



Bereaved Parents of the USA

Anne Arundel County Chapter

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Newsletter of the Anne Arundel County Chapter, MD, BPUSA September/October 2018



Wendy Bolly April 6, 1977 – October 11, 2002

TO LIVE IN HEARTS WE LEAVE BEHIND IS NOT TO DIE.

THOMAS CAMPBELL

You live with us all – Mom, Dad, Brian, Anne and Andrew

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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.

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.

PHONE NUMBERS TO CALL IF YOU NEED TO TALK IN BETWEEN MEETINGS.

Mary Redmiles (301) 704-8086+Barbara Bessling (410) 761-9017+Janet Taylor (410)960-8759



Our Chapter Column

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.

The Bereaved Mother: A True Superhero

July 22, 2018

The bereaved mother is a warrior. Each day she faces the world whilst carrying the greatest of pain. Each day she lives while her child does not. Each day she fights to stay standing as grief tries to tear her down. The bereaved mother is a superhero. She survives, she thrives, thanks to superpowers gifted to her by her little one who could not stay.

Her Eyes

The bereaved mother sees things that others can't see. A fluttering butterfly, a feather on the breeze, a heart-shaped leaf, and the way the light dances. Beauty catches her eye and sends a message to her soul from the one she loves but can no longer hold. The bereaved mother's vision is powerful, enhanced to capture these signs of love.

Her Memory

Though it may seem fuzzy at times, the memories blurry and hard to grasp, the bereaved mother's memory is powerful. When the time is right, when it is quiet enough, safe enough, she can recall in the most vivid detail those precious moments

with her baby, of growing her baby, of saying goodbye to her baby. Though she fears those memories are fading, they never truly will, for the bereaved mother's memory is extraordinary. Those moments are etched forever in her heart, and no amount of time can erase them.

Invisibility

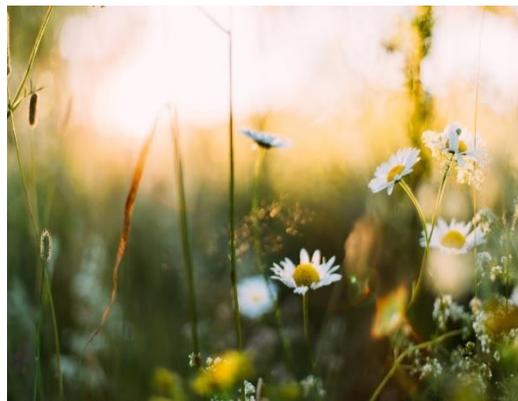
The ability to disappear is both a protective power and a curse for the bereaved mother. She can hide her grief beneath a cloak of invisibility. When it's too sore, too private, or simply too much, those who don't already know won't see her loss—unless they look closely at the sorrow ever-present in her eyes, or at the stoop of her shoulders as she carries the weight of her grief. The bereaved mother has the power to hide her grief, and yet with that invisibility comes desperate loneliness as she longs to connect with someone who understands, someone who can tell her it won't always feel like this.

The Mask

Like many superheroes, she wears a mask. Her mask looks impressive, but it hides so much of the pain. It hides her sadness, her tear-streaked cheeks. It hides her anger, which she feels is too ugly for most witnesses to bear. The mask says to the world "I'm coping," and the world applauds her courage. But inside, the bereaved mother withers a little more with each accolade and wishes someone could see the broken mama inside.

Super Strength

The bereaved mother has a strength that defies words. She stands tall, chin raised with stubborn determination, eyes bravely open wide to this world in which the worst thing imaginable has happened. Through all her battles with grief, she carries her child so tenderly in her heart. The love that emanates from the bereaved mother casts a light into the world that makes it infinitely more beautiful. And that light, her imprint on our world, that is her greatest superpower. It is what makes the bereaved mother a true superhero.

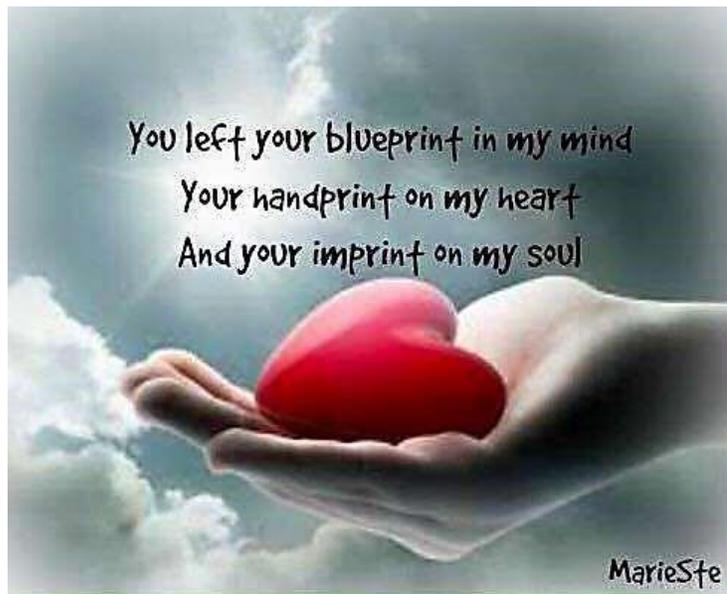


Courtesy of Still Standing Magazine.

I would trade all my tomorrows for a single yesterday with you.

Jenny Lou Carson

January 1915---December 1978



History Lesson in Relation to Grief and Death

The following is the list of the Presidents who have grieved the deaths of their children.

George Washington	1789-1797 :	step-son 1781
John Adams	1797-1801:	daughter 2, 1770, daughter stillborn 1777, son, 30, cirrhosis of the liver 1800
Thomas Jefferson	1801-1809:	daughter 2, 1770, daughter stillborn 1777, daughter 5 mo. 1781, Daughter 2 ½ yrs 1784, adult daughter 1804 (children with his slave Sally Hemmings: son, 2 wks, 1777, daughter 2, 1794, son 3, 1802,
James Monroe	1817-1825:	son 2 yrs, 1801

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John Quincy Adams	1825-1829:	daughter 1, 1812, son, 28, 1829, son, 31, 1834
Andrew Jackson	1829-1837:	adopted daughter 17, 1828
Martin Van Buren	1837-1841:	stillborn 1814, adult son, 1866
William H. Harrison children)	1841:	son 5, 1819 (he outlived 5 of his 10 kids – 4 young adult
John Tyler	1841-1845:	infant daughter 1825 (of 15 children plus 2 with slave mother)
Zachary Taylor	1849-1850:	daughter 5, 1820 daughter 1, 1820, daughter 21, 1835
Franklin Pierce	1853-1857:	(all of his children died in early childhood) infant son, 1836, son 4, 1843, son 12 1853
Abraham Lincoln	1861-65:	son 4, 1850, son 12, 1862
Andrew Johnson	1865-69:	adult son 1869
Rutherford B. Hayes	1877-1881:	three sons, 2, 1863, 3, 1866, 1, 1874
James Garfield	1881:	daughter 3, 1863, son 2, 1876
Chester A. Arthur	1881-1885:	son 3, 1863
Grover Cleveland	1885-1889:	daughter 13, 1904
Benjamin Harrison	1889-1893:	infant daughter, 1861
William McKinley	1897-1901:	infant daughter 1873, daughter 4, 1875
Calvin Coolidge	1923-1929:	son, 16, 1924
Franklin D. Roosevelt	1933-1945:	infant son 1909
Dwight D. Eisenhower	1953-1961:	son, 4, 1921
John F. Kennedy	1961-1963:	infant daughter 1956, infant son 1963

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Ronald Reagan	1981-1989:	shortly after birth 1947
George H.W. Bush	1989-1993:	daughter, 4 1953

I found this information fascinating. In light of the fact that I have supported and comforted, been supported by and comforted by so many bereaved parents that with this information and by viewing grief through a historical perspective, it creates the opportunity to look at bereavement through different eyes.

Yes, I have considered the fact that the numbers of child deaths may have been higher in the past two centuries due to the lack of using our current medical practices, immunizations and medical advances in treating diseases. Still, there is much to learn from this information... and if I ever take a history class again, I know will have already taken the preliminary steps for my research project!

I hope it has been useful, informational and perhaps given you an opportunity to view grief in a different light...

Chris Mulligan

Author, Teacher and Spiritual guide.



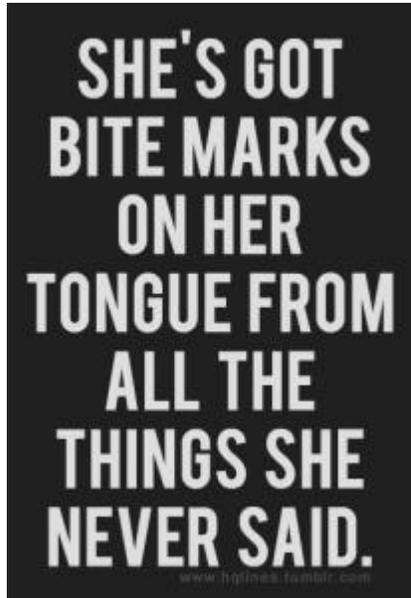
When I first meet people, and they ask what do you do, and do you have children, it gets complicated. For many years I would only talk of the living children. As I grew strong enough I was able to own who I was and would say I have given birth to 4 children, two with feet on the earth, 2 with wings. Now that is either a conversation stopper, or starter.

Some days are so hard not to explode and tell someone the real ugly truth who asks "how does it feel to lose a child?"

In the beginning of my 30 plus year journey, I would be in shock that someone would actually ask me that out of curiosity... Seriously? Now I just say, "I hope you never have to find out!" The comment that still makes me bite hard on my tongue is one that truly falls out of people's mouths because they have nothing else to say... "I don't know how you can go on, I just love my children so much, if I lost one of my children, I could not survive... So many things I could say to that, all of them would not be nice... as it implies that I am what?"

To shift back to living my life after merely existing in the pain of grief for many years, actually happened in a moment when I was finally ready to let go of the pain. I simply chose to jump back into life and live again, my trigger was ants on the sidewalk and my 3 year old son... Although I thought it would take something huge, to bring about change, it in fact came about with cookie crumbs and love.

Sandi Brosam, Grief Beach



♥ ðŸ’€ ♥ **Our New "Normal" ~ A Path We Did NOT Choose** ♥ ðŸ’€ ♥

This is my new path. It was not a path of my choice, but it is a path I must walk mindfully with intention. It is a journey through grief that takes time. Every cell in my body aches and longs to be with my beloved child. I may be

impatient, distracted, frustrating, and unfocused. I may get angry more easily, or I may seem hopeless. I will shed many, many, many tears. I won't smile as often as my old self. Smiling hurts now. Most everything hurts some days, even breathing. But please, just sit beside me. Say nothing. Do not offer a cure. Or a pill, or a word, or a potion. Witness my suffering and don't turn away from me. Please be gentle with me. Please, self, be gentle with me, too. I will not ever "get over it" so please don't urge me down that path. Even if it seems like I am having a good day, maybe I am even able to smile for a moment, the pain is just beneath the surface of my skin. Some days, I feel paralyzed.

My chest has a nearly constant sinking pain and sometimes I feel as if I will explode from the grief. This is affecting me as a woman, a mother, a human being. It affects every aspect of me: spiritually, physically, mentally, and emotionally. I barely recognize myself in the mirror anymore. Remember that grief is as personal to each individual as a fingerprint. Don't tell me how I should or shouldn't be doing it or that I should or

shouldn't "feel better by now." Don't tell me what's right or wrong. I'm doing it my way, in my time. If I am to survive this, I must do what is best for me. Surviving this means seeing life's meaning change and evolve.

What I knew to be true or absolute or real or fair about the world has been challenged so I'm finding my way, moment-to-moment in this new place. Things that once seemed important to me are barely thoughts any longer. I notice life's suffering more- hungry children, the homeless and the destitute, a mother's harsh voice toward her young child or by an elderly person struggling with the door. So many things I struggle to understand. Don't tell me that "God has a plan" for me. This, my friend, is between me and my God. Those platitudes seem far too easy to slip from the mouths of those who tuck their own child into a safe, warm bed at night: Can you begin to imagine your own child, flesh of your flesh, lying lifeless in a casket, when "goodbye" means you'll never see them on this Earth again? Grieving mothers- and fathers- and grandparents- and siblings won't wake up one day with everything 'okay' and life back to normal.

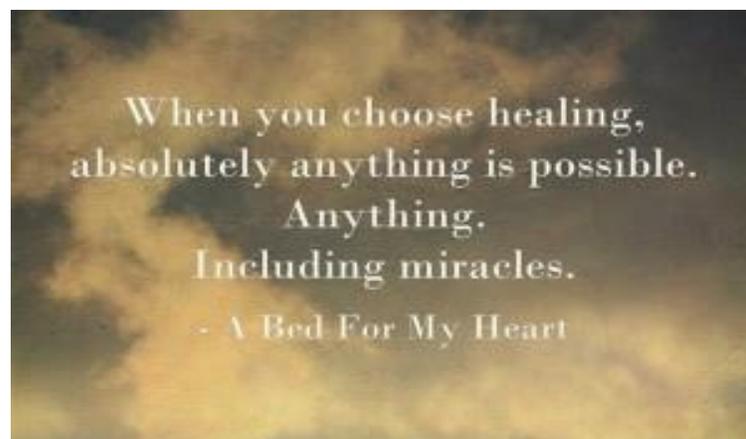
I have a new normal now. Oh, perhaps as time passes, I will discover new meanings and insights about what my child's death means to me. Perhaps, one day, when I am very, very old, I will say that time has truly helped to heal my broken heart. But always remember that not a second of any minute of any hour of any day passes when I am not aware of the presence of her absence, no matter how many years lurk over my shoulder... **OUR LOVE NEVER DIES!**

♥ ๑|๓ ♥

Author Unknown

Shared by: Sonny Grosso and Debbie-Sarah Karsch

Disa West Prudden



DON'T TELL ME

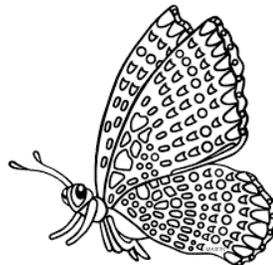
**DON'T TELL ME YOU UNDERSTAND,
DON'T TELL ME THAT YOU KNOW
DON'T TELL ME THAT I WILL SURVIVE,
HOW I WILL SURELY GROW.**

**DON'T TELL ME THIS IS JUST A TEST,
THAT I AM TRULY BLESSED
THAT I AM CHOSEN FOR THIS TASK,
APART FROM ALL THE REST.**

**DON'T COME AT ME WITH ANSWERS
THAN CAN ONLY COME FROM ME,
DON'T TELL ME HOW MY GRIEF WILL PASS...
THAT I WILL SOON BE FREE.**

**DON'T STAND IN PIOUS JUDGMENT
OF THE BONDS I MUST UNTIE.
DON'T TELL ME HOW TO SUFFER,
AND DON'T TELL ME HOW TO CRY.**

**MY LIFE IS FILLED WITH SELFISHNESS,
MY PAIN IS ALL I SEE,
BUT I NEED YOU, I NEED YOUR LOVE...
UNCONDITIONALLY**



A poem for all bereaved mothers

The moment that you left me, my heart was split in two
one side was filled with memories; the other side died with you.

I often lay awake at night when the world is fast asleep;
and take a walk down memory lane with tears upon my check.

Remembering you is easy, I do it everyday;

but missing you is a heartache that never goes away.

I hold you tightly within my heart and there you will remain;
you see life has gone on without you, but will never be the same.

Anonymous



Remembering

Go ahead and mention my loved one,
The one that died, you know.
Don't worry about hurting me further.
The depth of my pain doesn't show.
Don't worry about making me cry I'm already crying inside.
Help me to heal by releasing the tears that I try to hide.
I'm hurt when you just keep silent,
Pretending they didn't exist,
I'd rather you mention my loved one
Knowing that they have been missed.
You asked me how I was doing I say "pretty good" or "fine"
But healing is something ongoing I feel it will take a lifetime.

Elizabeth Den~

SIBLING CORNER

When Children Lose Siblings, They Face an Increased Risk of Death

By Aaron Carroll

Of all the possible tragedies of childhood, losing a sister or brother to early death is almost too awful to contemplate. Yet it is startlingly common. In the United States, 5 to 8 percent of children with siblings experience such a loss.

The immediate effects of a sibling's death, and the grief that follows, are obvious to all. But the consequences are more than emotional and can last for decades. They are even associated with an increased risk of death in those who remain.

A recent study in JAMA Pediatrics followed all children in Denmark and Sweden from 1973 through 2013. More than 55,000 of these children experienced the death of a sibling before they turned 18. In the 37 years of follow-up, these children were more than 70 percent more likely to die as well. Although the overall risk of death remained low throughout these years, it was highest in the first year after a sibling's death. During that period, children who lost a sibling have a mortality rate two and a half times that of other children.

Why are children who lose siblings more likely to die, even decades later? One of the reasons is probably genetic. In the study, many of the children who died later, even those who died within a year of each other, died of the same disease as their sibling.

Another factor could be the emotional impact and its effects on mental health, especially in the short term. Children who lose their parents are more likely to engage in alcohol and substance abuse not long after, often because of greater functional impairment, or to experience depression or post-traumatic stress disorder.

That emotional damage can linger. A study of young adults who lost siblings to cancer found that most still had not worked through their grief, even nine years later.

A case control study of children in Scandinavia found that children who experience the death of a parent had twice the chance of committing suicide. That increased risk lasted at least 25 years.

The risk of suicide in children who had lost a parent was 4 in 1,000 for boys and 2 in 1,000 for girls.

Emotional damage can have a physical impact as well. In 2013, researchers published work in PLoS One that showed that both men and women who had lost a sibling in adulthood had an elevated risk of death from stroke, potentially stress related, in the 18 months after the sibling's death. For women, that increased risk got worse over time, still increasing 18 years later. Sibling death from external causes (mostly accidents and suicides) was also associated with an increased risk of death from heart attacks in women years later.

Families who lose a child are more likely to show problems that already existed, like evidence of social deprivation and poor health. Health care professionals may want to consider that the death of a child can exacerbate problems, and signify long-term social, behavioral and environmental risks for the survivors.

These warning signs exist in other familial relationships. Research has shown that losing a child increases the mortality rate in mothers more than a decade later, both from natural and unnatural causes. It increases the mortality rate in fathers, too, but only from unnatural causes. Losing a parent does the same.

But death may be harder for children. As a parent, I can imagine nothing worse than the loss of a child. But as I watch my children grow up together, I'm struck by the fact that their bond is, at times, stronger than their bonds to my wife and me. They're together at school. They're together at camp. They're together when they play. They have secrets and shared experiences as they grow and develop together. They also have known almost no life without each other.

They are also far less capable of handling a loss than I or my wife would be. A study in the late 1990s examined how children responded to the loss of a parent versus a sibling. Girls, in general, were more affected by the loss of a sibling — especially a sister. Preteens showed higher levels of depression and anxiety, and adolescents had more attention problems and anger.

Given all these data, it may be time for us to pay more attention to the long-term effects of a child's death. We can take hope from research showing that most children do thrive and overcome adversity, even after such a loss. Too many do not, though. We ought to monitor those who lost siblings as children for possible health consequences for many years to come.

Source: www.nytimes.com/2017/07/31/upshot/when-children-lose-siblings-they-face-an-increased-risk-of-death

My Other Half

© Tabitha R. Scott

Never thought it could be you,
I never wanted it to.
My other half of me just disappeared.
Darkness came as fast as you got your angel wings.
My tears will never go away,
My heart feels like it's been thrown away.
When I heard the news,
I fell to my knees.
Not wanting to get up,
I heard you say it'll be okay.
Flying 1200 miles to see if it was true,

Memories running through my head not believing my only brother's life was gone.
I sit there looking at you,
wanting to shake you.
I couldn't see those big brown eyes,
there's not a smile that could ever be replaced.
God, take this pain away from me.
I never got to say goodbye,
I want you to answer me why.
I was too late to take his place,
But all I can is wait
Till then I'll be missing him.

IN LOVING MEMORY
JOSEPH G SCOTT

Sept. 18 1979 --- Feb 21 2004

Letting Go

© Shannon Billeter

You're still here in my heart and mind,
still making me laugh because your stories live on.
I hold you in a thought and I can feel you.
I feel you and this gives me strength and courage.
The tears I have cried for you could flood the earth,
and I know you have wiped each one away.
For you Brother, I promise you this,
I will go on with my life and make you proud.
I will always hold you in my heart.
I promise you I will be missing you every day till the end of time,
but this is not my end and I can't hold my head underwater.
I need to breathe.
I need to love and miss you,
but I also need to live because through me you will live,
you will still laugh and love,
you will still sing and dance,
you will still hug and kiss.
You will forever be in our lives,
you will forever be a brother,
a son,
an uncle
and friend.
I am going to miss your shining face
I think of you and wonder why?
I might cry or smile,
but at the end of the day,
I am one day closer to you...

Sister

© Morgan Martinez

One day it happened
In a blink of an eye
So sadly her life ended
Without a chance to say goodbye

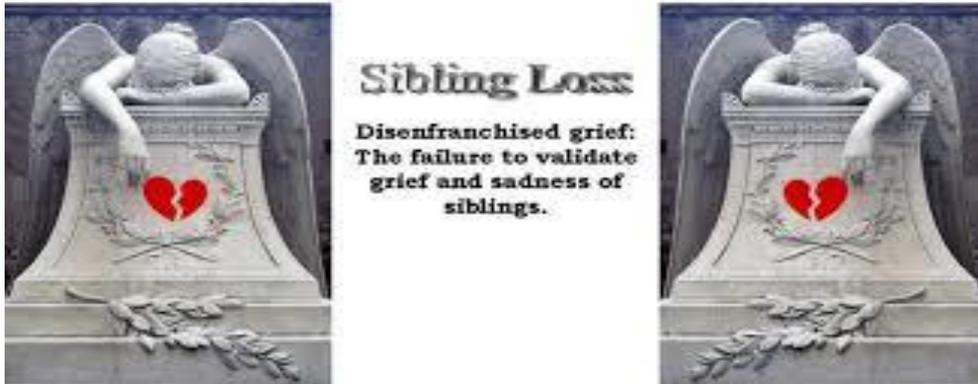
She was such a happy girl
With a beautiful smile
Without a care in the world
She made it worthwhile

She made everyone think
And played with their mind
She gave a quick wink
As their faces shined

The sisterhood has gone
With smiles and good times
No partner to sing our songs
No best friend to sing our rhymes

For her day had come
To fly off to heaven
And visit our mum
In a happy haven

She left us all
Without a goodbye kiss
She was the kind of girl
The ONE we will miss



To Pig, my only brother

♥ ðïð ♥

Today is April 21st; the world is a sadder place without a 37 year- old human Gummy bear in it named Joey.

Happy birthday, pig.

One of my fondest memories; that time when he and I drove down the coast, Windows open, hugging the beach side of the 101 Highway, and blasting Moby's "In this world".

That song still gets me.

Friends, please add your own favorite memory so that I can have a glass of wine to toast with you all tonight. as I read your favorite moments.

So much love!

Joey Belcher

All my love forever. Your annoying, pesky
Sister, Mimi

CREDO

OF THE ANNE ARUNDEL COUNTY CHAPTER
OF THE BEREAVED PARENTS OF THE USA

We are not alone.

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 are the aunts and uncles whose cherished nieces and nephews are gone.

We are here to support and care for each other.

We are united by the love we share for our children.

We have learned that children die at any age and from many causes.

Just as our children died at all ages, we too are all ages.

We share our pain, our lost dreams and our hopes for the future.

We are a diverse family.

We realize death does not discriminate against race, creed, color, income or social standing

We are at many stages of recovery, and sometimes fluctuate among them.

Some of us have a deep religious faith, some of us have lost our faith, while some of us are still adrift.

The emotions we share are anger, guilt and a deep abiding sadness.

**But regardless of the emotions we bring to our meetings,
it is the sharing of grief and love for our children that helps us to
be better today than we were yesterday.**

**We reach for that inner peace as we touch each other's lives
and place our hand print on each other's hearts.**

Our hope for today is to survive the day;

Our dream for tomorrow is gentle memories and perhaps to smile.

We are not alone

We walk together with hope in our hearts

BOOK REVIEW

"Wave" by Sonali Deraniyagala.

Sonali Deraniyagala and her husband Steve were vacationing at Yala National Park in Sri Lanka for Christmas with her parents, when the tsunami of December 26, 2004 hit. Sonali and her husband were scheduled to begin their journey home to London that morning. Before leaving she was talking outside with a friend when they both noticed the ocean appeared different and the waves were visible from the hotel for the first time. After a few minutes the wave began to roll towards them and she yelled for her husband to come outside. Alarmed, they all began to run for safety with no understanding of what was happening. Sonali did not stop at her parent's hotel room and alert them to the danger as she somehow knew she didn't have a second to spare. They soon found themselves in the back of a jeep, driving away to safety. However, the wave quickly overtook the vehicle tossing them all into the rushing water. Tragically she becomes the only survivor of her entire family.

Many years of unimaginable pain, loss, confusion, anger and despair throw her into a world she doesn't recognize and constantly questions is real. She nearly loses her sanity, begins to drink heavily, and isolates herself into a very dark abyss of anger and self-destruction.

The book begins with the details of that fateful morning and her immediate withdrawal into herself as she struggles with a new world that defies comprehension. She and her husband were financially stable and as a result, she has a choice of returning to their London home or staying with extended family in Sri Lanka. She chose to not return home for over 4 years and as a result, her home was exactly as it had been, as if nothing had happened. When she finally finds a therapist, who can comprehend her grief he advises her to write down the events of that day, as well as her memories of her husband and two young sons. What results is a raw, honest, often difficult to read, description of her horrendous journey. Published nearly 10 years after the event, she recognizes that forcing herself to painfully relive it, she is able to very, very slowly heal. Her memories keep her family close and are paramount in her survival.

Submitted by: Mary Redmiles in memory of my son, Tommy Redmiles





BPUSA Conference 2018

Tom and I attended the BPUSA annual gathering, “Whispers of Hope,” in August. It was our first experience at such a gathering, and we had heard how wonderful the past ones have been, so anticipated a lot of bonding among the bereaved parents from all over the country. We were not disappointed.

We arrived at the Whispering Woods Hotel and Conference Center in Olive Branch, Mississippi, just southeast of Memphis. At the registration table, we were each given a bright green zippered tote bag, where tucked inside were: a notebook, a spiral-bound information book with the schedule and description of all conference events and speakers (our very own Paul Balasic was one!), various pens, donated in memory of children, a reusable water bottle, a heart ornament, and several resource papers for bereaved parents. Someone had put a lot of effort into these 200-some bags!

The “Meet and Greet” BBQ dinner and music kicked off the weekend on Thursday evening. Tom (Delaney), Alan Pederson, Mitch Carmody and Denise Ganulin shared their gifts of song and ASL signing with us. I played along for some impromptu tambourine and shaker for percussion for a few of the songs. As the evening progressed, what I witnessed was a reconnecting for many. People who had attended previous conferences gave big hugs to those they had not seen in a year or more. We sat with our chapter attendees, Paul Balasic, Sandi and Bob Burash, and some new friends from Virginia and South Carolina. The BBQ meal was delish. Alycia Marshall, and her mother Jacinta joined us the next day for the weekend.

Friday morning, we gathered for breakfast in the dining room, sat with some new people, had the opening ceremony, with introductions of people in charge, and were treated to a song by “Love in Motion” Signing Choir. This very joy-filled California group signs and dramatizes songs as their mission across the country. They performed throughout the weekend, each time with different clever costumes.

Between meals (and we ate very well!), we had opportunities to attend workshops, use our imagination at the creation station (make hearts, paint rocks...), stroll through the Butterfly Boutique (proceeds go to BPUSA) or browse through books for sale. During meals, we were able to listen to gifted speakers about their journeys as grieving parents. A hospitality room and meditation room were open for use throughout the weekend. On Friday and Saturday evenings, Tom and Paul played their guitars in a lobby, drawing a few people to join them on comfy couches, and sing along almost into the wee hours of the morning! Music draws people together and is healing.



I would say that most of the workshops I attended, and there were many to choose from, were informative. The most helpful one for me was with siblings and parents. We got to hear from both points of view, and it was certainly eye opening for us all, I think. I shared that as a mother, I want to know how my son and daughter are dealing with their brother's absence in their lives, as I am still their mother, concerned about their feelings. The bereaved siblings shared that they didn't want to burden their parents with their own concerns, as they don't want to incur any further worry. We need more communication, I think, and times to share our memories of the one we miss so much.

There were 3 workshop tracts: for bereaved parents with surviving children; "Alive Alone" for parents who have lost an only child; and a siblings' group. Topics included: an art approach to grief process, spirituality, anger, forgiveness, music, yoga, improv, signs, and finding a purpose for living without our child. There were many other topics, almost too many to choose from!

A certain highlight for all of us from the Anne Arundel County Chapter was the presentation of the National Chapter Leader Award. Our own Carol Tomaszewski won the honor this year, and deservedly so! Congratulations, Carol! We were proud to accept it in your absence.



Throughout the weekend, Job the Comfort Dog was available for free hugs and snuggles. A trellis was set up for us on which to hang heart pictures of our children, and every time I passed by, I thought of all the loved

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children who have gone before us. How much we miss them, how much we continue to love them, and how, because of them, we have met new people, made new friends, and are learning how to find joy again.

I do hope to participate in another BPUSA national conference. I look forward to reconnecting with the people I met from Arkansas, South Carolina, West Virginia, Tennessee, Florida, California... well, you get the idea.

Tina Delaney, Nick's mom.



GRIEF RESOURCES

The National Gathering provided an abundance of resources based on the speakers and workshop presenters. Following is a listing of websites you might pursue for information, education, or inspiration. Also included is a list of books purchased at the National Gathering for our Chapter Library.

WEBSITES OF INTEREST from the National Gathering

Grant Art project by Kathryn Kohn. Your child's piece of clothing into a landscape picture. Her Facebook page is <https://www.facebook.com/Grant-Art-by-Kathryn-Kohn-491096231088083/>

Wood Creations Inc., personalized and engraved chests for keepsakes, www.memorychests.com

Rock-It Creations, engraved rocks and stones, www.rockitcreations.com; Facebook: www.com/RockItCreations

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Dr. Lynn Migdal, professional wellness expert and author, The Looking Up Foundation, www.lookingupfoundation.org,
www.migdalchiropractic.com

Rachel Pearson, Evidential Psychic Medium, www.rachelpearson.net

Anna Whitson-Donaldson, teacher, speaker and author of "Rare Bird" www.annawhistondonaldson.com

Claire Ann Stevenson, spoke on signs from our children, *author of "A Mother's Tears"* www.amotherstears.blogspot.com

Rose Carlson, pregnancy and infant loss support, www.nationalshare.org

Annah Elizabeth, The Five Facets Philosophy, www.TheFiveFacets.com

Love In Motion, signing choir, Dr. Doug and BJ Jensen, Jensen2@san.rr.com

Ron Kelly, focuses on men's grief, and men's vs women's grief, speaker and author, "Sometimes I Cry in the Shower"
www.rglennkelly.com

Sarah Kravitz, sibling grief, www.lifewithoutjudgement

Tom Zuba, teaching a new way to do grief, www.tomzuba.com

Kelly Buckley, healing after loss with gratitude, www.kellybuckley.com

Gareth Williams, Fly-Hope-Dream, www.fly-hope-dream.org

"Families of children battling life-threatening medical conditions and those grieving the loss of a child can participate in a once-in-a-lifetime Dream Flight, that provides opportunity to see life from a new perspective and find hope for the future."

Beth Hewitt, local Grief Coach, Facilitator Trainer, Public Speaker, & Author, <http://goodwordsforgrieving.com>

Susan Coale, Chesapeake Life Center, www.chesapeakelifecenter.org

Chris Mulligan, an Intuitive Grief Guide and author, www.peaceaftergrief.com

Wendt Center for Loss and Healing, Connecticut Ave, Washington DC, www.wendtcenter.org

Stephanie Handel, Michelle Palmer

Sara Ruble, facilitator and author, www.deathteaches.com

Nisha Zenoff, psychotherapist, grief counselor, dance movement therapist, presenter, author
www.theunspeakableloss.com

Susan Toler Carr, Certified Grief Recovery Method Specialist, www.justincarrwantsworldpeace.org

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Laura and Dave Diehl, founded GPS Hope (Grieving Parents Sharing Hope) www.gpshope.org

Becky Russell, Arkansas Chapter Leader, local speaker, blog author, www.weepyseeds.blogspot.com

Pam Vredevelt, professional counselor, speaker, author, www.pamvredevelt.com

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Dr. Peter Wilcox, local psychotherapist and author, www.petercwilcox.com

Joyal Mulheron, established EVERMORE to enhance support systems and resources for bereaved parents, www.live-evermore.org/home

DID YOU KNOW?

If you are submitting an article, letter or poem for inclusion in the newsletter, we must receive that information no later than the 15th of the month prior to publication.

You can honor your child's memory by sponsoring our newsletter by submitting a photograph and a 2 or 3 line memorial. No later than the 10th of the month prior to publication. The cost of sponsoring the newsletter is \$75.00 and the website is \$25.00.



Our Children Remembered - September

Jon Russell Aikin

Grandson of Elizabeth and Barry Aikin
September 4, 1983 - November 19, 2001

Mariah Nicole Albee

Daughter of Valerie and Richard Albee
November 27, 1982 - September 7, 2012

Traci Lynn Boone

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

Allison (Alli) Leigh Cantrell

Daughter of Kristy Cantrell January 19,
1982 - September 5, 2014

Jacquelyn D. Connolley

Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

O. Steven Cooper

Cousin of Frances Palmer July 5, 1954 -
September 26, 1998

Jason T. Easter

Son of Janice and Chris Kunkel
January 30, 1973 - September 9, 1999

Christine Kelly Enders

Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

Cynthia Lynn Ferguson

Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

Genevieve Marie French

Daughter of Tina French
Sept. 25, 1995 – Nov. 7, 2017

Edward Allen Funkhouser

Son of Sam & Maureen Funkhouser
September 3, 1971 – Jan. 23, 2018

Jeffrey Andrew Grimm

Son of John and Linda Grimm
Nov. 25, 1973 – Sept. 28, 1989

Henry Ku'ualoha Giugni Halbach

Son of Gina Giugni and Dan Halbach
December 9, 1991 – Sept. 25, 2016

Kerry Elizabeth Hambleton

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

Nicholas Paul Liberatore

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

Cody Thomas Moczulski

Son of Robin Moczulski September
19, 1993 - June 13, 2010

Chad William Muehlhauser
Son of Paula & Bill Muehlhauser
October 3, 1983 – Sept. 16, 1992

Robert Adam "Robby" Ostrowski
Son of Denise Crouse
January 30, 1995 - September 11, 2010

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

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

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

Steven Craig Rasmussen
Son of Robert and Linda Rasmussen July
15, 1961 - September 24, 1997

Robert William Rey II
Friend of Peggy Smeltzer September 14,
1965 - October 2, 2003

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 – Sept. 14, 2013

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

Daniel Maurice Rothman
Son of Juliet and Leonard Rothman
January 20, 1971-Sept. 17,1992

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

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

Owen Robert Sinex
Son of Phyllis and Bob Sinex
September 2, 1993 - December 20, 2012

Gregory Panagiotis Skaltsis
Son of Cynthia L Skaltsis
September 9, 1991-July 28,2017

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

Christopher Thomas Trachy
Son of Tom and Chrys Trachy
September 3, 1986 - March 3, 2016

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

Jeffrey Kevin Withers
Son of Jan Withers
July 30, 1975 - September 28, 1975

Miriam Luby Wolfe
Daughter of Larry and Rosemary Mild
September 26, 1968 – Dec.21, 1988

Ashley Jayné Younger
Daughter of Stephanie Younger October
12, 1990 - September 28, 2008

Our Children Remembered - October

James "Jamie" William Henry Alexander
Son of Dave and Sue Alexander October
12, 1970 - October 26, 1998

Wendy Jean Bolly
Daughter of Judith and Louie Bolly April
6, 1977 - October 11, 2002

Wes Paul Boone
Son of Eve Boone
October 9, 2008 - January 19, 2015

Christopher Ryan Boslet
Grandson of Carol N. Boslet October 23,
1985 - February 20, 2003

Amber Marie Calistro
Daughter of Patti and John DiMiceli
February 28, 1976 - October 30, 1980

Hannah Lindley Campbell
Daughter of John and Cathi Campbell
October 10, 1992 - October 10, 1992

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

Jacquelyn D. Connolley
Daughter of Pat Donoho
October 3, 1969 - September 13, 1986

John Mario DeMichiei Jr.
Son of John and Linda DeMichiei
February 24, 1979 - October 23, 2008

Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

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

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

Romana Alice Hale
Sister of Bobbi Remines October 8, 1948 -
November 5, 1976

Traci Jeanne Heincelman
Niece of Terre and John Belt
October 6, 1980 - March 10, 2002

Charles "Chip" Marshall Hodges
Son of Betty and John Hodges October 24,
1954 - March 14, 2005

Andrew Scott Hoffman
Son of Donna and Bryan Hoffman
March 6, 1986 - October 27, 2013

Richard Arland Jackson
Son of Margaret Jackson
February 9, 1990 - October 22, 2010

William Mirza Khadem
Son of Yoosef and Linda Khadem
October 24, 1984 - April 6, 2012

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

Matthew Joseph Morrow
Son of Carla and Ed Morrow
November 13, 1990 - October 13, 2012

Chad William Muehlhauser
Son of Paula & Bill Muehlhauser
October 3, 1983 – Sept. 16, 1992

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

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

Zachary Daniel Robertson
Son of Mary Ellen and Jim Young
March 3, 1978 – October 26, 2006

Nathaneal Paul Rohan
Son of Andi Zolt
October 2, 1983 - September 14, 2013

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Kelsey R Silva
Daughter of Kristen Silva and
Francisco Martins Silva
October 28, 1991 – June 16, 2011

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

Vejay Singh
Son of Jessica & Hardeep Singh
October 12, 1992 – March 21, 2014

Brandon Michael Sisler
Son of Laura Sisler
May 7, 1993 - October 15, 2011

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

Charles E Valentine, III
Son of Cathy Valentine
November 29, 1974 - October 21, 2011

Richard C. Watts
Son of Tom and Fran Cease
December 28, 1966 - October 28, 1998

Samuel Mark Williams
Son of Mark and Randye Williams
October 25, 2000 - October 25, 2000

Grant Allan Williams
Son of Mark and Randye Williams
October 25, 2000 - October 25, 2000

Alex Paul Yokanovich
Son of Delight (Nick) Yokanovich
November 22, 1979 – October 30, 2013

Tracy Woodfork, Jr.
Son of Jennifer Woodfork,
Grandchild of Julie Bergmeier
November 28, 1989 - October 8, 2012

Ashley Jayné Younger
Daughter of Stephanie Younger
October 12, 1990 - September 28, 2008



VOLUNTEERS REQUESTED

Memory Walk – Our annual Memory Walk will be on October 6th at Quiet Waters Park. If you would like to help put up signs, make mementos, register walkers, do a reading, etc., please contact Barbara Bessling, bebessling@aol.com 410-761-9017.

Service of Remembrance – Planning has started for our annual Service of Remembrance, to be held on December 2, 3 PM, at St Martins-in-the-Field Episcopal Church, Benfield Blvd, Severna Park. If you are interested in helping in any way, please contact Carol Tomaszewski, chapterleaderaacountynd@gmail.com, 410-519-8448. There are things to be done ahead of time... music selection, program design, reading selection, etc. And things to do at the Service... set-up, reading, ushering, and of course clean-up.

And as always, **DESSERTS** for the reception are requested.

General Volunteering with our Chapter -- 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 for you.

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

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

SEPTEMBER MEETING is Thursday, Sept 6.

Our guest speaker will be: [Susan Cole](#).

Susan Cole, LCSW-C is the Director of Chesapeake Life Center at Hospice of the Chesapeake. Prior to assuming the leadership of Chesapeake Life Center, she provided individual and group counseling for grieving adults, children and families, clinical supervision for graduate students from local universities and training for professionals in the area of grief and traumatic

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loss. A licensed clinical social worker with over thirty years' experience, Susan has worked in a variety of settings, including hospitals, child welfare and private practice before joining Chesapeake Life Center. She was part of the team that developed Camp Nabi for grieving children and Phoenix Rising for grieving teens. Susan's particular area of focus is working with those have experienced a traumatic loss, such as a death by suicide or a drug-related death.

She will be speaking about the multifaceted experiences of a loss due to suicide.

OCTOBER MEETING is Thursday, October 4.

Our guest speaker will be: [Randy L. Williams](#)

RN BSN
UMBC, Emergency Health Services, BS 1984
Villa Julie College, Nursing 1996

She will be speaking about fostering stress healing after the loss of a child

A look at the effects of stress on the body, mind and soul as experienced by our members and a discussion on ways to identify and deflect the stress response.

NOVEMBER MEETING: November 8.

"Coping with the holidays". We will have a panel of parents sharing what they have done to lessen the pain of their child missing.

DECEMBER MEETING: December 6.

Join us and introduce your child with photos and stories, and a meaningful gift, if you would like. Since we no longer have our loved one to give gifts to, many of us bring a gift in their memory. These gifts will be donated to a local charity for children in need.

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

Chapter leader: Carol Tomaszewski
Treasurer: Fran Palmer
Refreshments: Sandi Burash
Librarian: Bob and Sandi Burash
Programs/sponsors: Mary Redmiles
Newsletter: Joe and Irene Belcher



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