



# Bereaved Parents of the USA

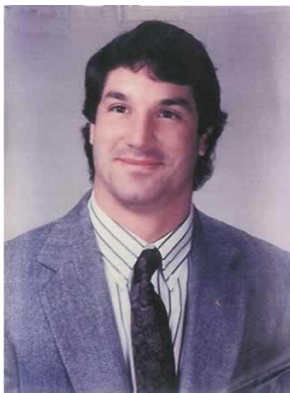
## Anne Arundel County Chapter

COPYRIGHT © 2022 ALL RIGHTS RESERVED

---

*"It takes strength to make your way through grief,  
to grab hold of life and let it pull you forward. – Patti Davis*

---



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

Beloved son of Juliette and Leonard Rothman  
Forever in our hearts  
And always loved.



**Joshua William Sims Dale,**  
**August 30, 1980 – August 30, 2007**

By Parry Kaufmann, in memory of her brother Josh  
Anne Arundel County Chapter, BPUSA

### *Oil Slick*

I saw the outline of your body on the pavement for an instant yet that image is a carved memory - stored, corners dusty, shelved, but not forgotten. I could see your two long legs split in an unnatural manner amidst an oil slick on the road, webbed feet outstretched, toes extended. Was it oil? Was it the remnants of your amphibian body coating the rocky surface? It pervaded my thoughts as I kept running down the sidewalk, past the scene, keys in hand, that wouldn't leave but continued to intrude into my mundane thoughts since. I would not look again, even though I did go back. Once dusk had passed and darkness enveloped the last of the remaining light, I thought of her. Your mother. When the familiar sounds of the night began to hum and sing from underneath the cloak of the trees I imagined her call, first a pule, becoming more shrill, then caterwaul with the passing moments in your absence. Echo. Would she be missing you? Would she cry in agony for you, the loss of you? Do you have brothers and sisters, a father, waiting, watching, still hopeful? Your mother, would her tears meld to the stickiness of her live body and puddle into the dank surface of the forest floor, forever encapsulating her body against the earth as she sat, pining for you? A permanent pause until she found you, would her tears ever cease from falling down the sides of her shape, her call quiet to a lasting rumble of grief in the bellows of her soul, the cycle of nature swallowing this momentary spot on the pavement, *as life goes on.*

## CHAPTER GATHERINGS and MEETINGS

# Jan 6, 2022 Hybrid In-Person & Virtual meeting

We continue to hold in-person monthly gatherings  
Combined with virtual gatherings at the same time.

The in-person gathering will be held in the *main floor PARLOR* at Calvary United Methodist Church.

***Masks are required and social distancing is encouraged.***

At the same time, a ZOOM virtual meeting will be included as part of the in-person gathering. We are excited to be able to come together again, to get those wonderful hugs, and heartfelt personal words of compassion. Yet also virtually include others who live in other states or are unable to attend in person.

Sharing Groups will always be part of our gatherings, both in-person and virtual. *“How did the holidays go? : A look back,”* and *“The prospect of facing another year of grief,”* may be topics of interest and discussion.

For more general information on our monthly gatherings and using ZOOM, see page 19 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

**Sibling Sharing Group:** Parents, invite and encourage your children to join our monthly gathering and participate either in-person or virtual. The Sibling Sharing Group is separate from the general meeting for parents. Siblings often neglect their grief and healing needs as they help their parents work through their grief. But sibling needs are different from parents. This is a chance for siblings to share their feelings with other bereaved siblings. Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA, and bereaved sister, will facilitate a Sibling Sharing Group during our monthly gatherings.

For more information, please contact Amanda at [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com) ,  
or Bob Burash, Chapter Leader, at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) , 410-551-5774.

### **Other important dates:**

**January 11, 2022: Core Group Meeting. See page 20 for information.**

**February 3, 2022: Monthly Gathering. Topic TBD**

**March 3, 2022: Monthly Gathering. “How Will I Live Without You?” will be presented by Cindy Magee.** Cindy is married and a Mom of four children. She lost her oldest son, Will, age 29, October 2016. Since that time she has created a blog, *cindymagee.net*, that chronicles her experience as a bereaved Mom and lessons learned. She started a facebook group *“Hope for Bereaved Parents”* that focuses on hope and learning to live again while remembering the forever bond we have with our children.

## **To all of you, from Carol**

Dear Fellow Bereaved Parents,

Here we are at the beginning of another new year. A mark of time on the calendar. Facing another year without our precious children. What will this year bring? Surely nothing as devastating as the year we lost our child. Surely nothing could be as life changing as that.

We are hurting. At times we feel empty. Our hearts cry out. Our souls are searching for solace.

Sometimes it feels like we are drowning in sorrow. Grief surrounds us.

In my early grief, I don't remember each new year. Sometimes it was all I could do to deal with one hour, one day, one week at a time. As I moved through the years, the affect of this devastating grief seemed to wane. But I believe I actually learned to relate to it and understand more, so I could have more moments of release from it's grip and now have days of peace within my soul.

My life is not what I had imagined 50 years ago, nor is it anything that I had planned. But it has morphed into a life of contentment with meaning and purpose, and I believe it is where I am meant to be.

It took me years to realize that if I did things that uplifted others, then I would uplift myself. And I direly needed to uplift myself after the loss of my son. It also took years to realize that I could possibly support and thereby uplift other bereaved parents, fellow bereaved parents who could "walk" with me, and support me when I needed. And there are surely times when I need support to uplift my soul.

You can survive your grief. You are courageous. You are resilient. You are strong. You all are the most formidable people I know.

Your life has changed, but you can find peace and contentment, remembering your loved ones throughout this year with love and smiles. Find solace in the hope that your life is changing in positive ways that will guide you to where you are meant to be.

This newsletter is dedicated to each and every one of you and your families.

Be kind to yourself every day. You are important. And please walk together with me.

Sincerely,

Carol Tomaszewski

Dave's Mom

Anne Arundel County Chapter, BPUSA

P.S. As the year progresses and each month slips by, we all face those daunting "special" days, often with trepidation and anticipation, never sure how our grief will manifest itself. This year my hope for you is that you remember your children, celebrate their lives, and believe that their love lives on and on, forever in your hearts.

***Let their love for you, and your love for them, give you strength for each day.***

## Grieving in the New Year

<https://clairebidwellsmith.com/grief-new-year/>



If you're like me, the new year always brings an opportunity for renewal and a fresh start. Except when you're grieving. When you've lost someone you love – recently, or even years ago – the new year can bring on a tidal wave of emotions and expectations. The idea of starting over in the new year can feel unwanted or even just overwhelming.

### **New Year's Resolution: Be less sad.**

Impossible.

If you have this one on your list strike it out right now! I've heard so many clients tell me stories of trying to "quit" grieving at the beginning of the year, only to have this resolution fall flat on its face.

New Year's simply looks different for those who are grieving. You may find yourself feeling more alone than ever as you watch your friends and loved ones carry on celebrating and making resolutions to embrace the year ahead. Because when you're grieving there is a poignancy that comes with the passing of time, and nothing feels like more of a reminder of this than the new year.

I'll never forget the first new year after my mother died. She had been gone for almost a year but when the clock struck 12 that night and the minutes carried forth into a year in which she was not alive, I literally sank to my knees in pain in the back hallway of a nightclub.

The intense pain I felt in that moment was unexpected for me. For most of that first year, I had felt numb. But when the hands of the clock began to move forward and I realized I was entering a year in which she would not be a part of, I felt overcome with searing grief. The club patrons carried on celebrating around me and I curled into a corner of the hallway sobbing into my hands, missing my mother more than I could stand, and not knowing how I would get through an entire lifetime without her.

### **Allow Grief to be Part of Your New Year**

Be kind to yourself in the new year. You don't have to make the traditional fresh start, embrace diets, work out regimes, or start a daily gratitude list. Whether this is your first year without your loved one or whether it's been many years since the loss, it's important to honor your feelings and give yourself the proper time you need to grieve. There will be other years in which you can feel celebratory again. But this year be gentle with yourself.

Let your resolution be one of vulnerability. So many of us are afraid to feel all the big emotions that come after a loss. These feelings can be overwhelming and also make you feel like you are not functioning like everyone else around you, but let that be okay for now.

I've had many people tell me years after a loss that they feel they missed an opportunity in their grief – that they did not let it in when given the chance, and that it hardened something about their relationship with their loved one.

Use the new year to take a deep breath and to embrace who you are in this moment. We change so much more than we realize. So remember that you will not always be in this space, but while you are, allow yourself to feel all that comes with loss.

There is undeniably an identity shift that comes with losing someone close to you. Be it a friend, family member, spouse, or child, their absence in your life will force change upon your soul. Most of us try to resist that change, thinking that the answer to getting through the pain is to try to remain exactly the same, to try to retain the person you were before the loss. But in fact, the opposite is true.

When we can allow ourselves to let the loss shape us and change us, we will grow *with* experience, rather than *against* it. And whenever we stop resisting something then we can give ourselves the opportunity to heal.

### **The Year of Letting Go**

Let this be the year of letting go. Not of your loved one, but of your expectations of yourself. You will never *get over* your loved one and you do not ever need to let go of them, but in order to heal you do need to release the idea that you can remain unchanged.

Each time you find yourself judging your grief process – whether it's thinking you are too sad or too angry or simply too consumed by it all – let go and know that whatever you are feeling right now is normal and natural. You will eventually reach a state of less pain and sadness and anxiety. You will find a *new normal*. Until then, be gentle with yourself.

### **Meditation for the New Year**

I want to walk you through a simple meditation that you can do anytime you have a quiet and private space for 5-10 minutes. Don't worry if you've never meditated before. Just give it a try.

First lie back in a comfortable position and close your eyes. Then take a moment to simply breathe and become attuned to your body. When you are ready I want you to imagine that you are rising up above yourself and looking down.

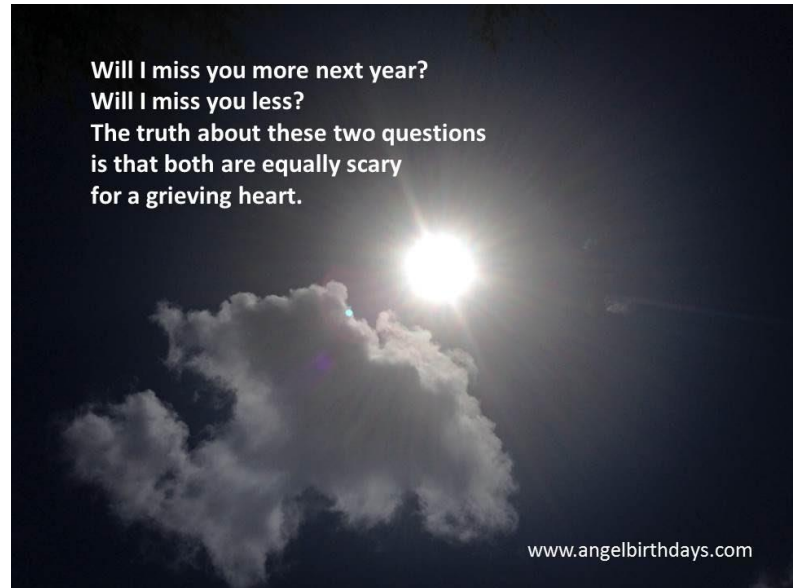
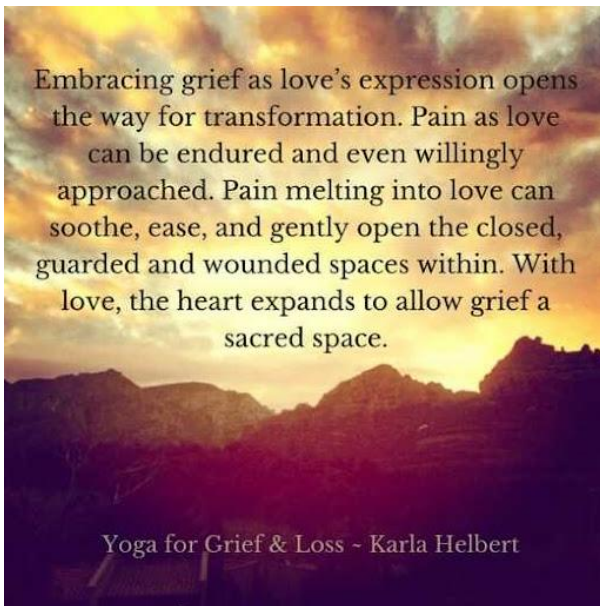
Take note of everything that you are experiencing in this moment in time. Do not resist what you see. If you think you are too sad, or too heavy or too scattered or too *whatever* I want you to let yourself see it and accept it anyway. This is who you are in this moment.

Take another moment to imagine reaching down and stroking your own head in a loving way. Forgive yourself for anything you think you are doing wrong and just for this one moment, during this meditation, let yourself feel real love and compassion for who you are, right here and right now.

Give yourself a message of reassurance and love. See yourself as you would see a friend or a child, and meet yourself with true compassion.

When you are ready, return to your body and take some slow, deep breaths before you open your eyes.

Do this meditation as often as you need. It will help keep you present and balanced in the new year. And remember, the path to healing starts with giving yourself space to grieve.



---

## 8 (Actually 9, Reasonable) New Year's Resolutions for Grievers

<https://whatsyourgrief.com/8-new-years-resolutions-for-grievers/>

If you're considering making a New Year's resolution this year, there are quite a few you can choose that will simultaneously help you cope with grief. In fact, we have a list of [64 New Year's Resolutions for Grievers](#), but 64 is admittedly somewhat overwhelming so, instead, here are a solid 8 New Year's resolutions for grievers.

---

### 1. Go easy on yourself:

This may sound obvious or even cliché, but it is easier said than done. Don't place expectations on yourself that you may not be able to live up to. Whenever possible, try not to set timetables on when elements of your life (like work or other activities) will be back to 'normal'. Don't pressure yourself or allow others to pressure you into feeling like you should be 'over' the loss. This may feel like the opposite of a resolution because it's far from goal oriented, but really, being kind to yourself may be the best New Year's resolution a griever can make.

---

### 2. Spend time with people you like:

Life after grief can be isolating. Resolve to put a little effort into connecting with people who make you feel happy and well supported. You may gravitate towards individuals who have also experienced loss, or you may want to spend time with people far removed from your experience. Also, you may choose to distance yourself from those who have not been helpful or supportive.

Think about what you need – an escape, the absence of judgment, people who are fun, people who understand, or people who remember your loved one – and then plan accordingly.

---

### 3. Engage in one hobby or activity that makes you feel good:

I will stop short of preaching about the importance of exercise. I think we hear a lot about exercise resolutions, and frankly, you may not be in the mood. True, exercise does wonders for your mental and physical health, so if the hobby you enjoy involves physical activity, then ten bonus points for you. But that said, *any* hobby that you find enjoyable can be beneficial to your mental health. Hobbies can provide you with all of the following:

- An escape
- An outlet for difficult thoughts and feelings
- A means for connecting with other people
- An excuse to have alone time
- Feelings of accomplishment, productivity, and fulfillment

Journaling and writing are excellent hobbies for grievers, as are hobbies involving self-expression (like art and photography).

---

### 4. Be honest about how you feel:

A few weeks or months after a loss, many people feel compelled to start putting on a ‘happy face’ for their family and friends. You may want people to start treating you like you’re “normal.” Or you may be worried that if you keep talking about your loved one’s death, you will alienate those around you. Perhaps you so desperately want to be okay again that you try to fool even yourself. Over time though, all this pretending can become stressful. I understand there are valid reasons why you may not want to tell your co-worker or your cashier at Walmart how your day is *really* going, but finding ways to express your true feelings in places where you feel safe to do so can be beneficial.

---

### 5. Speak your loved one’s name:

Keep speaking your loved one’s name. Remember them on holidays with family and friends, write about them in e-mails or letters, recount stories. It can make you feel much closer to those who are no longer here.

---

### 6. Embrace one of your loved one’s values, hopes, or dreams.

Think of one thing that your loved one really cared about or wanted, and then find a way to make that passion a part of your life. This resolution may take work, but it will feel great to carry out a dream or passion that started with your loved one. Think creatively, maybe you think your husband would have wanted you to have a companion, so you get a little kitten. Possibly your Disney vacation savings has been wiped out by months of cancer treatments. Get the jar back out and start saving again.

---

### 7. Support someone else:

When you’re ready, look for ways to support others who are grieving. Try going to a support group with the intent to *give* as well as receive support; offer support and suggestions to others in online support forums, blogs, or social media sites; or send a card to someone in the community who has recently been through a loss. Grief changes us forever. You may eventually find that it has given you wisdom, strength, and insight; share these gifts with others in need. Please keep in mind, though, everyone grieves differently. Remember, their experience may not be the same as yours, and what helped you may not be helpful to them. If you are further out from your loss and thinking about this as a resolution, you may want to check out our post about [supporting others](#).

---

### 8. Plan opportunities for remembrance:

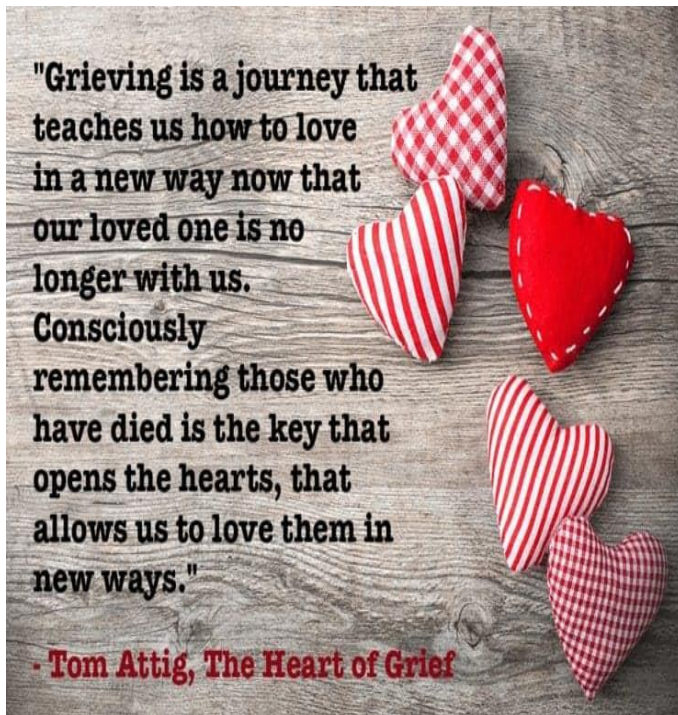
Think of 1 or 2 ways to formally remember your loved one. You could participate in a walk/run in their honor, start a scholarship fund, or have a memorial party on their birthday. Also, think of some less formal ways to remember. You could have a favorite photo of the person framed for yourself, create a memorial scrapbook, or write about your favorite memories in a journal.

---

### 9. Seek formal support:

A loss can have a profound effect on individuals and families. Maybe you've been thinking for a while that you might want to seek out a support group, grief center, or professional therapist, either by yourself or with your family members. If this is something you've been planning to do, resolve to take the first steps at the start of the new year.

**WHAT'S YOUR GRIEF -- LOCAL ONLINE RESOURCE:** If this article touched you in any way, please follow Eleanor and Litsa online. They are a Baltimore-based resource, providing multiple platforms for discussion, learning, and sharing. Both have presented at our Chapter gatherings, and we hope to have them again this year. [www.whatsyourgrief.com](http://www.whatsyourgrief.com)





## Losing my Sibling

[Amy K.L. Busch](#)

<https://www.opentohope.com/sibling-loss-losing-part-of-myself/>

### **Losing Part of Myself**

It goes without saying that sadness and despair have been part of my grief journey. Losing a sibling is so jarring. When Dan died, I lost not only my brother, but a part of my past, my present, and our future together. I was also losing part of myself and my identity in the world.

Since he was my only sibling, Dan was the only person who could corroborate what it was like growing up in our home. In past years, I would frequently reach out to Dan to reminisce or to confirm my memory about a shared experience. “Do you remember when...?” is a question we often shared. The question allowed us both to confirm our experiences and the details that had started to fade with the passage of time. After speaking with other siblings, I am sure that we were not alone in this bond we shared regarding past experience. When I lost Dan, I lost the access to some of those shared experiences and the joy of reminiscing.

### **Losing My Innocence**

I also lost my present. I lost several years to grief. My joy vanished. I lost my naiveté and my ability to look at the world with a view of optimism. Depression tainted my ability to be active in things I had previously enjoyed. I lost time.

With regard to the future, there is deep sadness in knowing that the future I had envisioned with Dan by my side will no longer come to fruition. I will no longer be able to see him perform. We will no longer share those laughs over the holiday table. He will never call me to ask for parenting advice or to invite me to attend a school event for my beautiful nieces. And he will not be by my side as I walk with my parents through their 70s and, God-willing, their 80s and beyond.

He will not be with me to celebrate high school and college graduations, to attend band and orchestra concerts, weddings, funerals, and all that this life will bring. My future has been forever altered by his absence, and still today, this realization brings tears to my eyes.

### **Losing Identity**

Finally, I lost part of my identity when Dan died. Am I still an older sibling if my younger sibling is gone? Am I still a sibling at all?

I have spoken to many grieving siblings, and one of the toughest questions for many is the question about family. “How many siblings do you have?” people ask. Many have pondered how to answer this question in the aftermath of sibling loss. Do I still say I have a brother? Or had a brother? Do I avoid the whole conversation and change the subject?

This question of change in family placement, family relationships and family dynamics is one I wish was discussed more openly. I found deep sadness in the shifting sands of my position in the family, and I know I am not alone.

Amy K. L. Busch is the author of [Permission to Grieve: A Journey from Sibling Loss to Restored Hope: Busch, Amy K L: 9781736121702: Amazon.com: Books.](#)

## My Heartfelt Gratitude for the Unrecognized

2021, like 2020, presented our chapter with some unique challenges. Thanks to many of our members, we were able to come up with strategies that allowed us to offer options and hopefully meet your needs. Some things we tried did not always work smoothly, but in the end, we made it through, and we are grateful for your patience.

My name, Bob Burash, as Chapter Leader, is familiar to you. I am the public face of the chapter. The core of the chapter is a small, dedicated group of friends who have volunteered, some for many years and others for just a few short months. Their efforts allow us to extend caring and compassion to bereaved families by providing a forum for sharing, learning, and grieving together. Their efforts bring you hope.

*Join us, we welcome you, and we can use your help to continue to support the newly bereaved, and each other.*

Each of these folks are facilitators and handle many other tasks that make our chapter our chapter.

Noel and Ann – Chapter founders and much more

Linda – Heaven Day Cards

Sandi – Co-Chapter Leader

Tawny/June – Facebook Manager

Paul – Chapter humble servant, zoom guru, Jack-of-all-Trades

Janet – Service of Remembrance Music Coordinator

Carol – Newsletter Editor, Service of Remembrance program designer

Samantha – New Technologies Advisor

Barb – Memory Walk chair, Webmaster

Cheryl – Angel Gown Project

Bobbi – Database Manager

Scott – Memorial Button Maker

Mary – Programs Manager, Sponsorships Manager

Tom – Zoom guru

Joe – Treasurer

Gina – Newly Bereaved Folders

Amanda – Sibling Group Leader

Fran – Amazon Smile, former Treasurer

Tina, Patti, Kathy, Randye – Facilitators

My apologies to anyone I have overlooked.

Where do you find your gratitude? I have much to be grateful for.

Thank you all for your continued support.

Bob

Bob Burash, Paul's dad

1/18/1972 - 8/8/1992

Chapter Leader

BP/USA Anne Arundel County Chapter

**Please volunteer to help in some way.** Something as easy as coming to the meeting early to help set up or staying to clean up is truly appreciated. Contact Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to discuss the opportunities to help others and in turn, help yourself. A small amount of your time will make a difference for another bereaved parent.



## Our Children Remembered January 2022

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

Andrew Leland Carlson  
Son of Eric and Lois Carlson  
January 14, 1991 - July 14, 2016

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

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

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

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

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

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



## **Our Children Remembered February 2022**

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

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

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

Chrystal Marie Clifford  
Fiance 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

Triniti Marquelle Fleming  
Daughter of Brittany Boone and Marcus Fleming  
February 12, 2020 - October 17, 2020

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

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

Adam Marcus Ladny  
Son of Lois and Marcus Ladny  
July 20, 1984 - February 24, 2020

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

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

Sienna Monet Potter  
Daughter of Trisha Potter  
July 23, 2002 - February 27, 2021

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

Tanager R  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

Vincenzo Turazzo  
Son of Tracey Turazzo  
February 22, 1999 - October 7, 2021

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



**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.***

## 37<sup>th</sup> Annual Service of Remembrance

We hope you heard or saw something during the service that was meaningful to you and brought you comfort.

Total participation was about 225, including 144 who live streamed the Service.

A sincere and heartfelt thank you to our planning committee who spent countless hours to make this year's Service of Remembrance special and memorable. A special thank you to Rev Marguerite Morris for her message of understanding, compassion and hope; to Michaela Trnkova for her healing and comforting harp music and Alina Antonenko and Lisa Beall for their vocal and instrumental gifts; special thanks to all the readers; to Zancan Press for their generous support to our chapter by printing our programs; to Amber Kaltz for providing the live streaming, and to Samantha Bohlman, newly bereaved parent, for her words of welcome and inspiration to us all.

### Words of Welcome

Good afternoon to our in-person and virtual guests. My name is Samantha Bohlman, I'd like to welcome you to this year's Service of Remembrance.

To echo Bob's sentiments shared at the beginning of every meeting, I'm sorry you're here but I am glad you found our group. A year ago those words crossed the threshold into my life. After my first meeting, I realized there was a part of the world in which my feelings could be understood and shared. And just as my facilitators, Sandy and Paul said I was exhausted the next day.

This past year has been exhausting to say the least. I wanted to know how to get better and how I would survive such a devastating loss. I wanted to be among the faces of the survivors rather than drowning in my grief.

Some bereaved parents shared their condolences and offered me the promise that the pain would never go away but I would learn to carry it. To be frank I thought they were empty words; another cliché.

But I put in the work. My definition of progress changed drastically over the past year. While a step forward was once an achievement, just shifting my weight to prepare for the next step became a recognizable achievement. But I finally understood what it meant to carry my grief and could recognize myself as a survivor.

The theme of this year's Service of Remembrance is *believe*.

Please *believe*, you can survive.

*Believe* that you will survive.

*Believe* your grief can be carried and you will learn how.

*Believe* this pain was not meant for you for any other reason than bad things happen in this world.

*Believe* your children are with you always.

Finally, *believe* that your children are not only in your hearts this holiday season but in the hearts of every bereaved parent here.

Because despite the isolation grief can cause, you're not alone.

We walk together hand in hand through our grief journeys.

Printed programs are available. If anyone would like one, please contact, Bob Burash, Chapter Leader, at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com), 410-551-5774.

*Our heartfelt gratitude and thank you for the generous donations received in memory of your children.*

### **Donations for the 2020 Service of Remembrance**

Steven & Beverly Ambrozewicz in memory of Jordan Edward Ambrozewicz

Paul & Claudia Balasic in memory of Bethan Ann Balasic

Gloria Beall in memory of Brittany Tyler and Fred Carter

John & Terre Belt in memory of Cortney Michelle Belt

Doris Berg in memory of Melissa Nicole Hackley

Robert & Barbara Bessling in memory of Richard Allen Bessling

Doug Blazejewski in memory of Emily Ann Blazejewski

Judy & Louie Bolly in memory of Wendy Jean Bolly

Bob & Sandi Burash in memory of Paul John Burash

John & Cathi Campbell in memory of Hannah Lindley Campbell

John & Cathi Campbell in memory of Faith Campbell

Rose Marie & Gerald Carnes in memory of Walter H Maynard IV

Dot Carter in memory of William Frederick Carter Jr

Dot Carter in memory of Brittany Nicole Tyler

Noel & An Castiglia in memory of Tria Marie Castiglia

Karen & Don Coulson in memory of Craig Steven Nelson

Jerry & Lorraine Crouch in memory of Sheryl Crouch Burford

Denise Crouse in memory of Robert "Robby" Adam Ostrowski

Mary Louise deSarran in memory of Elizabeth deSarran

Tina & Tom Delaney in memory of Nicholas Delaney

Tina & Tom Delaney in memory of Jackson King

Marla & Michael Dickens in memory of Michael James Dickens Jr

Marie V Dyke in memory of Michelle Marie Dyke

Holly & Alli Enders in memory of Christine Kelly Enders

Ellen Foxwell in memory of Michael Dwayne Nokes

Carol Fritz in memory of Katie Fritz

Sam & Maureen Funkhouser in memory of Edward Allen Funkhouser

John & Linda Grimm in memory of Jeffrey Andrew Grimm

Bob & Ellen Hambleton in memory of Kerry Hambleton

Leroy & Jeanne Jones in memory of Brian Keith Jones

Leroy & Jeanne Jones in memory of Jeremy Scott Jones

Leroy & Jeanne Jones in memory of Dustin Alan Jones

Leona Karl in memory of Ryan John Karl

Yoosef & Linda Khadem in memory of William Mirza Khadem

Janice & Chris Kunkel in memory of Jason Todd Easter



Louis & Marcus Ladny in memory of Adam Marcus Ladny  
Cheryl Long in memory of Sean Donald Long, Sr  
Jennifer Lucke in memory of Suzanne Boyer Hyatt  
Alycia Marshall in memory of Aaron Gene Marshall  
Elvira & Tom McCormick in memory of John Thomas "Tommy" McCormick III  
Rosemary Mild in memory of Miriam Luby Wolfe  
Mike Milord in memory of Daniel Milord  
Carla & Ed Morrow in memory of Matthew Joseph Morrow  
John & Suzanne Mulloy in memory of Ryan John Mulloy  
Barbara Orndorf in memory of David Brian Clutter Sr  
Richard & Sandra Orsulak in memory of Tyler John Orsulak  
Frances Palmer in memory of Scott Thomas Palmer  
Frances Palmer in memory of O. Steven Cooper  
Edana & Bernard Perry in memory of Kayla Ross Perry  
Laura Pykosh in memory of Adam Joseph Boyd  
Mary & Joe Redmiles in memory of Thomas Hubert Redmiles  
Bill Regan in memory of William "Kyle" Regan  
Suzzette Reid in memory of Kenneth "Chuckie" Jones  
Bobbi Remines in memory of Joseph "Joey" William Remines  
Bobbi Remines in memory of Stefanie Lynn Remines  
Bobbi Remines in memory of Romana Alice Hale  
James W Remines, Jr in memory of Joseph and Stefanie Remines  
Patricia Rogers in memory of Gabrielle "Gabby" Alexis Berryman  
Ronald & Aljuana Saunders in memory of Wendy Dawn Saunders  
Kathleen Savage in memory of Robert M White  
Terry Scally in memory of Brandon Lee Richmond  
Tom & Joyce Schall in memory of Thomas Jeffery Schall  
Molly Simms in memory of Michael Elliott Simms  
Molly Simms in memory of Ji'Aire Donnell Lee  
Ben & Sharon Skarzynski in memory of Jason Edward Skarzynski  
John & Glenda Skuletich in memory of Abigail Skuletich  
Linda Snead in memory of Scott Andrew Katsikas  
Scott & Jeanette Stangle in memory of Matthew Ryan Stangle  
Scott & Jeanette Stangle in memory of Leo Channing Harvey  
Lewis & Peggy Strader in memory of Christopher Lewis Strader  
Rick & Carol Tomaszewski in memory of David William Tomaszewski  
Horace & Cynthia Tsu in memory of Cathryn Christiana Martha-Marie Tsu  
Janis Willard-Robinson in memory of Justice LaFayette Robinson  
Marta & Chuck Williams in memory of Matthew Tyler Williams  
N. Lee Wolff-Silver in memory of Ariel C Silver  
Mary Ellen Young in memory of Zachary Daniel Robertson

## CHAPTER GATHERINGS and MEETINGS

**CHAPTER GATHERING SUMMARY:** In-person gatherings have returned! And ZOOM Virtual Gatherings are being scheduled at the same time as our in-person gatherings. Our Chapter gatherings will be combined in-person and virtual gatherings. This is doable, but requires a lot of work, more facilitators, and others getting smart on the ins-and-outs of running a virtual gathering and blending it with the in-person gathering.

**We need help running and blending the meetings. If you will be attending in-person, please volunteer..**

From June 2020 – June 2021, our meetings were only virtual. Many newly bereaved have joined us and many 'old timers' have returned for different reasons: there is not a chapter in their area; we are the best chapter of those other chapters they have attended; we were their chapter before they moved away and now they are back with 'family'. We serve many folks out-of-state, out-of-area, those who are no longer able to or comfortable driving at night or live too far away and for many other reasons.

So we will continue to hold virtual meetings at the same time as the in-person meetings.

**WHAT TO EXPECT AT OUR CHAPTER GATHERINGS:** *Gatherings are open to anyone grieving the death of a child.*

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.

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.

**Sibling Sharing Group:** Parents, invite and encourage your children to join our monthly gathering and participate in the Sibling sharing group. Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter, BPUSA, will facilitate a Sibling Sharing Group during our monthly gatherings. Parents, please share this information with your family, and encourage grieving siblings to join and share with Amanda.

For more information, please contact Amanda at [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com) , or Bob Burash, Chapter Leader, at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) , 410-551-5774.

**For more information** on our Chapter Gatherings, and/or to participate via ZOOM, please contact our ZOOM host and Chapter Leader, Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

**Using ZOOM** is easier than you may think. You can use your smart phone, iPad, or PC. You will receive an email with the link to the meeting, and when it's time for the meeting just click on the link. You will be in a “waiting room” and the host will let you “in”. **Our meetings are private so only those who receive the email with the link can participate.**

Here's a link for a tutorial on how to join a meeting:

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

**CORE GROUP MEETINGS: WHAT IS THE CORE GROUP:** The Core Group consists of anyone who is interested in the ongoing administration of our Chapter. Everyone is invited and encouraged to attend our core group meetings. We are always looking for new ideas and programs. A core group meeting typically meets from 7 pm until 9 pm, once a quarter. We discuss finances, upcoming activities, plan the annual walk, plan the service of remembrance, suggest programs for the monthly gatherings, and address any number of issues that may come before the group. These will also be ZOOM virtual meetings as long as necessary. ***Please consider joining us. We welcome new Core Group Members.***

**January 11, 2022 Core Group Meeting: Virtual Meeting starting at 7:00 PM.** Anyone interested in participating, contact Bob Burash at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to be included on the email invitation.

### Newsletter and Website Information

**NEWSLETTER ARTICLES:** Please consider submitting an article, letter, poem or graphic for inclusion in the newsletter. *Words that are meaningful to you will also be meaningful to others.*

Provide this to [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) . ... on **February 15, 2022 for the March/April 2022 newsletter.**

**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 contact Mary Redmiles, Sponsorship Coordinator, at 301-704-8086 or [mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

- For the newsletter, submit a photograph and a short memorial to [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) ... on **February 15, 2022 for the March/April 2022 newsletter**
- For the website, a sponsor's 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.

**COPYRIGHT:** We reserve the right to limit distribution of the newsletter and/or specific articles. Distribution to family and friends is permitted. Please contact our Editor at [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) or Chapter Leader at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) before widely distributing the newsletter or using any content in any manner.

### CHAPTER CONTACTS:

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

Treasurer: Joe Belcher

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: Carol and Rick Tomaszewski, 410-519-8448, [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com)

## CHAPTER RESOURCES:

**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. ***We are in need of a WebMaster.***

**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.

**LIBRARY: ANNUAL BOOK SEARCH** – Please look at the books on your shelves and if any belong to the chapter, consider returning them. You can mail them to Anne Arundel County Chapter BP/USA, P.O. Box 6280, Annapolis, MD 21041 or contact Sandi and Bob at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) and we can arrange to meet. ***We are in need of a librarian.***

**AMAZON SMILE** – Consider shopping at [smile.amazon.com](http://smile.amazon.com) or with AmazonSmile turned on in your Amazon Smile app. Do not forget to select your charity as "Anne Arundel County Chapter of the Bereaved Parents of the USA". When you use [smile.amazon.com](http://smile.amazon.com) or with AmazonSmile turned on, Amazon donates 0.5% of the price of your eligible AmazonSmile purchase to our chapter. There is no extra cost to you to support our chapter.

**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 [Bob Burash, 410-551-5774,](mailto:Bob.Burash@aacounty-md-bereavedparents.org) [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com), use subject: Privacy

**ACCURACY:** We make every effort to ensure the accurate spelling of your child’s name and his/her date of birth and date of death. If any of this information is incorrect or your child’s name does not appear in the newsletter, let us know.

**RESOURCE INFORMATION:** Any and all resource information provided in our Newsletter, Website or Emails, is for your information and reference. Our Chapter does not necessarily endorse the views, recommendations, guidance, or advertising associated with these resources.

Anne Arundel County Chapter, BPUSA resources: <http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>  
<http://www.aacounty-md-bereavedparents.org/HTML/OtherChapters/OtherChapterMap.htm>  
<http://www.aacounty-md-bereavedparents.org/PDFPages/BPUSACHAPTERBROCHURE.pdf>

National **BPUSA** also provides a list of resources on their website: <https://www.bereavedparentsusa.org>

Our Anne Arundel County Chapter, Bereaved Parents USA, is always here for you.

Do not hesitate to call one of our phone friends, email someone, or go on Facebook.

*Phone friends to call if you need to talk:*

Barbara Bessling (410) 761-9017

Mary Redmiles (301) 704-8086

Noel Castiglia (410) 974 1626

Ann Castiglia (410) 757-5129

Paul Balasic (443) 566 0193

Email: [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

On Facebook: search for “Anne Arundel County Chapter of the Bereaved Parents of the USA”

### CRISIS MENTAL HEALTH HOTLINE NUMBERS

Grief can sometimes lead to severe depression, anxiety or a mental health crisis, including suicidal thoughts. The numbers below may be reached 24-hours a day and have TDD capability for the deaf. If you or someone you love is having a mental health crisis and/or is suicidal, you may also call 911 to go to the closest emergency department at your local hospital.

Maryland Hotline 800-422-0009

Anne Arundel County .....410-768-5522

Baltimore City .....410-931-2214

Baltimore County 410-752-7272

Calvert County.....800-422-0009

Charles County 800-422-0009

Frederick County 301-662-2252

Howard County 410-531-6677

Montgomery County 240-777-4000

Prince George’s County 301-927-4500

St Mary’s County 800-422-0009

Veterans Hotline 800-273-8255

