



Bereaved Parents of the USA Anne Arundel County Chapter

June 2008

www.aacounty-md-bereavedparents.org

My Dad is a Survivor

*Dedicated to any man
who has lost his child...*

My dad is a survivor too...
which is no surprise to me.
He's always been like a lighthouse
that helps you cross a stormy sea.
But, I walk with my dad each day
to lift him when he's down.
I wipe the tears he hides from others.
He cries when no one's around.
I watch him sit up late at night,
with my picture in his hand.
He cries as he tries to grieve alone,
and wishes he could understand.
My dad is like a tower of strength.
He's the greatest of them all!
But there's times when he needs to cry...
Please be there when he falls.
Hold his hand or pat his shoulder...
and tell him it's okay.
Be his strength when he's sad,
Help him mourn in his own way.
Now, as I watch over my precious dad
from the Heaven's up above...
I'm so proud that he's a survivor...
And, I can still feel his love!



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Kaye welcomes your emails at kdezamo@camtel.net

**BPUSA/Anne Arundel County
Chapter Facilitation Training
Workshop being planned -
Please see page 3 for dates
and details on how to volunteer**

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The printing and mailing of this newsletter has been donated
by **Karen Fedor** and **Jerry Moore** in memory of their son
Gavin Alder Moore



**Anne Arundel County Chapter
Bereaved Parents of the USA**

P.O. Box 6280

Annapolis, Maryland 21401-0280

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**Submissions for July newsletter
due by June 1**

We are a non-denominational, self-help support organization that is dedicated to assisting parents, siblings, aunts, uncles and grandparents toward the positive resolution of grief following the death of a child. We also aim to provide information and education to extended family, friends and coworkers desirous of being supportive to our Chapter members. We gather to listen, to care, and to understand the process of grieving as we start our recovery process and attempt to heal. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong", and offer us hope that together -- we can make it.



Telephone Friends: Sometimes we may have the need to talk to someone who can understand our pain. If you feel the need to talk, have questions to ask, or just had a difficult day, these people will welcome your call and are willing to listen to you.

Bob Bramhall 410.867.4956 Daughter (19), drunk driver; men's grief.

Marie Dyke Daughter (17), single parent, only child; car accident.

Sandy Platts 410.721.6457 Infant death.

Tia Stinnett 410.360.1341 Miscarriages and infant death.

Janet Tyler 410.969.7597 Daughter (5) and brother (33); car accident.

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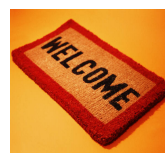
MEETING INFORMATION

Next Meeting: June 5, 2008

**Doors open at 7:15 P.M.
Meeting begins at 7:30 P.M.**

Calvary United Methodist Church*
301 Rowe Boulevard
Annapolis, MD 21401

****Please park in lower lot behind church***



Meetings are usually held on the **first Thursday of every month**. We meet on the lower level of the building in the assembly room which is accessible from the rear entrance. There is no cost to attend our monthly meetings.

Refreshments at our monthly meetings are donated by Chapter members. To make a contribution, please see the sign-up sheet on the refreshment table (drinks, ice, and paper products are provided). For information please contact Carol Tomaszewski at 410.519.8448.



At every monthly meeting we display materials from our **lending library** that are offered to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. You are welcome to borrow them and when you are finished, please return them at our next **monthly meeting** or mail them to our **post office box** listed above.

Inclement weather on a meeting night? Please check our Chapter's website or call our Message Line for information on possible cancellations.



By any chance, do you have one of our Chapter library's lost treasures? Please look around your home, office or car, and if you find you're finished with an item you can return it by either bringing it with you to our next **monthly meeting** or by mailing it to our **post office box** listed above.

Chapter Facilitation Training

For many bereaved parents who attend our Chapter's monthly meetings, the Sharing Group portion of the evening has become an integral part of their healing process. It's the place where we learn that after the death of our child, what we feel is normal. It's where we learn to take our first steps toward dealing with our feelings of overwhelming loss and grief.

Our Chapter Facilitators and Sharing Group Helpers are the key to the success of this important portion of our meetings and at this time we are in need of additional volunteers. In order to expand the pool of people who currently serve in those roles, we have planned a training session tentatively set for Saturday, June 21, 2008.

If you are interested in becoming a Facilitator or Sharing Group Helper, or just want to learn more about what it means to be one or the other, please respond by Friday, June 6, 2008 (in order for us to prepare sufficient materials and advise you as to the session location and times). Please contact our Training Organizer Terre Belt via email tbelt@nahbrc.org or call her 410.721.1359.

Please consider helping us with this most important task!

| In three words | can sum up everything
| have learned about life--
| It goes on.
-- Robert Frost

*(Frost lost 4 of his 6 children - two in infancy,
one by suicide and one after giving birth)*



There's a New Man in Town

My son is dead. The moment I was told my son died in an auto accident, there was a new man in town. The old man would find a way to fix "it" or at least make "it" better. The new man couldn't fix a thing. Oh, he could make arrangements, settle accounts, acknowledge condolences as though he were really there but the new man was far off, living in a protective shell hardened by disbelief and shock. Yes, he did things, but he didn't feel in the old ways, he was far off being reborn.

My wife's grief would bring the new man back, at least for a while. There was no fixing her, just acknowledgement of the hurt and pain and helplessness we both felt. I was there for her as she was there for me and we bonded in our grief at depths we did not know existed. My son did not die to make our marriage better or worse and his death did not change what it fundamentally was and is. There is however a new level where we meet to hurt and heal together.

When a baby is born there are pain and tears followed by profound joy. If that baby dies before his parents, there is pain and tears and a longing for peace. No man can anticipate the number of tears that will flow during his rebirth. The half hour drive to work each morning was a time of nothing but tears and pain and guardian angels to provide safety for myself and those around me. The new man was every bit the good driver the old man was, but he wasn't there, he was far off being reborn in those unstoppable tears. Peace was nowhere to be found.

I am not going into detail into the many ways I think I have changed. Believe me, I have changed and so have you fellow bereaved father. I cannot believe my son died to make me a better man. I do believe that my son's death shocked me into holding dear all that was always precious to me with the new knowledge that "it" can all end in an instant, and neither the old man nor the new man can ever fix "it." The protective shell is fading away and real peace is finding its way into my heart and soul. But the shell will never be completely gone and the peace will never blend into complacency. We are new men with new priorities and new things to do. This does not mean we abandon all that was of the old man, the newness is in our attitudes and understanding and acceptance of vulnerability.

Dave Simone, Bereaved Father,
Tampa, Florida/BPUSA



The Condo

509 East Breakaway
The perfect ocean getaway
Five floors up
A balcony to sit on
And drink ice tea from
And count waves from

The boys were here this weekend
It was a joy to spend some time
Not boys anymore
They've grown to men
But you're still our baby
It will always be so
15 forever and ever so it goes

With Chris and Jon
The condo was too small
Bumping into each other
With the occasional sharp word

Three men and your mom
It was a tight fit
But now that they're gone
There is too much space
The condo's too big for her, me and
you.

Paul Balasic
Anne Arundel County/BPUSA

Tears In Heaven

Would you know my name
If I saw you in heaven?
Would it be the same
If I saw you in heaven?
I must be strong
And carry on,
'Cause I know I don't belong
Here in heaven.

Would you hold my hand
If I saw you in heaven?
Would you help me stand
If I saw you in heaven?
I'll find my way
Through night and day,
'Cause I know I just can't stay
Here in heaven.

Time can bring you down,
Time can bend your knees.
Time can break your heart,
Have you begging please, begging please...
Beyond the door,
There's peace I'm sure,
And I know there'll be no more
Tears in heaven.

Would you know my name
If I saw you in heaven?
Would it be the same
If I saw you in heaven?
I must be strong
And carry on,
'Cause I know I don't belong
Here in heaven.

by Eric Clapton and Will Jennings
from the album "eric clapton—unplugged"
CD/LP Reprise Records, 1992



I know for certain that we never lose the people we love, even to death. They continue to participate in every act, thought and decision we make. Their love leaves an indelible imprint in our memories. We find comfort in knowing that our lives have been enriched by having shared their love.

— Leo Buscagila

SIBLING PAGE

(The Best of) Ask Dr. Paulson

Q *My sister and my father have both died. They are the only people my mother has pictures of on display.*



Mom has four living children and many grandchildren, but their pictures are never displayed. What can I do?

A I often hear from surviving siblings that their parents put up lots of pictures or very large pictures of their brothers or sisters who died. This is often very difficult for the surviving children. They ask questions like: *What about me—I'm still living, don't I count? Aren't you proud of me? How do I compete with a ghost? Don't you care that it's difficult for me to see his or her picture all the time? How can I ever get them to love me as much as they love my brother or sister who died?* This is the important part that you need to talk about—how it makes you feel and what you think when you see these pictures up around the house. What *do* you feel? What *do* you think about yourself? What *do* you think about your relationship with your mom? What *do* you think about your mom's love for you? We can talk about why your mother only puts up pictures of your father and sister who died, but the most important part is how this is affecting you. This is what you need to talk about with your mother.

Although understanding why parents only put up pictures of their children who died should not be the main focus of my reply, a brief explanation may be helpful. Generally there are two main reasons: 1) Parents are afraid that their children who died will be forgotten and everything will go on as if they never lived; and 2) this is one way to keep them in their lives everyday. Parents see, talk with, or know they can reach their living family members anytime, but this is one way that they can keep their children who died alive in their hearts everyday. But again, understanding why should be only a small part of your focus. The main thing is that you communicate with your mom how this makes you think and feel. Talk with your mom about your thoughts and feelings. You'll be surprised how this will help your relationship grow stronger.

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Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*.

You live in the beautiful wind that blows.
You live in the sound of birds that crow.
You live in the sun that shines so bright.
You live in the peaceful dark at night.
You live in a star I see in the sky.
You live in ocean waves that come in with the tide.
You live in the smell of flowers and grass.
You live in the summer that goes so fast.
You live in my heart that hurts so much.
You did not die, we only lost touch.



Shari Swirsky
Toronto, OH, Canada/BPUSA

Our Children Remembered

Please remember the following families this month.

James William Aikin
Grandson of Elizabeth and Barry Aikin
June 5, 1982 - March 18, 2008

William P. Anthony Jr.
Son of Bill and Linda Anthony
June 1, 1965 - January 2, 1999

Veronica "Ronnie" Anne Arata
Daughter of Rick Arata
June 12, 1968 - May 25, 2000

Deneen Leigh Bagby-Lins
Daughter of Jack and Audrey Bagby
June 21, 1957 - August 6, 1987

Jay W. Barnett
Son of Virginia Barnett
March 13, 1988 - June 15, 2005

Travis Brandon Beyerle
Son of Maren O. Sheidy
April 17, 1981 - June 23, 1995

Maranda Machel Callender
Daughter of Dean and Christina Callender
November 11, 1988 - June 2, 2006

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

James Joseph Cranston
Son of Thomas and Mary Cranston
June 11, 1972 - June 11, 1972

Vincent Mark DiBerardinis
Son of Laura and Mark DiBerardinis
October 16, 1996 - June 14, 2002

Jack Turner Dumont
Son of Jill and Dave Dumont
June 26, 2003 - June 26, 2003

Mary Senier Egan
Daughter of Mary M. Senier
Sister of Terri Hayden-Molton
May 8, 1951 - June 24, 1993

Joseph A. Esterling Jr.
Son of Joe and Michelle Esterling
June 7, 1967 - April 27, 1990

Ronald Wesley Farley
Son of Dorothy and Donald Farley
September 15, 1955 - June 28, 2000

Christina Ann Fisher
Daughter of Rick and Carol Wilson
December 17, 1985 - June 30, 2001

Eric William Herzberg
Son of Gina Barnhurst
June 7, 1986 - October 21, 2006

Sara Elizabeth Hohne
Daughter of Donald and Karen Hohne
January 2, 1980 - June 13, 2003

Colin David Humphrey
Son of Robert and Julie Humphrey
August 23, 1998 - June 16, 2001

Allison Carol Jimenez
Daughter of Carol and Russell Fritz
June 29, 1973 - August 2, 2005

Darin Michael Kilton
Son of Gil and Twanda Kilton
March 21, 1974 - June 5, 1985

Mark Charles Knepper
Son of Pat and Joe Knepper
June 28, 1968 - October 17, 1988

Bryan Adam Krouse
Son of James and Judy Krouse
March 11, 1965 - June 29, 2007

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

Michelle Anna Markey
Daughter of Shirley and Rick Markey
Sister of Robert Markey
June 19, 1992 - June 9, 2004

Christopher "Chris" Logan McFeely
Son of Samantha and Darell Sisteck
Brother of Taylor Sisteck
June 27, 1987 - January 15, 2005

Brian Richard Melcher
Son of Norma and Donald Melcher
Brother of Cheryl Lewis
August 30, 1960 - June 14, 2002

Our Children Remembered

Please remember the following families this month.

Benjamin James Miller
Son of Laura and Curtis Miller
June 2, 2003 - June 6, 2003

Michael Wesley Miller Jr.
Son of Michael Miller Sr.
November 11, 1981 - June 19, 1985

Kyle Brenner Millman
Son of Susan Millman
October 27, 1976 - June 10, 1989

Gavin Alder Moore
Son of Karen Fedor and Jerry Moore
June 11, 2004 - June 11, 2004

Julia Lyn Moore
Daughter of Dorothy Becker
August 22, 1973 - June 19, 2002

Robert Antonio Morgan Jr.
Son of Paul and Kathy Waters
April 23, 1984 - June 21, 2003

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

Connor S. "Jag" Persons
Son of Deirdre Persons
June 19, 1990 - October 16, 2002

Daniel Keith Rogers
Son of Thomas and Lauri Rogers
June 16, 1981 - March 18, 2000

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

Karen Ann Scully
Daughter of Ann Boteler
June 30, 1970 - November 14, 2004

Scott Christopher Shaffer
Son of Barbara Shaffer
March 17, 1967 - June 5, 2004

Jeffrey Steven Simpson
Son of Stephen and Linda Maszgay
June 3, 1972 - June 21, 2002

Christopher John Smith
Son of Debi Wilson-Smith
March 27, 1981 - June 30, 2000

Laura Ann Smith
Daughter of Lois and Joel Smith
July 30, 1985 - June 7, 2003

Christopher Lewis Strader
Son of Lewis and Peggy Strader
May 27, 1979 - June 21, 1997

Deon J. Summers
Son of John E. Summers
June 5, 1989 - September 2, 2003

Heather Brooke Tepper
Daughter of Michelle Tepper
Granddaughter of LaVern Gipprich
June 11, 1986 - April 3, 2005

Michael Shane Wheeler
Son of Lita L. Ciaccio
June 22, 1976 - January 11, 1997

Albert Wallace "Wally" Whitby Jr.
Son of Rita and Albert Whitby Sr.
April 25, 1951 - June 2, 1981

Sean Amaro Wilcox
Son of Anne and DeWitt Wilcox
June 25, 2003 - June 24, 2003

Wayne Wilson Jr.
Son of Needra Gorman
November 22, 1968 - June 24, 2003

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

To My Husband

Your tears flow within your heart,
 Mine flow down my cheeks.
 Your anger lies with thoughts and movements,
 Mine gallops forward for all to see.
 Your despair shows in your now dull eyes,
 Mine shows in line after written line.
 You grieve over the death of your son,
 I grieve over the death of my baby.
 But we're still the same, still one,
 Only we grieve at different times,
 Over different memories, and at different lengths.
 Yet we both realize
 The death of our child.

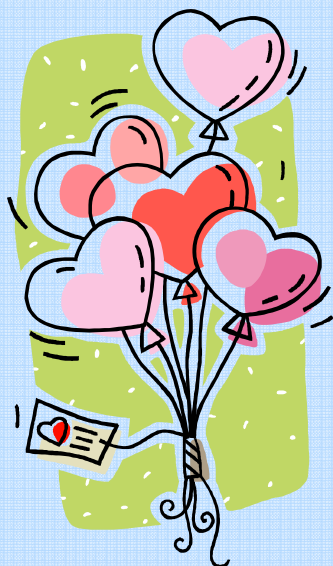
— Author unknown

LIFE

Life is a gift to be used every day,
 Not to be smothered and hidden away;
 It isn't a thing to be stored in the chest
 Where you gather your keepsakes
 And treasure your best;
 It isn't a joy to be sipped now and then
 And promptly put back in a dark place again.
 Life is a gift that the humblest may boast of
 And one that the humblest may well make the most of.
 Get out and live it each hour of the day,
 Wear it and use it as much as you may;
 Don't keep it in niches and corners and grooves,
 You'll find that in service its beauty improves.

Edgar A. Guest
 North Texas/BPUSA
 June 2002

Looking back on our Tenth Annual Hope and Healing Conference held on May 17th,
 we greatly appreciate the work of our organizer Debi Wilson-Smith
 as well as the contributions from the following presenters and speakers:



Dave Alexander
 Sue Alexander
 Paul Balasic
 Barbara Bessling
 Reverend Byron Brought
 Bob Burash
 Sandi Burash
 Sonny Kalis
 Andrea Lichtenstein
 Lynayn Mielke
 Darlene Goatley, LCSW-C
 Frances Palmer, Ph.D., GMS
 Ellen Patterson, LCSW-C, CA
 Alan Pedersen
 Lynn Landay Rosenberg

Photo Buttons

At our Chapter meetings and other events, you may have seen some members wearing buttons with photos of their children and perhaps you would like one as well. The Chapter owns a machine to make these buttons and one of our volunteers would be happy to make one for you with your child's photo. The photo you send to Bobbi may be larger than the button area, just indicate the portion of the photo you wish included on the button.

We ask that you send a check for \$2.00 per button with your order, which covers the cost of materials and return mailing. Please be sure to include your name, address and your phone number in case Bobbi has any questions about the preparation of the button. Bobbi will cut the area of the original photo to fit the button. Please allow two weeks for delivery.

This is the size (height 2¼", width 2¼") of the photo buttons being offered. Please send a photo to fit this size. One photo per button.

Suggested donation:
 \$2 per button

Send your information and pre-payment to: **Bobbi Remines, 14871 Hideaway Lane, Goldsboro, MD 21636**



We gratefully acknowledge the following donations:

Ann and Noel Castiglia in memory of their daughter Tria Marie Castiglia
 Joseph Foley in memory of Zachary Jay Forman
 Ken Smith in memory of his niece Tracy Ann Fotino

Donations are gratefully accepted to offset the costs of our Chapter's events and communications.
 Please contact Chapter leader Dave Alexander for more information (see page 2).



2008 NATIONAL CONFERENCES:



The Compassionate Friends 31st National Conference

"Volunteers for Healing, Friends for the Future"

July 18-20, 2008 (pre-conference programs on July 17)

Sheraton Music City Hotel

777 McGavick Pike

Nashville, Tennessee

Important Notice: Additional Overflow Hotel added
 Call the Courtyard (Marriott) Nashville Airport Hotel at 800.321.2221 for reservations. Refer to TCF Conference for discounted rate (this new offer ends 6/26)

For more conference information call (toll free) 877.969.0010
 Website: www.compassionatefriends.org

Bereaved Parents of the USA National Gathering

"Seeds of Hope"

July 11-13, 2008

Crowne Plaza Hotel at St. Louis Airport

11228 Lone Eagle Drive

St. Louis, Missouri

For hotel reservations call 314.291.6700
 Refer to BPUSA Gathering for discounted room rate
 (offer ends 6/15)

For more conference information call BPUSA Gathering
 Chairman Martha Honn after 7:00 P.M. EST at 618.244.1203.
 Website: www.bereavedparentsusa.org

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)

708.748.7866, www.bereavedparentsusa.org

Maryland Crime Victims' Resource Center, Inc. (formerly known as The Stephanie Roper Committee for Victims of Violent Crime)

For more information please call 410.234.9885 or go to their website, www.mdcrimevictims.org. Located at 14750 Main Street, Suite 1B in Upper Marlboro, Maryland, 20772.

S.O.S. (Survivors of Suicide)

Meets first Tuesday of each month at Severna Park Methodist Church located at 731 Benfield Road in Severna Park, Maryland 21146. For more information call 410.987.2129.

G.R.A.S.P. (Grief Recovery After A Substance Passing)

Provides help, compassion and understanding for families or individuals who have had a loved one die as a result of drugs. Website: www.grasphelp.com or contact founders Pat or Russ Wittberger at 843.705.2217. Email is mom@jennysjourney.org

T.A.P.S. (Tragedy Assistance Program for Survivors)

Non-profit Veteran Service Organization offering hope, healing, comfort and care to American Armed Forces families

facing the death of a loved one. Magazine; grief camps for kids; online forums, chats. Website: www.taps.org or call (800) 858-TAPS.

Hospice of the Chesapeake

Serving Anne Arundel and Prince George's counties. Provides help for adults, teenagers, children who are grieving the loss of a loved one. Counseling; support group sessions; weekend camps for children, teens (summer) and adults (fall). Website: www.hospicechesapeake.org or call 410.987.2003.

MIS (Miscarriage, Infant Death, Stillbirth)

Support Group

For those who have experienced loss through miscarriage, infant death or stillbirth. Meets first Monday of every month from 7 P.M. to 8:30 P.M. at St. Andrew's United Methodist Church, 4 Wallace Manor Road, Edgewater, MD. For more information contact Ann O'Sullivan, R.N. at 443.481.6114.

Subsequent Pregnancy Support Group

For those who have experienced a previous loss and are now pregnant. To find out locations, dates and times, call a Class Educator at Anne Arundel Medical Center's "askAAMC" Helpline at 443.481.4000, Monday through Friday from 8 A.M. to 8 P.M.

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P.O. Box 6280

Annapolis, MD 21401-0280

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NEXT MEETING JUNE 5, 2008



RETURN SERVICE REQUESTED
DATED MATERIAL



UPCOMING MEETING TOPICS for 2008:

Hidden Connections with your Child

Thursday, June 5, 7:30 P.M.

Chapter members Janet Tyler and Paul Balasic will discuss the many different signs we see in our daily lives which help us feel connected with our deceased children as we go through our grief journey. Sharing groups to follow the presentation.

Sharing Group Facilitator Training

Saturday, June 21, 2008 (tentative date)

Please see page 3 for more information.

Thursday, July 3, 7:30 P.M.

Program to be announced.

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact one of our Program coordinators: Paul Balasic at pjbspmd@gmail.com or 443.566.0193; Jane Schindler at cwschind@cablespeed.com.



WHAT TO EXPECT AT OUR CHAPTER MEETINGS

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. At the beginning of our meeting, we regularly schedule a 30 minute presentation to address a topic that we hope is of interest and value to many of our Chapter members. When the speaker or panel has concluded their presentation, you will be invited to introduce yourself and then say your child's name - but only if you are able to participate in this manner. We then take a short break before dividing into sharing groups.

These sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time the issues that are discussed - particularly for the newly bereaved - do not necessarily have to focus on the evening's topic, unless it is relevant to the group.

Please see page 2 of this newsletter for more details including our meeting location and other helpful information. If you have questions please contact our Chapter leader Dave Alexander (410.544.3634 or dralex@sdalex.com).