



Bereaved Parents of the USA

Anne Arundel County Chapter

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"Wherever a beautiful soul has been there is a trail of beautiful memories...." Ronald Reagan



"Always remember to make a point to forget the troubles that pass your way but never forget the blessings that come each day."

William Kyle Regan
July 19, 1988 - July 20, 2016

On August 9, you will have been gone from us a year. Our lives have changed from that day forward, but our love for you is stronger than ever. We will hold your memory in our hearts and continue to say your name. You were an incredible human being. Fly high Tom!! Until we meet again.

Love you, Mom and Dad

John T. "Tommy" McCormick
March 5 1981 - August 9, 2016



Paul,

Our hearts were full of joy the day you were born -- so much fun in watching you grow from an infant, to a teenager, and then, finally, a young man of 20 years old.

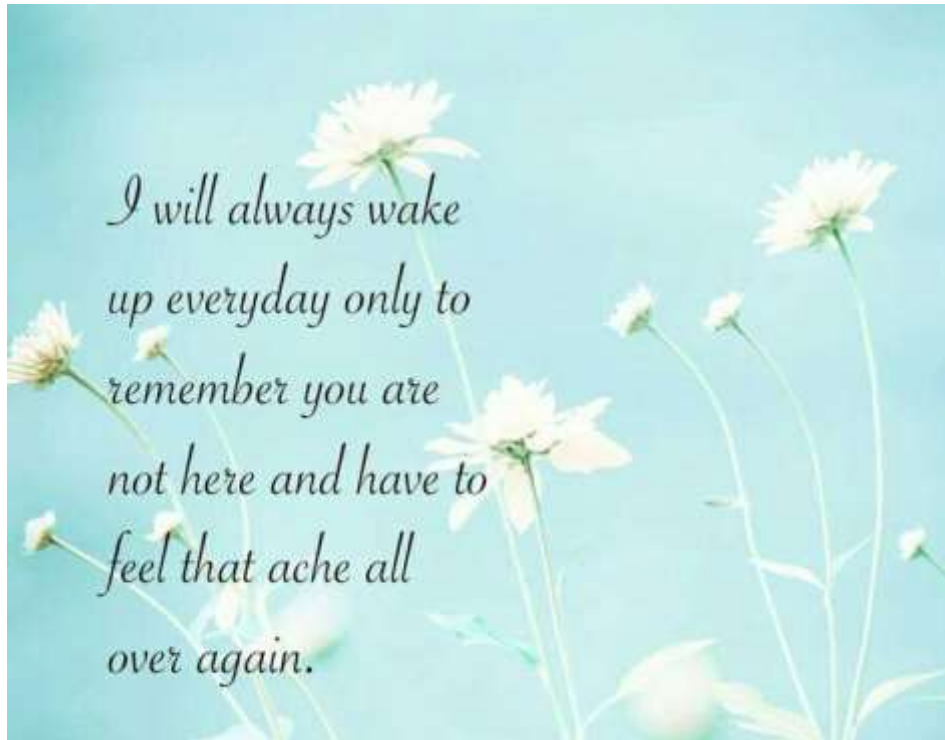
Our hearts were broken the day you left us at the age of 20 1/2 -- so much pain and sadness in knowing we would never see you become the man we knew you would be, to see you get married and have children.

Our hearts are at peace and we keep the beautiful memories of you in them -- we feel blessed that you were and still are a part of our lives. When you love someone as much as we love you, that love continues to live on within all of us.

Love, Mom and Dad

Paul John Burash
January 18, 1972 - August 8, 1992

Our Chapter Column



Missing my son
Elvira McCormick



Our Chapter Column is where you will find articles....poems...lyrics...thoughts, submitted by our Chapter members, in memory of their loved ones. Creative writing and journaling are a therapeutic means for expressing your innermost thoughts and feelings, and providing self-healing. Some of us are prolific writers, some of us may write occasionally, and others may not be able to write a word. If you are doing any type of writing, I hope you will consider sharing your efforts with others in this forum. For as healing as it is for you to put your emotions into words, it is just as healing to others to see that someone has the same thoughts and emotions as them, especially at a time in our lives when we feel most alone and isolated because of our grief. It is often hard to believe that someone else could feel the intense depth of pain that comes with the loss of our child, and extremely comforting to know that we are not alone.

Please consider submitting something to be printed in this column to:

chapterleaderaacountymd@gmail.com, or mail to PO Box 6280, Annapolis, MD 21401.

Our Chapter Column

Communicate to Understand Your Spouse's Grief

By Bob Burash

You have just experienced the worst tragedy that could happen to you as a parent. Your child has died. You are overwhelmed by the tragedy. You are in shock. You do not know how you will get through this or if you even want to live. You automatically and naturally turn to the one person that you can count on for support – your spouse. But something is wrong; your spouse is grieving differently, not at all, or wrong. Neither of you is able to help the other. This is an issue many grieving couples face. What can be done?

First, we need to understand two terms: *grieving* and *mourning*.

Grieving is our *internal response* to loss and is manifested physically, emotionally, cognitively, or spiritually. Men and women both experience grief through some of these feelings – anger, guilt, hostility, fatigue, loss of short-term memory, sadness, low self-esteem, or an inability to sleep or concentrate. The extent of our grief is influenced by the type and depth of our relationship with our child.

Mourning is our *external expression* of our grief and can be displayed as excessive crying, talking, sleeping, physical activity, memorializing, eating or work. Again, both men and women will display some or all of these behaviors.

Conventional wisdom, by definition, is an idea or explanation which may be true or false, but which is generally accepted by the public. For example, men grieve one way and women grieve another way. The problem is -- that research has determined that grief is **NOT** gender-based. Both men and women experience similar grief and express similar mourning.

It is important to keep in mind – Grief is **NOT** gender-based. Most of us have never considered this fact. Conventional wisdom holds that ‘men grieve like a man, and women grieve like a woman.’ But, what happens when your husband only cries excessively and talks, talks, talks incessantly and you only want to make furniture? What is ‘wrong’ with my spouse, (s)he is grieving wrong. Conventional wisdom would say he is ‘grieving like a woman’ or she is ‘grieving like a man.’ Both were confused about the way they were grieving. Not only did our society expect them to grieve in a certain way, but they felt they were not grieving properly.

In their book “Men Don’t Cry ... Women Do: Transcending Gender Stereotypes of Grief” Martin and Doka offer an alternate way to look at the way people grieve. They identify two styles – intuitive and instrumental. These styles get us away from the gender-based idea and allow us to grieve in the manner that best allows us to grieve without the guilt that we are doing it wrong. Intuitive mourners express and explore feelings, physically display their feelings and their outer expressions mirror their inner feelings. The instrumental mourner thinks things out and engages in physical activities.

Sandi and I struggled with our grief. Fortunately, we did not have to struggle with the gender-based labels of how we grieved. Sandi is an intuitive griever. She talked, told stories, needed to cry a lot and shared her feelings. Bereaved Parents was important to her. I, on the other hand, am an instrumental mourner. I needed to be engaged in physical activity – gardening, working in the basement, and running, running a lot. This was my release valve.

(Continued on page 4)

Our Chapter Column

(Continued)

As a couple we struggled to talk to each other about Paul's death and our grief. Neither of us wanted to make the grief process more difficult for the other than it already was. Often we would just sit opposite of one another in silence – dead silence. Luckily, we both enjoyed walking. When we walked together, we were aware of our surroundings and this served as a catalyst to start a discussion. After a few minutes, our conversation would turn to Paul and our feelings. We walked a lot. We discovered that our styles of grieving had advantages and disadvantages. Although, each style had differences, the differences were not deficiencies.

Differences in the way family members grieve are not differences in love.

When you understand that your way of grieving may be different than the way your spouse grieves, you can embrace the difference. Wishful thinking will not change anything and there is no magic pill, potion, or wand to change this. The way to understanding is to communicate – talk with each other. Learn about your spouse's style, if different from yours. Withhold judgement – (s)he is not grieving because (s)he is not grieving like me. Understand the differences and support each other. Acknowledge that your spouse may not be the person to provide support.

In summary:

- We all grieve the same;
- We all mourn the same – even though there may be individual differences;
- Rather than viewing grieving/mourning as gender-based, think of it in terms of intuitive and instrumental;
- Support the differences; and
- Above all – Communicate.

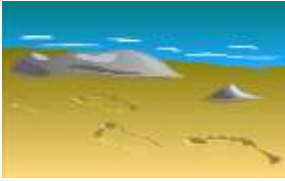
Silent Grief — Child Loss Support



When a parent experiences the loss of a child, there is never a day again where everything feels "all good." There's always a nagging feeling that something is terribly wrong even on those days when we should be able to experience ultimate joy. Deep inside there is an ache within our heart that will remain forever. As the years pass, that raw pain quiets most days to a dull ache, but often, when we least expect it, the pain swells up inside and explodes and we feel that horrible sad, empty feeling all over again. Our lives were changed forever the moment our child left this earth!

Source: Facebook shared by Debby Hunsaker

That First Summer Vacation



– Dianna Hammock, Central Coast, CA

Summer time is here and with it you may be planning a vacation. If you have recently suffered the death of your child, that first vacation can be very difficult. I would like to share with you our experience the first time we took a vacation after our son, Paul, died. I have included some suggestion to help you through your first vacation and to help you plan around your grief.

If any of you are planning a vacation, here are some suggestions that may help.

- Be gentle with yourself. Don't expect too much on your first vacation. Remember as bereaved parents, the first time we do anything without our kids is tough whether it be going to the movies, shopping or on a vacation.
- Plan to do some grief work because you will, planned or not. Give yourself time enough on the trip if you have a bad day so that you can just do what you feel like doing.
- Know that your child will be on your mind day and night just as he or she is at home. Our grief goes with us.
- Plan to do something your child would have loved to do, but did not get a chance to. Plan this in his or her memory.
- If you plan to visit relatives for the first time since your child's death, remember they mean well even if they seem insensitive with their remarks. They have not lost a child and can't see through your eyes.
- If you have other children, remember them. They are also having a hard time coping on this vacation. Plan some activities that will be especially for them.
- Be especially careful to communicate with your spouse. Plan a vacation that is suitable for both of your needs. Remember you are both grieving for the same child, but we all grieve differently and in our own way.

If you have been maintaining your child's grave site and feel guilty about leaving it unattended, let a family member or friend see to it while you are away. You need not feel guilty and it could fill a need for one of your family.

Source: www.compassionatefriends.org/blog/first-summer-vacation/



A Vacation from Grief

By Jennifer Shontz, LSCSW, LCSW, Grief Support Specialist

It's summertime! A time for the buzzing of the cicadas, the smell of cut grass, baseball and of course, vacations.



Vacations allow us the opportunity to get away from our day-to-day routines, to rest, retreat and renew our energies. Sometimes we go alone and sometimes with people we trust and care about. But is it possible to take a vacation in the midst of grief? Will we really be able to leave our grief behind, or will it come with us on our travels, packed snugly in our suitcase like an unwelcome guest, demanding our attention?

What IS possible is to take a vacation from the hard work of grieving; to catch your breath and allow the crashing waves of grief to become ripples, if only for a while. You can allow yourself a "time-out" in which to appreciate the beauties of nature, listen to soothing music, spend time in prayer or contemplation or engage in a physical activity you enjoy. Or you can choose to indulge yourself by sleeping late, laughing and not feeling guilty for the laughter, or putting the "to do" list aside and doing something you enjoy just because you enjoy it.

Be creative and choose a vacation that is custom-made just for you. You are the best travel agent because you know best what your limitations, preferences and needs are. But it's also okay to ask for help or for a companion to travel with you. You just have to ask. This summer, why not take a vacation for a week, a day, a moment? Travel in the car, on the train, in your imagination or in the peacefulness of your heart. You deserve it!

When you come back, your grief may be waiting for you. But when you unpack, just maybe you'll have more room in your suitcase for something new and surprising. Have a safe, pleasant and restful journey. We'll see you when you get back!

Source: www.kchospice.org/a-vacation-from-grief/

SUGGESTED READING

The Effects of the Death of a Child on a Marriage

Article by Jean Galica, M.A., LMF



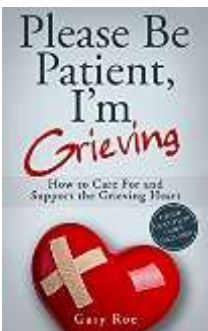
*When parents
grieve the death
of a child...*

One of the most common held myths is that after the death of a child, the majority of marriages end in divorce. The actual facts bear out that the death of a child usually acts, instead, to polarize the existing factors found in the marriage; hence, some marriage get worse, some get better, some just maintain, and some actually do end in divorce.

Marriages that have sustained the loss of a child through death experience the same valleys and peaks as any other marriage, just in a more exaggerated form. Whether they become better or worse, the one sure thing is that the marriage will never be the same again as it was before the child's death.

[Please Be Patient, I'm Grieving, How to Care for and Help the Grieving Heart](#)

By Gary Roe



Loss hurts. It's tough to go through, and painful to watch.

Do you know someone who's grieving and wish you could help? Are you the one grieving and wonder if what you're going through is normal? Do you wish those around you understood you better?

This practical and easy-to-read book provides the answers you need to make a difference - in your own life and in the lives of others.

Bestselling author, hospice chaplain, and grief specialist Gary Roe gives you a look at the grieving heart - the thoughts, emotions, and struggles within.

Please Be Patient,
I'm Grieving

Sometimes when I
say "I'm okay", I want
someone to look me
in the eyes, hug me
tight, and say, "I know
you're not"

GRIEF RESOURCES

[The Grief Toolbox](#)

Glen and Tanya Lord

Glen and Tanya Lord share about their journey as bereaved parents since the death of their 4 year old son, Noah, in 1999. They talk about the pain of new grief and their experience with attending their first grief support group.

They also share about their efforts to find grief resources on the Internet which brought them to developing **The Grief Toolbox**, an extensive on-line collection of grief resources.



Think of this as a box full of tools to help you cope with your loss. You'll find an extensive and growing assortment of on-line resources to help you cope with your grief.

Available is an ever expanding collection of articles, books, recorded interviews, memorial items, support groups, and even on-line chat groups for individuals dealing with different types of loss.

Visit www.thegrieftoolbox.com to learn more.

FEATURED PROGRAMS



Weekly featured pre-recorded interviews with individuals who have survived the loss of a loved one or other type of life loss, as well as those who provide grief care to their community.

Programs are approximately 20 minutes in length, perfect for your commute or morning walk! Available 24/7 at hopehealinghelp.com.

The Hope, Healing & Help Radio Program is a ministry of Heritage Oaks Memorial Chapel, Rocklin, California, 916-768-3891 www.heritageoaksmemorialchapel.com
Facebook: Heritage Oaks Memorial Chapel & Event Center

Our Children Remembered - July

Glorimar Arán
Daughter of Sandra Arán
July 26, 1989 - November 11, 2001

Cito Arán
Son of Sandra Arán
December 2, 1978 - July 11, 2000

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

Cortney Michele Belt
Daughter of Terre and John Belt
August 26, 1979 - July 9, 1996

Charlotte O'Brien Boone
Daughter of Eve Boone
July 23, 2006 - January 19, 2015

Sean J. Brannon
Son of Larry and Linda Brannon
July 6, 1968 - July 28, 2013

Makayla Gabrielle Carpenter
Daughter of Tarica Carpenter
November 10, 2008 - July 30, 2010

Tria Marie Castiglia
Daughter of Noel and Ann Castiglia
Sister of Carla Castiglia
July 6, 1963 - October 14, 1984

Chrystal Marie Clifford
Fiance of son of Marilyn Mabe
July 16, 1978 - February 17, 2001

David Brian Clutter, Sr
Son of Barbara Orndorf
July 23, 1968 - December 25, 2000

Olivia Rachel Constants
Daughter of Stephen and Dorothy Constants
July 28, 1996 - June 23, 2011

O. Steven Cooper
Cousin of Frances Palmer
July 5, 1954 - September 26, 1998

Emily Christina Davidson

Daughter of Fran Smith
July 24, 1972 - January 13, 2011

Michael J. Dickens Jr.
Son of Marla and Michael Dickens Sr.
July 7, 1968 - March 29, 1996

Brandon Robert French
Son of Rhonda and Norman French
October 8, 1983 - July 29, 2006

Melissa Fernanda Garcia
Daughter of Claudia Hnatiw
January 25, 1993 - July 30, 1994

Theresa Karen Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

Matthew Gordon Haines
Son of Gordon and Peggy Haines
May 3, 1977 - July 4, 1996

Kerry Elizabeth Hambleton
Daughter of Bob and Ellen Hambleton
September 14, 1983 - July 26, 2011

Roger Wallace Johnson
Brother of Leroy and Jeanne Jones
July 10, 1947 - August 23, 1986

James Arthur Leese
Son of Judith and John Leese
July 27, 1960 - June 25, 2013

Michael Robert Legér
Son of Daryl and Elizabeth Legér
July 11, 1986 - December 29, 2000

Eric Eugene Maier
Son of Gene and Marlen Maier
August 8, 1961 - July 5, 1984

Sarah Anne McMahon
Daughter of Deborah and Daniel McMahon
January 24, 1995 - July 13, 2012

Our Children Remembered - July

Daniel "Dan" Michael Milord

Son of Mike Milord

July 15, 1982 - May 5, 2004

Edwin Brandon Molina Jr.

Son of Carole and Edwin Molina

July 6, 2005 - March 3, 2007

Steven Craig Rasmussen

Son of Robert and Linda Rasmussen

July 15, 1961 - September 24, 1997

William "Kyle" Regan

Son of Bill Regan

July 19, 1988 - July 20, 2016

Megan Frances Richardson

Daughter of Karen Richardson

July 24, 1983 - December 4, 2004

Dennis Richard Rohrback

Son of Dennis and Joan Rohrback

April 8, 1964 - July 3, 1988

Emily Ann Schindler

Daughter of Charles and Jane Schindler

July 27, 1985 - January 27, 2004

Joseph Claude Smith

Son of Gary and Desirae Smith

March 19, 2005 - July 11, 2006

Karen Leese Stevens

Daughter of Judith and John Leese

July 19, 1962 - November 17, 2009

David William Whitby

Son of Rita and Albert Whitby Sr.

Brother of Susan Lovett

July 14, 1954 - July 4, 1987

Jeffrey Kevin Withers

Son of Jan Withers

July 30, 1975 - September 28, 1975

Alisa Joy Withers

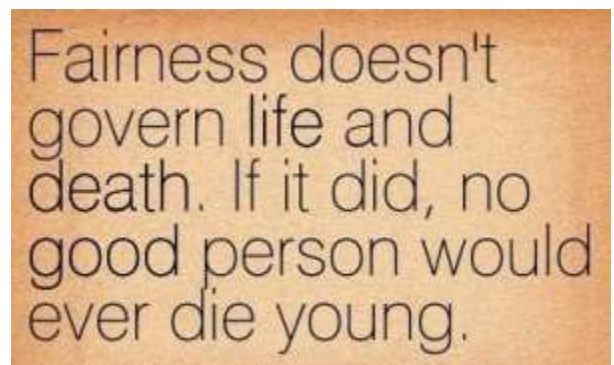
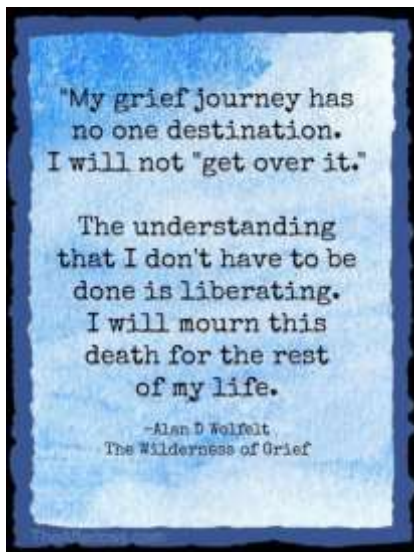
Daughter of Jan Withers

July 7, 1976 - April 16, 1992

Sienna Blue Water Zertuche

Daughter of Karen Samaras

September 5, 1976 - July 31, 2008



Our Children Remembered - August

Michele Belt
Daughter of Terre & John Belt
August 26, 1979 - July 9, 1996

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

Paul John Burash
Son of Robert & Sandra Burash
January 18, 1972 - August 8, 1992

Bryan Ray Cannon
Son of Ray & Barb Cannon
August 14, 1984 - August 11, 2011

William Frederick Carter Jr.
Son of Dot Carter
Brother of Janet Tyler
Brother of Lisa Beall
April 24, 1959 - August 16, 1992
Joshua "Josh" William Sims Dale
Son of Jody & Bill Dale
August 30, 1980 - August 30, 2007

Barbara Jean Fennessey
Daughter of Ray & Kay Fennessey
August 30, 1960 - August 4, 1989

Tracy Ann Fotino
Niece of Kenneth Smith
May 14, 1971 - August 25, 2000

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

Andrew Thomas "Drew" Gawthrop
Son of Brenda Gawthrop
May 25, 1990 - August 12, 2002

Kurt Willard Johnson
Son of Willard & Marian Johnson
December 9, 1963 - August 11, 2003

Roger Wallace Johnson
Brother of Leroy & Jeanne Jones
July 10, 1947 - August 23, 1986

Jeremy Scott Jones
Son of Leroy & Jeanne Jones
August 4, 1976 - August 21, 1986

Scott Andrew Katsikas
Son of Linda Snead
June 9, 1980 - August 13, 2004

Eric Eugene Maier
Son of Gene & Marlen Maier
August 8, 1961 - July 5, 1984

John T McCormick
Son of Elvira & Tom McCormick
March 5, 1981 - August 9, 2016

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

Ryan John Mulloy
Son of John & Suzanne Mulloy
August 19, 1975 - August 12, 1993

Michael Henry O'Malley
Son of Margie & John O'Malley
August 25, 1971 - December 7, 1991

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

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Ethel Cleary
August 3, 1983 - September 1, 1996

Joshua Aaron Prosper
Son of Terre Prosper
August 30, 1986 - December 16, 2011

Our Children Remembered - August

James Ryan Rohrbaugh
Son of Doug & Donna Rohrbaugh
August 30, 1983 - September 5, 1983

Michael Edward Shannon
Son of Karen Shannon
September 10, 1965 - August 13, 2013

Brittany Nicole Tyler
Daughter of Janet & Dan Tyler
Granddaughter of Dot Carter
October 12, 1986 - August 23, 1992

Daniel Alfred Whitby
Son of Rita & Albert Whitby Sr.
Brother of Susan Lovett
January 10, 1959 - August 15, 1974

Andrew Wilcox
Son of Peter & Margaret Wilcox
August 30, 1985 - August 30, 1985



Troubled Child

By Gretchen Wasson
Bethany, Oklahoma

I was so scared to tell them about you.
I felt so ashamed.....
You were a "troubled child,"
Not "perfect" like all the rest.

Stories of children loved by everyone.....
Sons and daughters with such promising futures.
Even though you were not like them,
You were my baby.

Even though you got into trouble and took drugs,
I was always by your side.
Even though you spent time in jail,
You could not have been loved more.

At times you were so frustrating.
And seemed all bad.
Then you would do something wonderful,
And I knew you loved us.

I don't need to feel ashamed anymore.
It didn't matter what you did or who you were.
You were my child,
And you did not deserve to die.

*I love you,
Mom*

VOLUNTEERS NEEDED

Our Chapter needs a volunteer, or two, to be our Newsletter Publisher.

Please seriously consider taking on this invaluable effort. The Newsletter is a very important resource to all our Chapter families, as it provides a forum for honoring our children, finding learning and solace in poems and articles, and providing Chapter information.

In the future, we will have opportunities to volunteer to help with Community Outreach, our Memory Walk, and annual Service of Remembrance.

Giving of yourself is always healing, and being instrumental in providing resources to other Bereaved Parents can only be a positive step in your journey as you extend a helping hand to so many others. If you feel you would like to do something, but don't know what you can possibly do, please talk to me. We can work together to find an opportunity that fits you.

Contact me if you have questions or will volunteer in any capacity. Thank you.

Carol Tomaszewski, 410-519-8448, chapterleaderaacountymd@gmail.com

2017 National Gathering

Join us in Washington DC August 4th-6th for the 2017 Bereaved Parents of the USA National Gathering.

Bereaved Parents of the USA sponsors an annual national gathering for bereaved parents, siblings and grandparents. The gathering features workshops, sharing sessions, speakers, a bookstore, butterfly boutique and, most important, an opportunity to meet other parents and families facing life after the death of a child. More so than at a chapter meeting, here a parent is likely to meet another parent who has experienced the same – perhaps unusual – death circumstance as him or herself. For those who don't attend chapter meetings, an annual gathering is a golden resource.

<https://bereavedparentsusa.org/gathering-home/>

Hilton Washington Dulles Airport
13869 Park Center Road, Herndon, VA 20171
(703) 478-2900 | <http://www.dulleshilton.com>

CHAPTER MEETING SUMMARY: Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401.

Sharing groups, a key part of each Chapter meeting, will be held as desired for first-time attendees, and the newly and non-newly bereaved. Meetings are held on the first Thursday of every month beginning at 7:30 p.m. (Doors open at 7:00) and are open to anyone grieving the death of a child. Come around to the back of the church, there is parking and an entrance directly into our meeting.

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. 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.

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 2-3 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child’s name. We then take a short break before dividing into sharing groups. 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—focus on the issues facing participants today.

JULY 6 Monthly Meeting: *Annual Chapter Gathering* – Plan to come early and bring a favorite dish, perhaps your child’s favorite, to share an informal meal with other bereaved parents. Doors open at 6:30 for dinner. The regular meeting will begin at 7:30.

AUGUST 3 Monthly Meeting: Janet Tyler, previous Chapter Leader, will open the meeting and provide some personal thoughts on her journey.

SEPTEMBER 7 Monthly Meeting: Our ***DROP-IN Craft Session*** will start at 5:00. Come when you can and join us for hands-on activities. You can create a T-Shirt with a photo transfer; just email, or mail a hardcopy, photo to chapterleaderaacountymd@gmail.com, and bring a T-shirt to the meeting ready to iron on the transfer. Watch for updates on other crafts and activities, and send in any suggestions or requests you have.

OUR WEBSITE: www.aacounty-md-bereavedparents.org Visit our website for information about our Chapter, Our Children, the Newsletter, upcoming events, and many other resources.

FACEBOOK: Join our private, members only, Chapter forum. In Facebook, search for “Anne Arundel County Chapter of the Bereaved Parents of the USA”. Our moderator will respond to requests to be included as a friend.

PRIVACY POLICY: Our Chapter is cognizant of privacy concerns related to our children. We ask that each family provide written consent to include your child’s name, photo, birth date and death date in our newsletter, on our website and other published listings of Our Children, such as for the Service of Remembrance. If you don’t see your child’s name included in our publications, and would like them to be included, please contact me.

Carol Tomaszewski, 410-519-8448, email chapterleaderaacountymd@gmail.com, use subject: Privacy