



# Bereaved Parents of the USA

## Anne Arundel County Chapter

COPYRIGHT © 2019 ALL RIGHTS RESERVED

Wishing you a 2019 that's as peaceful as possible and filled with love and memories of your loved ones.



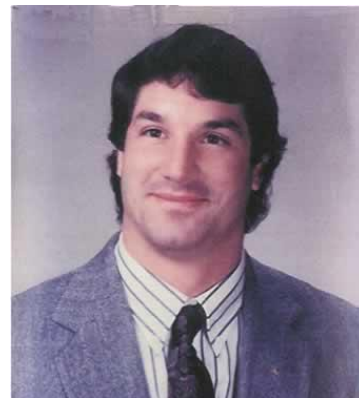
When the stars shine up in the sky we miss you.  
When the sun rises and sets everyday we miss you.  
When the rain falls and everything looks bright and beautiful we miss you.  
Everyday, every hour, in every way, in everything we do we miss you.

Love you always and forever Matthew.  
♡ Mom and Dad

*Matthew Ryan Stangle*  
*April 5, 1989 – January 14, 2017*



*Nicholas Grant Poe*  
*November 9, 1982 - January 23, 2002*



*Daniel M Rothman*  
*January 20, 1971 – September 17, 1992*

\*\*\*\*\* NEWS NEWS NEWS \*\*\*\*\*

**NEW CHAPTER LEADER :** Welcome Bob Burash P 3

**HOPE AND HEALING CONFERENCE April 27, 2019:** Announcement and Details P 19

**CHAPTER MEETING INFORMATION:** Inclement weather alert & monthly gatherings P 17

### 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. If you are doing any type of writing, I hope you will consider sharing your efforts with others in this forum. 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:  
[belcherirene@gmail.com](mailto:belcherirene@gmail.com), or mail to PO Box 6280, Annapolis, MD 21401.

Newsletter article submission deadline is the 15<sup>th</sup> of the month prior to publication.



*Dear Daniel,*

*Another year without you has slowly passed – 26 years now – and still, you are a part of our lives every day. I still wear the necklace with your lock of hair around my neck. There are photos of you all over our house and all over the homes of your sisters. We light a candle for you at our family gatherings, so that your spirit may still be among us. When I sing the little songs I made up for each child and grandchild, I still sing “Daniel, Daniel, Daniel, Dan . . .”. Your nieces and nephews all call you “Uncle Daniel”. And recently, I cried – because your namesake, your niece Danielle, playing freshman basketball at Santa Monica High School, all by herself, without knowing, chose your number, 32, as her number on the team. I asked her why, and she said she didn’t know – she “liked the number” and knew it was right for her! And remember how you wanted to “bring good healthcare to third world countries”? Your niece Melissa will be entering graduate school of social work, planning to work with teenage girls in Africa to ensure good health and opportunities for them. And your other namesake, your nephew Daniel, is dedicating himself to his studies in law school with the same intensity with which you dedicated yourself to your pre-med studies. You are a part of each of our lives, and of our family stories, and you live on in our hearts always.*

*With love always,*

*Your Mom*

Written by Juliet Cassuto Rothman, in memory of her son Daniel.

Juliet C. Rothman of Annapolis, MD, was a member of our Chapter for many years, and author of “Saying Goodbye to Daniel.” She currently teaches ethics in the School of Social Work of the University of California at Berkeley and has also authored a book for bereaved siblings, *A Birthday Present for Daniel*, and one for bereaved parents, *The Bereaved Parents Survival Guide*.

Her books are featured in our BOOK REVIEW section, see P. 11



\*\*\*\*\*

\*\*\*\*\*

## New Chapter Leader in 2019

### 2019 - Change and Hope

-- Bob Burash

2019 will see a change in the leadership of our chapter. Carol Tomaszewski, who has been our chapter leader for the past 4 years, has had to step down due to medical reasons. I would like to express, on behalf of the Anne Arundel County Maryland Chapter of Bereaved Parents of the USA, our thanks and appreciation to Carol for her unselfish service and devotion, leadership, compassion and the gift of hope she has offered to all bereaved parents. BP/USA National recognized Carol for her efforts as an outstanding chapter leader by awarding her the Chapter Leadership Award for 2018. Of the many contributions Carol made to our chapter, the greatest was the HOPE she offered to the bereaved parents. It is my privilege to know Carol and have her walk with me on my grief journey.

I am Bob Burash and I have agreed to be our chapter's new leader. I began my grief journey a little more than 26 years ago when my son Paul died in a single car accident. I have our chapter and its support to thank for getting me through those early days and years. Without their compassion and care when Paul died, I am not sure how I would have survived those early days. Over the years, I have come to appreciate the strength of the bereaved who are our chapter and the hope they give to all who are bereaved. We are a strong, compassionate, and loving chapter, and we invite anyone who has suffered the loss of a child to attend our monthly gatherings. We give you the opportunity to say your child's name, to tell your child's story, to cry, to laugh, to be angry, or to express your feelings as they are at that moment. We do not judge, we offer hope for the future. As our credo says, "We are not alone. We walk together with hope in our hearts!"

My contact information is Bob Burash, 410-551-5774, [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com)

\*\*\*\*\*

### Transition in 2019 .....my thoughts

- Carol Tomaszewski

This year, 2019, will continue to be a year of transition for me in both my personal life, and my involvement with our Chapter. For four years, I have had the honor and privilege to serve as your Chapter Leader. It has been a time of learning and healing, and working with many incredibly caring, courageous and strong bereaved parents. Much to my regret, I am stepping down officially as of January, 2019, because of a medical condition that is life-changing. I will still be involved with our Core Group and plan to help with event planning, such as the Hope and Healing Conference on April 27, 2019. And you will still see me at many of our monthly meetings.



My time as Chapter Leader has quickly slipped by and I want to thank everyone who has supported me. Being Chapter Leader may sound like a daunting endeavor, and I have to admit that I delayed taking on that role as long as I could. But I soon realized that all I had to do was oversee the volunteer “family” within our Chapter who really does the work. Their efforts to reach out to our

community, continue our Memory Walk and Service of Remembrance, establish email correspondence, publish our newsletter, recognize first anniversaries with cards, initiate fundraising, provide financial management, organize monthly meetings and programs, and many other areas will continue because of their efforts. There will be some transitions taking place as the roles and responsibilities for our volunteer family are addressed and recast under new leadership.

Thank you to Bob Burash, who has volunteered to be our next Chapter Leader. Bob and Sandi have been an integral part of our Chapter activities for many years. As Bob takes on the responsibilities of Chapter Leader, 2019 will be a transition year for him also.

In that regard, there are opportunities for some of you to begin to assume new responsibilities to support our monthly meetings, special events, communication, and other activities. There are easy, simple things to be done, like meeting refreshment coordination, or maintaining our library, helping with our special events, setting up for our monthly meetings, providing content for our newsletter, etc. Some of these are once a year and behind the scenes but still important to our Chapter.

You will know when it is right for you to transition from needing the grief support offered at our meetings, to progressing along your grief journey and being able to support the more newly bereaved and our Chapter.

Consider volunteering as a way to .....

- Honor your child.
- Explore a new purpose in your life.
- Rebuild yourself. You can be whole again but will never be the same, and that’s ok.
- Feed your soul by giving your time and efforts to help others.

*Will 2019 be a transition year for you also?*

*I hope so, and we can walk together as we move forward along our grief journey.*

# Not So Happy New Year

By Elizabeth Yassenoff

From Still Standing Magazine <https://stillstandingmag.com/2017/12/27/not-happy-new-year/>

If there is one thing I've learned about grief since losing my son shortly after his full-term birth in July 2016, it's that grief strikes when you least expect it. When I have anticipated a particular day being impossible, grief usually hits harder in the days preceding it than on the actual day. My son's first birthday, for example, or what should have been his first Thanksgiving.

Last holiday season, I was most concerned about Thanksgiving and Christmas being devastating days. But much to my surprise, New Year's hit me the hardest. I feared that people expected a new year would bring me hope. A fresh start. A chance to look forward rather than backward. But that expectation is just a great example of how most people, although loving and well-intentioned, misunderstand a grieving parent's feelings.

## *The Passage of Time*

Maybe it comes from my choice to focus on my son's life instead of his death. But putting more time between the present and those few precious hours I had with him, is the opposite of comforting or hopeful to me.

A new year meant more distance between my son and me. 2016 was Jacob's year, and once the clock struck twelve on January 1, 2017, it would never be Jacob's year again. I could no longer say I had a son "this year." Instead, it would be "last year." Or in the future, "2 years ago," "3 years ago," and so on. The longer ago it sounds, the more people would expect me to have moved on and my grief to have lessened. I knew that wouldn't be the case. The trauma of losing a child isn't like the trauma of a bad car accident or a painful medical procedure. If your trauma is the loss of a child, putting more time between you and your trauma doesn't ease the pain.

**Time doesn't heal this trauma because the source of your trauma is love, and that love is something you want to cling to as closely as possible.**

## *New Year's Grief*

So if your loss is fresher than mine, or maybe even if it's not, don't be surprised if New Year's grief sneaks up on you. And if you're able to explain that to your friends and families, maybe they will gain a better understanding of how grieving parents feel. But I will also offer some words that I hope will be comforting. As I approach 2018, I will say that I am less scared to turn over this calendar page than I was to turn to 2017.

Since time has gone on and I've continued to talk about Jacob, most people in my life seem to understand that more time is not the answer to my grief. In fact, they should not expect me to stop grieving in this lifetime. And that is comforting. My other big fear – that with time my memories of my few hours with my son would fade – has been mollified too. Somehow, even as time goes on, I can easily remember what he looked like and what it felt like to stare into his sweet face. I will never stop wishing I had more time with him, but at least I'm less scared now of those memories fading away. And so the passage of time is ever so slightly less terrifying than it was last year.



If grief hits hard this New Year's, know that you are not alone, and those feelings are very, very valid. But take comfort that the passage of time may not distance you from your child as much as you think. Your love for your child is strong and will preserve his or her memory better than you think.

**Elizabeth Yassenoff**



Elizabeth Yassenoff lives in Columbus, Ohio with her husband Erik. She writes for Still Standing and on her [blog](#) to honor her firstborn son, Jacob Dale, who passed away three hours after birth due to unexpected complications during labor. Elizabeth is a co-founder of Alive In My Heart, a 501(c)(3) nonprofit organization that provides connection and resources to bereaved parents in the Columbus area, and she is studying to become an Integrative Nutrition Health Coach. Jacob's baby sister, Ella Jane, was born August 11, 2017 and has brought a lot of light and healing.

**New Year's Resolutions for the Bereaved**

By Tanya Lord

This year I resolve to:

- ♥ Not put a time limit on my grief. Loving someone means loving them for my life time whether they are physically present or not.
- ♥ Tell their stories, the happy and the sad, they will live on through me.
- ♥ Encourage others to share memories.
- ♥ Teach others that they cannot "make" me cry, tears are only an external expression of how I am feeling all the time.
- ♥ Understand that crying or otherwise expressing my pain is healthy and normal. "Doing well" means expressing my feelings.
- ♥ Understand that others will not understand my pain and it isn't fair to expect them to do anything but listen.
- ♥ Recognize that asking for help from those that love us is a really a gift that we give to them.
- ♥ Help others, reaching out to others in pain will help me to heal.
- ♥ Do something nice for myself every day.
- ♥ Know that if today I can not do everything that needs to be done, tomorrow is another chance to get it done.
- ♥ Cry when I need to, laugh when I can and to not feel guilty about either one.
- ♥ Let go, bit by bit, of the guilt, regret and anger because I know holding on to these emotions can be so damaging.
- ♥ Take a risk and let others into my life and heart.
- ♥ Take care of my physical, emotional and spiritual health.
- ♥ Reinvest in life a little bit each day...

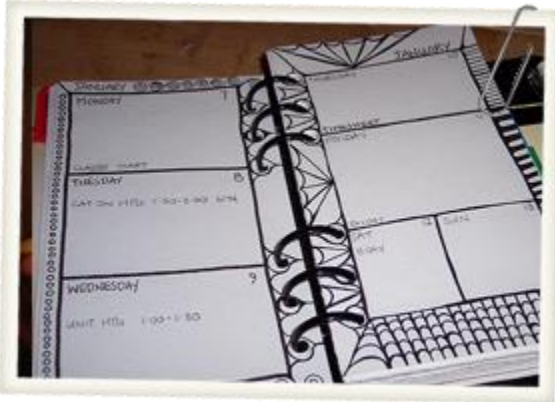
©The Grief Toolbox  
www.TheGriefToolbox.com



## A New Year and the Challenge of Grief

By [Hello Grief](#)

*Originally published in January 2012.*



Here we are at the end of the first month of a new year. Usually most folks look forward to the new year since it can represent a new beginning and/or a chance to “do better” than in the previous twelve months. New Year’s Eve parties are planned and large community gatherings are organized. The agenda is to celebrate with friends, food, libations, confetti, noise-makers and resolutions. You, as a griever, have successfully made it through January. Good for you!

However, you may have had a much different take on *New Year’s*. It could have been hard to conjure up energy and joy about the approaching year. It was probably hurtful at times when

the media and others encouraged you to have a *HAPPY* New Year. Your questions could have been (and may still be); what do I have to be happy about, how can I possibly look forward to a new year without the physical presence of my loved one, or what makes anyone think I have the extra energy to resolve to stop a bad habit or initiate a new more positive behavior?

Considering the emotional ups and downs that are a natural part of the grief process, you may have had a few experiences of happiness in January. Perhaps you had a moment when you looked forward to feeling better in the new year. Maybe you saw and felt another person’s joy about their possibilities in the new year and truly felt glad for them.

It could be, as this first month of the new year ends, you have chosen not to recognize the significance or possibilities for *YOU* in a “new year”. Even if you haven’t consciously decided to avoid the concept of a new year I invite you to stay with me here for what comes next.

Your loved one has died, your heart feels broken, your grief process is overwhelming, you struggle daily with the draining emotion of sadness, and you don’t necessarily feel hopeful about your future. However, you are alive and you do have a future. Do you believe your future life can be better than you have ever imagined? I believe it can.

The passage of time will always bring about a new year. As a griever you do face a new year without your loved one *but* you can approach it positively by taking gifts from your loved one with you. Your loved one taught you many things, gave you treasured items, instilled within you important morals and ethics, genetically provided you with physical attributes, opened your mind to new and broad ideas and etc.

Make a list of the gifts your loved one has left with you. I suggest you write this list by hand and not use a computer. It is impossible to have anything “wrong” on your list. Your gifts may include things like: 1. beautiful red curling hair, 2. the ability to speak fluent Spanish, 3. the attitude of always seeing the glass half-full, 4. the opportunity to attend college, 5. bright blue eyes, 6. the habit of exercising, 7. the special recipes created, 8. the stamp collection that is so unique and beautiful, 9. the idea of practicing random acts of kindness and 10. etc.

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

After you have made your list of these loving gifts I invite you to get creative. Match each gift with something you can look at and experience. This “something” will become the symbol for the gift. For instance, if your gift is red curling hair you might cut off a small curl or get a piece of red ribbon that matches the red of your hair or get a pretty red bead or button from a craft shop. For the glass half-full — pick out an elegant glass. Use a thank-you card to represent the opportunity you have to attend college/trade school.

You could get a different bead or individual small candle for each gift. Engage the healing power of your creative self now. It is so important to your healing. However you match your gift with its symbol need only have meaning for you. Your choices don't have to be logical or understood by anyone else. The length of time you take to accomplish all of this will be perfect timing.

Once you have your list and have matched the gifts with their symbols place them on a dresser, table or window sill. Have them in a place you pass by frequently. As you pass by the symbols you have chosen, pause for a moment and recognize their value. Express gratitude for the gifts left for you, know your loved one will live on as you embrace and personalize your gifts and take them with you into the new year. This should help you feel stronger as you face your new year while grieving.

I wish you a new year filled with as many happy times as possible.

PS – You know, of course, that for a griever a “new year” can begin at many places in the calendar — your loved ones birthday or day of death, your birthday or the beginning of summer and etc. At anytime you feel hopeless or especially sad missing your loved one, remember their gifts and then the good parts of your loved one will live on within you and give you peace.



We're not afraid to talk about GRIEF and LOSS.

Hello Grief provides information and resources about grief in order to break through the current culture of avoidance that surrounds death and loss. Instead, Hello Grief addresses bereavement head-on for those who are helping others cope, as well as those who need support on their own personal journey with grief. In a world that doesn't *get it*, we do. <http://www.hellogrief.org/>





# Valentine's Day

By Glen Lord

When some one we love dies, days on the calendar take on a new meaning. Days that once were full of joyful anticipation can now be a cause for dread and fear. Knowing that we can no longer celebrate special days without our loved ones has changed every holiday and other special days. Some of these days like Christmas, Thanksgiving or birthdays are clearly going to be triggers, and the anticipation of them allows us and others to prepare a bit for them. Other holidays may take us by surprise. Maybe they were not significant when our loved ones were alive so we don't initially associate the holiday to the pain of missing them that we are now feeling.

Valentine's Day can be one of these days. The pain of the holiday is clear to those who have lost a spouse. Most often thought of as a romantic holiday for spouses and couples, this holiday can be very painful for people missing others as well. We begin celebrating Valentine's Day as children when we struggle to put our names to our classmate's valentines. The day is filled with heart shaped candy, class parties and homemade valentines for our parents. It is a day to celebrate love, and as a society we have embraced the day to celebrate the love we feel for our parents, children, spouses, grandparents, siblings, and other family and friends. The day can bring up the pangs of grief because someone we love is now missing from this celebration.

With the death of our loved one, some control has been stripped from our lives. What we thought would be forever is suddenly taken from us. Just the same as we do not have control over the days that come along every year, we wish there was a way for them to just disappear-- to have "special" days that cause pain, to just forever be taken from the calendar.

Unfortunately, time moves forward without our permission and these days will come every year. We are left to decide how to make them bearable. This will be different for each day, but Valentine's Day invites us to remember the love. We can decide to focus on the memories. We can decide to focus on the love. The goal is not to take away the pain or to make everything okay, rather to allow us to share the love that always and will forever be there.

Some things that you can do on Valentine's Day to share that love:

- Light a candle in honor of your loved one.
- Bring Valentine's Day cards to people who may not get any.
- Write a love letter to them and read it aloud and share it with the universe.
- Make a donation in their name to a homeless shelter or donate a book in their name to a library.
- Plant a tree or a plant in their memory and place a memorial plaque beside it.

- Post their picture on Facebook and ask others to share their memories or photos with you.
- Go shopping for a Valentine's card, and look for the perfect one---the one that they would have purchased for you and buy it as a gift for you from them.
- Go to a favorite place and spend time with your memories.
- Make their favorite meal and invite others to come share in love and memories.

These are just a few ideas. Open your mind and your heart. Do what feels right to you. Try one thing, if it does not work for you then try something else.

Valentine's Day is different, but it is still Valentine's Day. Our loved ones are forever a part of us. They have changed us forever and their love lives on in us. This Valentine's Day, allow space for the joy of their memories and the power of their love to share space with the pain of them not being with you.

Happy Valentine's Day, LOVE NEVER DIES!

About the Author, Glen Lord



On June 14th, 1999 my son Noah Thomas Emory Lord age 4 and a half died following complications of a tonsillectomy. That first day it was impossible to imagine taking my next breath much less taking the first steps on what was going to be a continuous walk through grief. On this journey I have cried an ocean of tears, screamed myself hoarse and felt pain so intense that it seemed unbearable. There are no magic words or process that will take away the pain of grief. Calendars and clocks have no place in the grieving processes, what we all need are a set of tools that we can pick up and decide how and when to use them to re-build our lives. It was this realization that inspired The Grief Toolbox. The Grief Toolbox is both a resource and community for those who grieve and those who work to help them. With a desire to help the bereaved I have been involved with the New Jersey, Massachusetts, and New Hampshire chapters of the Compassionate Friends, a national support group for bereaved parents. Currently I serve on the National Board of Directors of the Compassionate Friends. I have a passion to serve the bereaved and a desire to help the people who work with them. If you are interested in joining The Grief Toolbox community or to have me present or run motivational workshops please contact me at [glen@thegrieftoolbox.com](mailto:glen@thegrieftoolbox.com). Together we can bring hope to the bereaved.

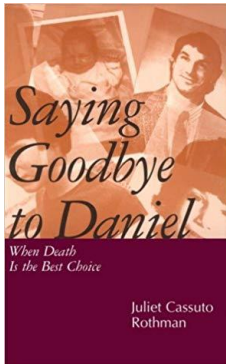


<https://thegrieftoolbox.com/>

## BOOK REVIEW

Featured books by Juliet C Rothman.

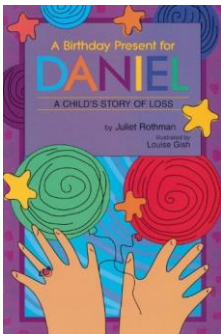
### Saying Goodbye to Daniel



At the age of 21, having just finished his junior year at Rochester University as a pre-med student, Daniel Rothman suffered a spinal cord injury in a diving accident. Treated in Rochester and then moved to Craig Hospital in Denver, considered the nation's best for rehabilitating quadriplegics, Daniel saw his condition steadily deteriorate. His mother, Juliet, who had written her Ph.D. dissertation on life-support decision-making, and his physician father eventually received the prognosis that he would never breathe, speak, eat or drink unassisted again. Moreover, he suffered from continual blood clots, unexplained fevers, wounds that wouldn't heal and headaches. Because he was of age, Daniel had to make the life-or-death decision himself, and he determined to die. This harrowing account grapples with tough moral choices and provides a list of resources for those facing them.

**AUTHORS NOTE:** I wrote my first book, *Saying Goodbye to Daniel*, just a few months after he died. I wrote it because everyone was asking me - how does a 21-year-old choose to terminate life support? And how did we let him? The book attempts to explain. I had always wanted to write, but had no confidence I would be published, so I never did. But I was so committed to what I wanted to say, that I did - and - a publisher quickly accepted it!

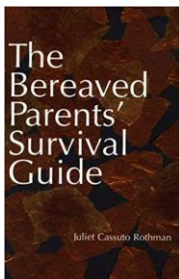
### A Birthday Present for Daniel: A Child's Story of Loss (Young Readers)



Ellen has lost her brother, and she shares with readers just how his death has changed the way her family interacts and the way she thinks about herself and others. This sensitive book is designed to generate discussion between children and adults as each page provides opportunities for communication, understanding, expression of feelings, and support from the little girl's parents. As the story moves through young Ellen's experiences, it arrives at a universal problem of how to commemorate the birthday of the child who has died. The suggestions presented here have been highly recognized and recommended by bereavement counselors and support groups. Although written for the young child, *A Birthday Present for Daniel* reaches out to all who have experienced the loss of a loved one.

**AUTHORS NOTE:** The second, *A Birthday Present for Daniel*, was written for his siblings. They were young adults and no longer children, but I wanted to reach out, to acknowledge that they were in pain - and to try to help bereaved siblings everywhere. Daniel's best friend's mother, an illustrator for National Geographic, did the illustrations.

### Bereaved Parent's Survival Guide



Rothman addresses the issues bereaved parents are likely to face, from marriage break-ups, handling the grief and guilt of siblings, dealing with well-meaning friends and relatives, to how to deal with the lost child's room and belongings.

This is a wise and compassionate guide through the difficult times that all parents face when they lose a child. It begins with the inner world of the bereaved parent and moves outward to consider relationships to others: to a spouse, to one's other children, to relatives, friends, and acquaintances. It deals with some of the most painful decisions a bereaved parent must face

**AUTHORS NOTE:** The third book was a labor of love. It grew out of the monthly meetings that were the most essential and helpful thing I did during those first years after Daniel's death. I was a group facilitator, and I often did the newly bereaved group. The stories, the experiences, the ideas, the feelings I write about - every single one of them - came from my experiences with all of you. The voices of BP/Compassionate Friends, Annapolis Chapter, are the voices of the book, and I gratefully acknowledge that in the book itself. I cannot tell you how much the group meant to me - and still does - but maybe that book best speaks for me!

## **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;**

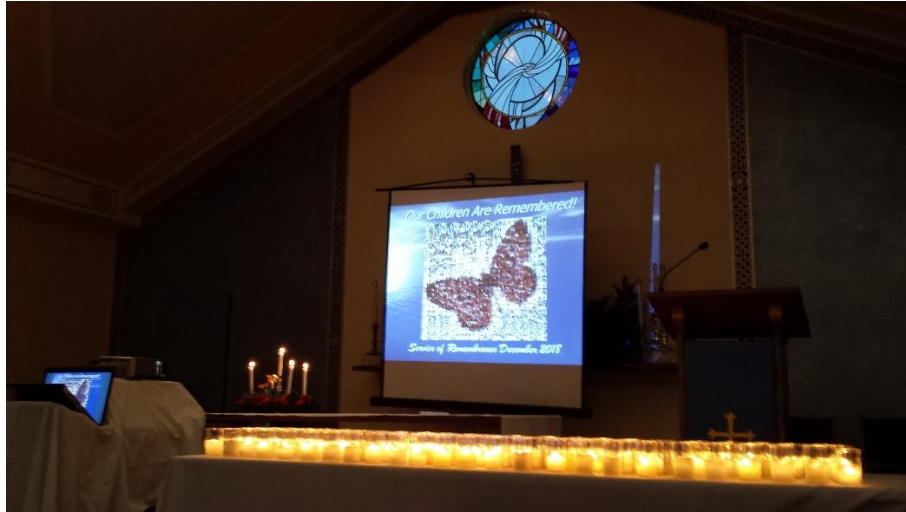
**Our dream for tomorrow is gentle memories and perhaps to smile.**

***We are not alone***

***We walk together with hope in our hearts***

## ***Our Children Remembered***

### ***Annual Service of Remembrance***



The candles we held while saying our child's name light the front of the sanctuary during the slideshow.

Our 34<sup>th</sup> annual Service of Remembrance was held on December 2 at Saint Martins-in-the-Field Episcopal Church in Severna Park. I devote this day to remembering my son during the Holiday season. And then it seems that I can move forward with other celebrations because I have had a special day with Dave.

Every year the program touches my heart and soul as the sanctuary is filled with bereaved parents and families.

Every year I sense the love shared with our children as it permeates the atmosphere.

Every year I feel my son's embrace as I sit and listen to the speakers and music, and watch the slideshow.

Every year brings me a little more hope, healing and peace.

Plan to join us next year and find peace and healing as we remember our children and celebrate their lives.

- Carol Tomaszewski





## January 2019      Our Children Remembered

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

Melanie Suzanne Berkow  
Daughter of Sandra Winans  
January 2, 1956 - March 23, 2012

Gabrielle Alexis Berryman  
Daughter of Patricia Rogers  
January 20, 2010 – November 26, 2017

Emily Ann Blazejewski  
Daughter of Lee Ann and Doug Blazejewski  
January 27, 1997 - January 2, 2004

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

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

Taylor Brannon  
Granddaughter of Larry and Linda Brannon  
January 27, 1995 - March 29, 1995

Thomas Ryan Broderick, Jr  
Grandson of Mary Jo and Ed Broderick  
January 6, 2018 - January 6, 2018

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

Allison (Alli) Leigh Cantrell  
Daughter of Kristy Cantrell  
January 19, 1982 - September 5, 2014

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

Nicholas Delaney  
Son of Tina and Tom Delaney  
December 29, 1981 - January 19, 2016

Jason T. Easter  
Son of Janice and Chris Kunkel  
January 30, 1973 - September 9, 1999

Jackie Cheyenne Foy  
Daughter of Mike and Cat Foy  
January 21, 1999 - December 24, 2008

Edward Allen Funkhouser  
Son of Sam and Maureen Funkhouser  
September 3, 1971 - January 23, 2018

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

Stuart Livingstone, Jr  
Son of Lori Livingstone  
Son of Stuart Livingstone  
December 20, 1992 - January 25, 2018

Walter H. Maynard IV  
Son of Rose Marie Carnes and Walter Maynard III  
January 2, 1965 - April 14, 2006

Craig Steven Nelson  
Son of Karen Coulson  
April 2, 1974 - January 31, 1995

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

Nicholas Grant Poe  
Son of Karen and Michael Willey  
November 9, 1982 - January 23, 2002

Joseph William Remines  
Son of Bobbi Remines  
Son of Jim Remines  
November 16, 1980 - January 3, 1994

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

Thomas Jeffrey Schall  
Son of Tom and Joyce Schall  
January 16, 1963 - January 7, 2002

Emily Ann Schindler  
Daughter of Charles and Jane Schindler  
July 27, 1985 - January 27, 2004

Gregory Robert Sears  
Son of Rob and Marilyn Sears  
December 11, 1975 - January 6, 2012

Daniel John Sohovich II  
Son of Vera Sohovich  
January 26, 1988 - June 9, 2011

Matthew Ryan Stangle  
Son of Scott and Jeanette Stangle  
April 5, 1989 - January 14, 2017

Cathryn Christiana Tsu  
Daughter of Horace and Cynthia Tsu  
May 27, 1997 - January 18, 2017

Nariyah Gabrielle Wheeler  
Daughter of Tarica Carpenter  
December 26, 2006 - January 2, 2007

Daniel Alfred Whitby  
Brother of Susan Lovett  
January 10, 1959 - August 15, 1974

Carole Anne Wilford  
Sister of Aljuana Saunders  
January 7, 1944 - May 4, 1998

Matthew Tyler Williams  
son of Marta and Chuck Williams  
May 8, 1986 - January 13, 2011

## February 2019

## Our Children Remembered

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

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

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

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

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

Zachary Lee Dukes  
Son of Cindy Dukes  
February 12, 1989 - March 31, 2010

Jenna Leigh Erickson  
Daughter of June and Jed Erickson  
February 12, 1988 - February 5, 2011

Manuel Junior Esparza  
Son of Dianna McKinnon  
March 20, 1987 - February 14, 2012

Melissa Ireland Frainie  
Daughter of Kathy and George Ireland  
December 12, 1971 - February 12, 2007

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

Carolyn A Griffin  
Daughter of Rick and Jan Griffin  
February 15, 1983 - June 1, 2011

Suzanne Boyer Hyatt  
Daughter of Jenni Lucke  
February 23, 1982 - November 6, 2017

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

Lemuel Andrew Kane  
Son of Grace Marie Watkins  
February 22, 1966 - August 3, 2017

Carlester Wilmore Kane  
Son of Grace Marie Watkins  
February 22, 1964 - December 18, 1998

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

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

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

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

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

Marco Pena  
Nephew of Dianna McKinnon  
November 28, 1989 - February 14, 2012

Thomas H Redmiles  
Son of Mary and Joe Redmiles  
February 22, 1985 - March 14, 2011

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

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

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

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

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

## **CHAPTER NEWS**

**Inclement weather** on a meeting night - Meeting cancelled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m. Please check email as we will try to alert everyone if a meeting is cancelled.

**CHAPTER NEWS SUBMISSION:** Please consider submitting something to be printed in this column to: [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com), or mail to PO Box 6280, Annapolis, MD 21401.

**VOLUNTEERS REQUESTED:** 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 works for you. Contact me if you have questions or will volunteer in any capacity. Thank you. **Bob Burash, 410-551-5774, [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.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 are 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.

**CHAPTER GATHERING PROGRAM TOPICS:** Please let us know if you have a request for a meeting topic and/or a suggestion of a speaker.

### **Monthly Gatherings:**

**JANUARY Gathering:** January 3, 2019. "How were the holidays?" Join us for an open discussion.

**FEBRUARY Gathering:** February 7, 2019. "What do you love the most about your child?"

**MARCH Gathering:** March 7, 2019.

**FEBRUARY CORE GROUP MEETING:** Tuesday, February 12, 7-9 PM, room 119 at Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401. The Core Group meets quarterly to discuss the administrative and planning aspects of our Chapter. At the February meeting we will be reviewing 2018 activities and finances, planning the monthly meeting programs for the rest of 2019, and discussing special events for 2019. Everyone is welcome and encouraged to come to our Core Group meeting.

**OUR WEBSITE:** <http://www.aacounty-md-bereavedparents.org/HTML/Home.htm>

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.

Bob Burash, 410-551-5774, [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com), use subject: Privacy

---

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

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

### CHAPTER VOLUNTEER CONTACTS:

Chapter leader: Bob Burash, 410-551-5774, [bpaacntychapterleader@gmail.com](mailto:bpaacntychapterleader@gmail.com)

Treasurer: Fran Palmer

Refreshments: Sandi Burash, 410-551-5774

Librarian: Bob and Sandi Burash

Programs/Sponsorships: Mary Redmiles 301-704-8086 [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

Newsletter: Joe and Irene Belcher [belcherirene@gmail.com](mailto:belcherirene@gmail.com)

**NEWSLETTER ARTICLES:** If you are submitting an article, letter or poem for inclusion in the newsletter, please provide this information no later than the 15<sup>th</sup> of the month prior to publication.

**SPONSORSHIP of newsletter and website:** You can honor your child’s memory by sponsoring our newsletter and/or website. The donation for sponsoring the newsletter is \$75.00 and the website is \$25.00. Either sign up at a meeting or call Mary Redmiles, Sponsorship Coordinator.

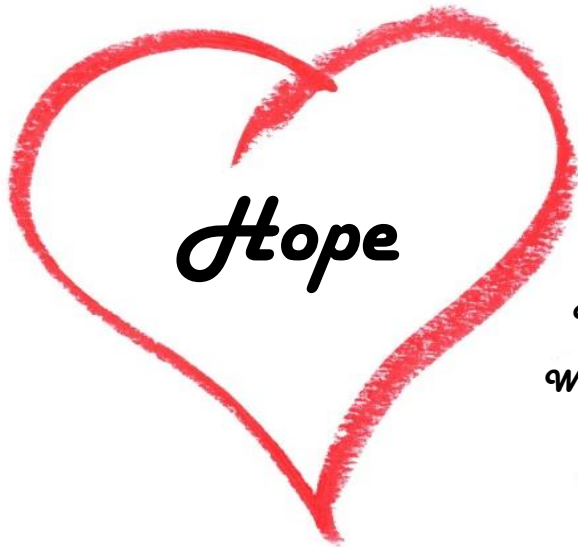
For the newsletter, submit a photograph and a 2 or 3 line memorial no later than the 10<sup>th</sup> of the month prior to publication. Forward this to Irene Belcher.

For the website, a sponsors link will be put on the home page that will open your child’s photo from the Our Children section of the website, if you have given permission to include a photo on our website. If no photo is available, your child’s name will still be included on the website home page.



# Hope & Healing Conference

Join us for a day of inspiring speakers, music and friendship.



April 27, 2019, 8 – 4:30

Calvary United Methodist Church

301 Rowe Blvd, Annapolis, MD 21401

*We are not alone.*

*We walk together with*

*Hope*

*In our hearts.*

Registration fee: \$35 per person. Continental breakfast and lunch included.

Confirmed speakers and topics:

Alan Pedersen – “Healing Guilt and Regret”

Bob and Sandi Burash – “Do Men and Women Grieve Differently?”

Panel of Chapter members- “Honoring Our Children”

More speakers and details to follow as planning progresses.

Donations of relevant items and used books for the sales table are requested.

Email or call to pre-register, provide suggestions for the day’s activities, or to volunteer in some way. We welcome your input and help.

POCs: Carol Tomaszewski, 410-519-8448, [AnnapolisConference@gmail.com](mailto:AnnapolisConference@gmail.com)

Paul Balasic, 443-566-0193



Anne Arundel County Chapter BPUSA  
P.O . Box 6280  
Annapolis, MD 21401