, 1999

Jennifer Margaret Neafsey  
Daughter of Beth Neafsey  
March 20, 1969 - February 25, 1984



## OUR CHILDREN REMEMBERED (continued)

Jonathan Michael Noon  
Son of John Noon  
February 3, 1982 - April 18, 2004

John David "JD" Openshaw  
Son of David and Lily Openshaw  
November 9, 1994 - February 21, 1997

Adrian Bernard Andrew Ortega  
Son of Rachael Hand  
August 28, 1964 - February 17, 2005

Brian James Para  
Son of Joan Para  
February 19, 1970 - March 19, 1991

Mackenzie Jean Payne  
Daughter of Karyn and Eric Payne  
February 2, 2003 - February 2, 2003

Jackson Platts  
Son of Sandy and Jeff Platts  
February 7, 1998 - February 10, 1998

Tanager Rú Ricci  
Son of Kathy Franklin  
October 19, 1977 - February 16, 2004

Zachary James Rich  
Son of Peter and Tracy Rich  
February 25, 1999 - February 11, 2001

Christopher J. Rogers  
Son of Louise G. Rogers  
February 21, 1990 - November 4, 2003

David C. Schmier  
Son of Gordon and Virginia Schmier  
June 26, 1964 - February 10, 1992

Donna Jean Shrodes  
Daughter of Lydia Shrodes  
February 5, 1974 - May 23, 2002

Frank Spencer Spurr  
Brother of Terri Tuono  
January 27, 1966 - February 1, 2002

Roderick "Rod" William Stallings  
Son of Robin Stallings  
February 7, 1967 - September 14, 1996



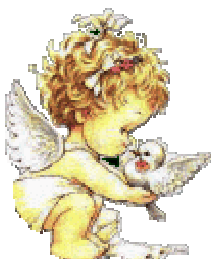
David William Tomaszewski  
Son of Richard and Carol Tomaszewski  
September 4, 1974 - February 6, 2001

Timothy Allen Umbel  
Son of Richard and Mary Ann Umbel  
Brother of Dawn and Christina Umbel  
February 16, 1982 - September 15, 2002

Evyn Bryce Wygal  
Son of Pam and Bill Wygal  
February 15, 1991 - February 24, 1994



*Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to [dralex@sdalex.com](mailto:dralex@sdalex.com)*



Death leaves a heartache no one can heal,  
Love leaves a memory no one can steal.  
--- Author Unknown

As you may have noticed on page 3, the topic for our next chapter meeting is "Using Music in Dealing With Grief". The lead article on the front page talks about letting music help you heal. For those who will not be able to join us, I hope you can take a few minutes to think about some melodies or lyrics that may bring back memories of our loved one that has died, or that evoke thoughts that comfort us.

Below are several examples of such music...

"Who You'd Be Today"

Sunny days seem to hurt the most  
I Wear the pain like a heavy coat  
I feel you everywhere I go  
See your smile, I see your face  
I hear you laughing in the rain  
Still can't believe you're gone

It ain't fair you died too young  
Like a story that had just begun  
But death tore the pages all away  
God knows how I miss you  
All the hell that I've been through  
Just knowing, no one could take your place  
Sometimes I wonder, who you'd be today

Would you see the world  
Would you chase your dreams  
Settle down with a family  
I wonder what would you name your babies  
Someday's the sky's so blue  
I feel like I can talk to you  
And I know it might sound crazy

Sunny days seem to hurt the most  
I wear the pain like a heavy coat  
The only thing that gives me hope  
Is I know, I'll see you again someday

Someday, someday

Artist: Kenny Chesney

"Everybody Hurts"

When the day is long and the night,  
the night is yours alone,  
When you're sure you've had enough of this life,  
well hang on  
Don't let yourself go, 'cause everybody cries and  
everybody hurts sometimes

Sometimes everything is wrong. Now it's time to  
sing along  
When your day is night alone, (hold on, hold on)  
If you feel like letting go, (hold on)  
When you think you've had too much of this life,  
well hang on

'Cause everybody hurts. Take comfort in  
your friends  
Everybody hurts. Don't throw your hand. Oh, no.  
Don't throw your hand  
If you feel like you're alone, no, no, no, you are  
not alone

If you're on your own in this life, the days and  
nights are long,  
When you think you've had too much of this life  
to hang on

Well, everybody hurts sometimes,  
Everybody cries. And everybody hurts sometimes  
And everybody hurts sometimes. So, hold on,  
hold on  
Hold on, hold on, hold on, hold on, hold on,  
hold on  
Everybody hurts. You are not alone

Artist: R.E.M.



*I give you this  
one thought to keep  
**I am with you still**  
I do not sleep.*

*I am a thousand winds that blow,  
I am the diamond glints in snow.  
I am the sunlight on ripened grain,  
I am the gentle autumn rain.*

*When you awaken  
In the morning's hush  
I am the swift uplifting rush  
of quiet birds in circled flight.  
I am the soft stars  
that shine at night.*

*Do not think of me as gone-  
I am with you still  
in each new dawn.*

*Native American Prayer*

### Silver Tears

The Silver tears streaming down your face,  
Are you crying for your dead child?  
Your sister? Your brother?  
No,! Your eyes are leaking silvery,  
Crystal drops of love!  
The pain and sorrow may diminish,  
But the sadness never goes,  
Because your love is never-ending.

Nola Helman  
In memory of her son, Jason,  
Who died in miscarriage

### Double Grief

The death of my grandchild  
and the grief of my son  
pull on my heart strings  
and I am undone.  
In secret I mourn beyond belief  
for I have been given double grief.  
God help me deal with the pain  
of sorrow  
of living with the hope  
of tomorrow.



Andy Cipriano  
TCF/ Tallahassee, FL

The memories always linger  
in the shadows of the mind.  
The pain is always present  
as life and death unwind.  
The past is not forgotten  
when it's part of you.  
And a torch burns for others  
whose dreams did not come true.  
It hurts to lose a loved one  
whose flower never bloomed.  
But dreams can be reborn  
if by you they are assumed.  
The flame of life may flicker  
or become mere residue.  
But it cannot be extinguished  
if it brightly burns in you.

Clay Morrison  
In memory of Jody Green  
From Mom , Dad and Missy



# Bereaved Parents of the USA

## Anne Arundel County Chapter

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**RETURN SERVICE REQUESTED**

DATED MATERIAL



## Bereaved Parents of the USA

### CREDO

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort, and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

**We welcome you.**