

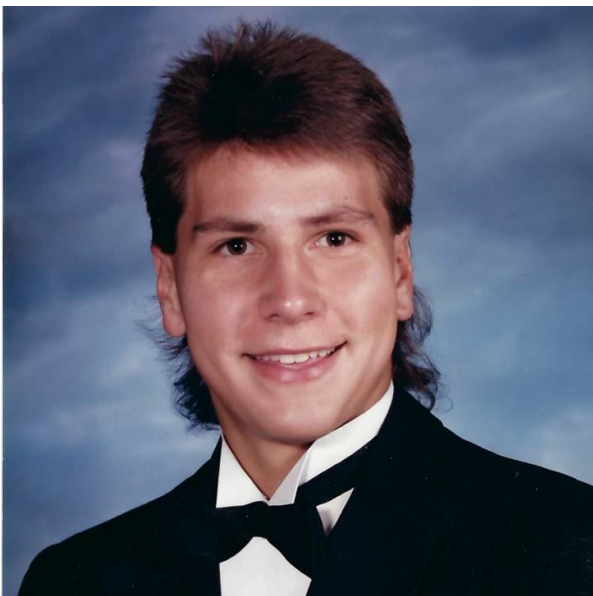


# Bereaved Parents of the USA

## Anne Arundel County Chapter

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*We keep people in our hearts where it's full of love.*



**Paul John Burash**  
January 18, 1972 – August 8, 1992



When we see a yellow rose, we are reminded of what a special son you are. God blessed us with a beautiful son, and we are so glad we got to be a part of your life for 20 ½ years.

Sean Donald Long, Sr.  
August 25, 1984 - December 1, 2016

Remembering all the good times.  
I love you,  
Mom Dukés



## **July 7, 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.

***Currently masks are optional.***

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, 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. We offer sharing groups for those attending for the First Time, the Newly Bereaved, those Further Along, Siblings, and Infant Loss.

For more general information on our monthly gatherings and using ZOOM, see page 22 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, [abereavedparents@gmail.com](mailto:abereavedparents@gmail.com)

**July 7, 2022 Monthly Gathering:** We will be joined by Amy Aronstamn, LMSW, who will speak on traumatic grief, as associated with loss from suicide, overdose or other traumatic events. Amy is a trauma informed grief counselor with the Chesapeake Life Center at Hospice of the Chesapeake. She received her master's degree from the University of Maryland School of Social Work and has completed a Palliative Care Fellowship with Medstar Washington Hospital Center. She is honored to serve individuals and their families navigating end of life issues and the complexities of grief and loss. Amy has worked with children, adults, families, and groups in a variety of clinical settings.

**August 4, 2022 Monthly Gathering**

**September 1, 2022 Monthly Gathering: Barbara Robertson, Art Therapist**

**Other important dates:**

**July 12, Core Group Zoom Meeting:** See page 23 for further information.

**July 22 – 24:** BPUSA National Gathering Conference. See page 26 for further information.

**October 1** :– Annual Memory Walk, Quiet Waters Park, Annapolis MD. Volunteers needed to help plan and assist at the Walk. Call Barbara Bessling (410) 761-9017.

**December 4** :– Annual Service of Remembrance, St Martins in-the-Field Episcopal Church, Severna Park MD. Volunteers needed to help plan and assist at the Church. Call Bob Burash, 410-551-5774, [abereavedparents@gmail.com](mailto:abereavedparents@gmail.com)

## Written and Shared by Tom Delaney,

Nick's Dad, Anne Arundel County Chapter, MD, BPUSA

*"I have a song that started out as being what I imagined Mary's thoughts were as she held Jesus after the crucifixion (think Pieta). She was a bereaved parent, too.*

*But now I'm also thinking about the parents of the school shooting victims."*

### My Child (Mary's Lament)

My child, how can you be gone  
My child, how can I go on?

I see you, the baby in my arms  
I thought I could protect you from harm

My child, how my heart breaks in two  
My child, how my heart breaks for you

My body shakes with unbearable grief  
I'm in a nightmare with no relief

(c) 2022 TDelaney

My child, I carried you long ago  
My child, I cannot let go

I cannot breathe, you cannot be dead  
How I wish it were me instead

My child, how can you be gone  
My child, how can I go on?

And here is link to a Youtube video: <https://www.youtube.com/watch?v=rxR6fx3-lsk&t=4s>



[My Child Mary's Lament SD 480p - YouTube](https://www.youtube.com/watch?v=rxR6fx3-lsk&t=4s)

This is for the victims of gun violence and their parents.

[www.youtube.com](https://www.youtube.com)



## Nick's Markers

**Monday, June 20, 2022**

Many years ago, Nick asked what I wanted for Christmas. Knowing that his budget was tight, I suggested some thin point felt tip markers. Surely enough, he came through – not the standard “BIC” pack that I had envisioned, but a fancier “BIC Mark-It” 8-pack of pastel colors. This was so like my son, who colored life helping others paint the world in unique ways. It’s one of my all-time favorite gifts, and no one knows. I didn’t open the treasured pack. I wanted to save the markers – for what? What special

occasion would warrant the grand opening? I tucked them away in a drawer. So tucked away that they eventually were covered with piles of crossword puzzles I had clipped from newspapers, and I nearly forgot where they were.

One Christmas and 25 days later, I received a phone call with horrible news: my son Nick passed away suddenly, from a heart arrhythmia we found out later, at age 34. My face and world were drained of color. My whole being, stunned and lost.

About 8 months later, I needed a thin-tipped colored marker. I dug through the drawer, and finally opened Nick’s markers, not wanting to use them up, yet wanting to honor him by actually using his thoughtful gift to me. I removed the blue one, wrote a few lines with it, carefully capped it tightly, placed all of the markers into a zippered pencil pouch, and back into the drawer they went! I wanted to save those markers as long as I could.

Six and a half years have passed since my Nick breathed his last. Today, I opened the zippered case holding his gift, because I wanted to write with color on a birthday card. The green one, this time. As I began to write, the faded green ink barely showed! I tried another one. Same thing. Sadly, the ink had dried up. Not surprising after all this time, but disappointing nonetheless.

As Nick’s face has been fading from our view, so the colorful ink.

Enjoy your children when they’re with you. They are precious gifts.

And, use the markers right away.

Tina Delaney

Nick’s Mom, Anne Arundel County Chapter, MD, BPUSA

<https://ponderingchrist.org/2022/06/20/nicks-markers/>

# I've come a long way, Baby.

By Linda Khadem,

William's Mom, Anne Arundel County, MD Chapter, BPUSA

When I think back to where I was at the beginning and even 5 years ago, I marvel at the fact I am still here. I was in such tremendous pain that I barely made it out alive. I was hurting myself or thinking of hurting myself a great deal of the time. A great deal of the other time, I was thinking of buying a gun and wondering where I was going to hide it or where I was going to use it that it would cause the least amount of pain to my husband when they found me.

Things were just so excruciatingly painful back then and I barely even realized it. I was in such constant pain that it took going to my wonderful grief counselor's office, the only guaranteed pain-free place in my life, to realize how freaking awful most of the rest of my life was.

It was wonderful in Wonderful Dr. Brady's office. That's why I call him Wonderful Dr. Brady. I often wondered if it was as if I was laying on a cloud in there, free from anything that could cause even the slightest pain or pressure. When I pondered that further, I realized that no, it was even better than that because even the support a cloud would give should cause pressure and that, on a body of only raw nerves, would still hurt. No, I just floated on cool, healing air the entire time I was in Wonderful Dr. Brady's office.

Sometimes that healing effect lasted me the rest of the day. Other times, too many times, it would only last until I stuck the key in the ignition of my car and once I turned it, both I and the car would burst, me into tears, the car into drive.

That was my life for many of the previous years since the death of my precious son, but things are better now. Much, much better. Now, when I think of harming myself, I am horrified. Now, when I remember thoughts of ending my misery with a gun, I recoil. I can scarcely believe it true. What once were ever-present thoughts and deeds seem now distant and obscure memories of a life filled with torment and seemingly ceaseless and terrible pain.

Yes, this year, on William's 10th Heaven Anniversary, there was pain, there was sorrow, and much of it was debilitating, but it wasn't to the point where I felt my only means of escape was to cease to exist. This time I knew there were better days ahead. This time I knew there was hope.

Make no mistake, I was so depressed I could not get out of bed and I wondered if I would ever get back to normal a great deal of the time, but I was not fatalistic about it. In my deepest times, in my times of greatest struggle, I remembered that I had already made it through the toughest of times. I had made it through those first five years - and, not only had I made it- I had prospered. I had taken my pain, a deep and terrible, seemingly ever-present-pain and turned it into something beautiful. I had used my pain to bring beauty and comfort to others and they, in turn, had brought beauty and comfort to me.

In those early years, I had started to make cards for several of my dear friends who were also fellow bereaved parents - and they had loved them! Their appreciation for my efforts brought me such a sense of pleasure and usefulness. I cannot describe how much joy both the making of the cards, and the appreciation of my friends for me making the cards, gave me.

Sitting there, having to focus in those early days, took my mind off my horrendous pain. When I would think of our children all helping each other in Heaven, it elated me. I would often picture Matt, grinning ear to ear, teasingly and lovingly putting William in a headlock and William loving every minute of it. I would picture Ricky and Tommy passing a football with him and them running back and forth pretending to score touchdowns. As plain as day, I would picture William and Jenna either walking down a cherry tree lined path, talking about their love of the Japanese culture or huddled together excitedly telling each other about their favorite Star Wars scene. They were afficiandos in both, as well as many other things.

These Heavenly friendships matter even more because my precious William, as sweet as he was here on Earth, didn't have many friends. In Heaven, he has multitudes!

This all gave me great pleasure and lifted me from the Hell of Pain to a place of beauty, hope and tranquility. When the parents would call and tell me how much they loved the cards or send me a card expressing their appreciation, my heart would just leap for joy.

It was so important, in those first years especially, to find something to do to help even just one other wounded soul. That is the best way out of the Hell of grief.

When William was alive, my world revolved around him. William's happiness gave my life purpose. For too long after that, I was lost. I felt hopeless and afraid. I felt torrential, seemingly endless pain, but by going to Wonderful Dr. Brady's office and making simple cards for my fellow wounded friends, I gradually got to a place where I am not only happy most of the time, but on more than a few occasions, joyous, as well.

I believe the only way I got here was because of our children and a Higher Power (I think of mine as Jesus). They love us and want us to be happy. I believe our kids are frolicking together in Heaven, just laughing it up and enjoying themselves. I believe they are helping each other out. I believe they brought us together so that we could help ourselves out.

So, let me take this time, shortly after the the date of my beloved William's 10th Heaven Anniversary, to thank you. Thank you for being there for me. Thank you for telling me that my little cards matter to you. Thank you for loving William with me. Thank you for your kids. Thank you for taking me from a place of abject pain and sorrow to a place where I can literally feel joy. You are the most amazing gifts God could ever have given me besides my beautiful and wonderful family. I am eternally grateful.

Your's truly,



Linda Khadem



William's Mom



4/27/22 4:30 a.m.

# Complicated grief

<https://www.mayoclinic.org/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374>

## Overview

Losing a loved one is one of the most distressing and, unfortunately, common experiences people face. Most people experiencing normal grief and bereavement have a period of sorrow, numbness, and even guilt and anger. Gradually these feelings ease, and it's possible to accept loss and move forward.

For some people, feelings of loss are debilitating and don't improve even after time passes. This is known as complicated grief, sometimes called persistent complex bereavement disorder. In complicated grief, painful emotions are so long lasting and severe that you have trouble recovering from the loss and resuming your own life.

Different people follow different paths through the grieving experience. The order and timing of these phases may vary from person to person:

- Accepting the reality of your loss
- Allowing yourself to experience the pain of your loss
- Adjusting to a new reality in which the deceased is no longer present
- Having other relationships

These differences are normal. But if you're unable to move through these stages more than a year after the death of a loved one, you may have complicated grief. If so, seek treatment. It can help you come to terms with your loss and reclaim a sense of acceptance and peace.

## Symptoms

During the first few months after a loss, many signs and symptoms of normal grief are the same as those of complicated grief. However, while normal grief symptoms gradually start to fade over time, those of complicated grief linger or get worse. Complicated grief is like being in an ongoing, heightened state of mourning that keeps you from healing.

Signs and symptoms of complicated grief may include:

- Intense sorrow, pain and rumination over the loss of your loved one
- Focus on little else but your loved one's death
- Extreme focus on reminders of the loved one or excessive avoidance of reminders
- Intense and persistent longing or pining for the deceased
- Problems accepting the death
- Numbness or detachment
- Bitterness about your loss
- Feeling that life holds no meaning or purpose
- Lack of trust in others
- Inability to enjoy life or think back on positive experiences with your loved one

Complicated grief also may be indicated if you continue to:

- Have trouble carrying out normal routines
- Isolate from others and withdraw from social activities
- Experience depression, deep sadness, guilt or self-blame
- Believe that you did something wrong or could have prevented the death
- Feel life isn't worth living without your loved one
- Wish you had died along with your loved one

### When to see a doctor

Contact your doctor or a mental health professional if you have intense grief and problems functioning that don't improve at least one year after the passing of your loved one.

### If you have thoughts of suicide

At times, people with complicated grief may consider suicide. If you're thinking about suicide, talk to someone you trust. If you think you may act on suicidal feelings, call 911 or your local emergency services number right away. Or call a suicide hotline number. In the United States, call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) to reach a trained counselor.

### Risk factors

Complicated grief occurs more often in females and with older age. Factors that may increase the risk of developing complicated grief include:

- An unexpected or violent death, such as death from a car accident, or the murder or suicide of a loved one
- **Death of a child**
- Close or dependent relationship to the deceased person
- Social isolation or loss of a support system or friendships
- Past history of depression, separation anxiety or post-traumatic stress disorder (PTSD)
- Traumatic childhood experiences, such as abuse or neglect
- Other major life stressors, such as major financial hardships

### Complications

Complicated grief can affect you physically, mentally and socially. Without appropriate treatment, complications may include:

- Depression
- Suicidal thoughts or behaviors
- Anxiety, including PTSD
- Significant sleep disturbances
- Increased risk of physical illness, such as heart disease, cancer or high blood pressure
- Long-term difficulty with daily living, relationships or work activities
- Alcohol, nicotine use or substance misuse

### Prevention

It's not clear how to prevent complicated grief. Getting counseling soon after a loss may help, especially for people at increased risk of developing complicated grief. In addition, caregivers providing end-of-life care for a loved one may benefit from counseling and support to help prepare for death and its emotional aftermath.

- **Talking.** Talking about your grief and allowing yourself to cry also can help prevent you from getting stuck in your sadness. As painful as it is, trust that in most cases, your pain will start to lift if you allow yourself to feel it.
- **Support.** Family members, friends, social support groups and your faith community are all good options to help you work through your grief. You may be able to **find a support group focused on a particular type of loss, such as the death of a spouse or a child.** Ask your doctor to recommend local resources.
- **Bereavement counseling.** Through early counseling after a loss, you can explore emotions surrounding your loss and learn healthy coping skills. This may help prevent negative thoughts and beliefs from gaining such a strong hold that they're difficult to overcome.

By Mayo Clinic Staff



## Children and Grief

*Hospice of Spokane*

If someone close to you has died, this may be an important time to consider the children in your family or with whom you are acquainted who may also be affected by the loss. Children have different ways of grieving than adults and may struggle with their feelings of grief in less obvious ways. They may appear to misbehave or disobey. They may become more "controlling" or overly concerned about the well-being of surviving adults in their lives, rather than expressing grief directly with tears and words.

The loss of a parent frequently causes children distress they are not developmentally ready to handle. The surviving parent or other caregiver is faced with his or her own grief as well as the child's needs.

The loss of a sibling may raise feelings of personal vulnerability, survivor guilt or other complex emotions.

Adolescents have the need to process grief with friends their own age but may not have friends who are able to talk about loss.

Children are able to understand death at different levels, both the child's age and the meaning of the lost relationship need to be considered. Children may also be resilient and able to feel supported by other caring adults in their life



## Chesapeake Life Center

<https://www.hospicechesapeake.org/family-support/about-chesapeake-life-center/>

Chesapeake Life Center's grief support is available to anyone in our community who is grieving the loss of a loved one, regardless of their relationship to hospice or the type of loss. While grief is a universal experience, the experience of loss is unique for each person. Even when two people are grieving for the same person, the way they feel and act out their grief can be very different. Although sometimes folks feel like they are "going crazy" when they are grieving, most are grieving quite normally and just need some support and a listening ear to reassure them that they are going to be okay. Chesapeake Life Center serves the bereavement needs of Anne Arundel, Charles and Prince George's counties.

Visit [www.hospicechesapeake.org/events](http://www.hospicechesapeake.org/events) for a complete listing of in-person and virtual groups and workshops for adults and children.

### Bereavement Camps

Our grief day camp programs are for children ages 6 to 18 who are grieving a significant loss by death. Designed by our team of professional counselors and led by staff and trained volunteers, these programs help children and teens learn to navigate life without their loved one. A safe space is provided for participants to share memories, express difficult feelings and try new activities surrounded by others who have also experienced loss and grief.

Registration is required and on a first-come, first-served basis. You can register by calling 888-501-7077 or emailing [griefinfo@chesapeakelifecenter.org](mailto:griefinfo@chesapeakelifecenter.org).

## New Date! Rhythm & Grieve Children's Workshop

**July 22 @ 2:30 pm - 6:30 pm**



Dance. Drum. Shout. Share. A summer afternoon to learn they are not alone in their grief. That's what our Rhythm and Grieve Children's Workshop is all about.

It is for children ages 6 to 12 and incorporates music to help children express their grief through sound, art, and movement. Kids will start by engaging their bodies through music and yoga. They will then make their own drum to honor their loved ones, creatively express their emotions, and connect with others. Get ready for grief out loud, from 2:30 to 6:30 p.m. Friday, July 22 at Yoga Barn in Severna Park, Maryland.

Attendance restrictions and requirements will be updated using the most recent Centers for Disease Control guidelines and organizational policies prior to each event.

The cost for each program is \$40, and includes meals, and activities. Scholarships are available; inquire upon registering. Space is limited.

## **Children’s Summer Grief Workshop – Take Flight (In Person)**

**July 16 @ 10:00 am - 3:00 pm**



Take Flight will take place at the College Park Airport and the Aviation Museum in College Park, Maryland, and is an interactive workshop experience for elementary-school children ages 6 to 12 to explore their grief, make friends, and have a lot of fun! Through art, play, conversations, and support, children will develop new ways that help with the difficult task of grieving, while learning they are not alone. It will be held from 10 a.m. to 3 p.m. July 16 and includes an activity in the aviation museum.

Attendance restrictions and requirements will be updated using the most recent Centers for Disease Control guidelines and organizational policies prior to each event. The cost for each program is \$40, and includes meals, and activities. Scholarships are available; inquire upon registering. Space is limited.

## **Teen Summer Grief Workshop – Grieving with Horses (In Person)**

**August 19 @ 10:00 am - 3:00 pm**



Grieving with Horses is a workshop for teens and preteens to spend a day at Maryland Therapeutic Riding in Crownsville, Maryland. Horses are incredibly sensitive to human emotions and their emotional intelligence can be a helpful tool in one’s journey through grief. No horse experience is needed and all activities are unmounted. There will

be two different days to attend based on age groups. Pre-teens ages 11 to 13 entering sixth to eighth grade can attend from 10 a.m. to 3 p.m. Aug. 12 while teens ages 13 to 18 entering high school can attend from 10 a.m. To 3 p.m. Aug. 19.

Attendance restrictions and requirements will be updated using the most recent Centers for Disease Control guidelines and organizational policies prior to each event. The cost for each program is \$40, and includes meals, and activities. Scholarships are available; inquire upon registering. Space is limited.

# I See You

By Parry Kaufmann, Joshua's sister

*I see you.* You probably imagine nobody does, hiding among your thoughts. Nobody really knows how it is for you right now, nor should anyone steal your sadness. You're merely surviving inside your mind, dwelling in the cavernous depths of a well, maybe hands pressed against the dank, mossy walls, searching blindly for an escape. There is nothing to draw you out. It's where you need to be, for now, for self - preservation. Nobody senses that exact place but you. I can only remember what it was like for me. I wish I could find you and tell you:

That very first morning, when the sun dared to reveal itself in the earlier darkened room, it was like being awakened from what had to have been a dream - I was never accustomed to nightmares but certainly that must have been what it was, not a dream. No. I'd finally drifted to sleep, sideways on the bed, in a thick green sweatshirt amidst the sticky, heavy, end-of-August heat to fight the chills that ebbed into paroxysms. Did this really happen? Yes. Felt sick. Maybe I will be sick...didn't make it...my brother. The truth of the morning was no more softened.

Those first few days; the ringing in my ears was this constant throb, even when I knew the room was silent and realizing it was an audible unfamiliar sound of pain making its way from my heart, up through the calcification of my throat, behind my ears, reddening into that sensitive soft-tissue, the unprotected space where if you feel deeply enough you notice the subtle pulse inside without pressing your fingertips against your skin. In the quiet, this sound grew louder and louder until it was an internal scream, then became inescapable - does anyone else in the room hear this? How can they not, it's so, incredibly, loud - I can't get away from it.

I began to recognize this feeling that brought me back to the truth of loss. It vacillated between a slow creeping prickle at the back of my neck and an utterly paralyzing wash of a tidal bore. My brother...that sound melded with the greatest sense of agony I've ever known; it was the kind of anguish that made me persevere on how the world continued to turn and I came back to that question over, and over, and over again; my brother...it came with words in fragments that replayed this horrid, never ending melancholy melody in different arrangements...was in an accident...didn't make it...my brother...accident...my brother. And then questions. Why? What? How is the world turning?

I'd continue to ask the same question the next day. And the day after that. Then two days later, I'd ask it and be seized awake in the night so the morning brought no questions - just the same dull knowing. Moving through the monotony of the day, I searched faces, thinking I would find an answer to my unspoken wondering but knew nobody else was on this ride with me. I wanted off.

So I smiled. On the outside. In the beginning it was practice. I didn't feel it, but I smiled anyway.

I can't tell you what to do, that's not for me to offer. I won't encroach on telling you that I understand how you feel...or when that happened to me, I...because it isn't about me. What I will tell you is this: In those early days, you will count. You will count the minutes until the first time the earth fully

circles the sun to the exact spot where your life changed. From there, you'll search other demarcations until you settle on the next moment of observation. It may be the second full revolution. You will mark the first week, then two, three, four, and then four weeks synonymously translates into a month which ushers in a new way of counting. A full month. One month ago. A month. Maybe it seems like it's the way people count babies' ages. In months? Is that how one counts loss? What will it be like in two months? Five? The first year will come. It may bring a sense of peace that you won't be facing a year of 'firsts' anymore and the sharpness will have altered edges and the way to mark loss will have blurred perimeters - but the calendar can't realize this, so it prods on like this miraculously paced dance that assuages how it felt before.

Please, too, let me tell you this, and really hear it because I didn't believe it myself - but I wish I did in those early days. Years will flutter by in what sounds like the gentle cascade of a quick gust through densely leaved trees. I can't mark it, figure the number of days it will take, nor estimate the months, or years until it happens. There will be a day that comes. You'll feel grateful for it. You'll be humbled to be on the other side of what previously seemed insurmountable.

Perhaps it could go something like this: On that day, you'll feel the rejuvenated grass between your toes and your heels will be muddied on the outsides of your sandals in a field - but you won't care because you'll feel grounded. Maybe it's a party. You will feel the lightness in your being, you only observed in the faces of others around you. You'll snap a picture of your dad taking a picture of you, laugh at the ridiculousness of reposing to better capture it on film - that image stuck in your memory and making you feel happy for a reason you can't explain - the minutiae of life bringing welcomed ebullience. You'll squeeze the cheeks of your niece in your fingertips and marvel at the soft, youthful feeling of her freckle-smattered face reminding you so much of someone you once knew, a long while back. You'll watch your mother hold a cupcake with a birthday candle your brother will extinguish for a year our brother will never see - but you won't think so hard about the last part. You'll savor observing the hard work of your nephew, almost half the age my brother will never grow out of - yet that piece won't be obvious until you really pay attention and calculate. The inescapable heart space scream will be displaced by belly laughter among children - close by and contagious, on the periphery, the smoker puffing with meat on the grill skirmishing amidst summer heat then retreating into the calm of night with frogs singing their nighttime soft summer songs, enveloping and glorious. You'll hear notes of real music in the background mingling with the tender croon of a singer's hook that gradually replaced repeated sounds of the turmoil requiem - as they won't have a space on this day. You'll smile - and it will be for real. Those feelings in the early days will slowly give way for what is to come. You won't sense it happening or really even know exactly when it did.

That isn't today. For today, let it be enough that you honored the sun's invitation and began this morning. Take a deep breath. I see you. Take another deep breath. Sit with the questions as they wash over you; find moments of pause, no matter how small, between the tragic sound, if you, too, happen to know it, when it makes its way from your heart into your throat; let the words echo as many times as you need to process what happened in their varying order; just know that that day will come. It'll be your day. Your joy.

Until that day, *I see you*. I wish I could sense your gaze, touch your hand, so you'd know. Be patient. Take a breath. It'll come.

## Sibling Support

**PARENTS: Please share this information with you grieving children.**

**Our Anne Arundel County Chapter has a SIBLING GROUP** that is led by Amanda Halbach Hughes, whose brother Henry died in 2016. Amanda can be reached at [443-994-3855](tel:443-994-3855) , [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com) for information about meeting times, or just for a conversation. Amanda welcomes all contact and will accommodate your wishes for discussion and meeting at alternate times, if possible.

At each of our monthly gatherings, siblings are invited and encouraged to join us - in person or virtually. The Sibling sharing group is separate from their parents. We recognize that sibling grief issues can be different from their parents' issues, and hope to provide a platform for discussion, learning, and understanding that leads to emotional healing.

**BPUSA National has a VIRTUAL SIBLING CHAPTER** available to any bereaved siblings (over 18). Their meeting schedule for 2022 is listed below.

Here's a description of the Virtual Sibling Chapter written by Katie Alger, whose brother Sean died in 2010.

“The virtual Sibling chapter started in January of 2021. The idea came from a workshop discussion at the National virtual gathering in 2020 after siblings expressed the alienating experience of being a bereaved sibling. We meet on the last Thursday of every month. Attendance varies but someone is always there to hold space for siblings to attend. We are an informal and open group. Everyone has a chance to speak and be heard. The meetings are full of nodding heads, shared tears, and knowing laughter. The virtual venue hasn't hampered meaningful connection and understanding. Some of the most memorable meetings have included newly bereaved siblings. At almost every meeting someone struggling with the loss of their sibling expresses the sentiment that inspired the creation of this chapter: they feel understood.”

The other sibling chapter co-leaders are Sarah Kravits and Tim Soelzer.

### BPUSA VIRTUAL SIBLING CHAPTER 2022 MEETING SCHEDULE

All Meetings are at 8:00 PM EST

May 26  
June 30  
July 28  
August 25

September 29  
October 27  
November Meeting Canceled  
December 29

Email [BPVIRTUALSIBLINGCHAPTER@GMAIL.COM](mailto:BPVIRTUALSIBLINGCHAPTER@GMAIL.COM) for the Zoom Link

## Grieving on the Fourth of July



<https://thegriefftoolbox.com/article/grieving-fourth-july>

When children are young many people will recommend not taking them to see fireworks. The bright lights and loud sounds can be confusing and scary. When our son Noah was a year and a half we took him to his first fireworks display. We chose a small town over the big city, carefully chose a seat in the grass that would give us an easy escape and prepared for the celebration to begin. When the lights dimmed I took Noah in my lap and explained that there were going to be bright lights and loud noises and to not be afraid. When the show started Noah's eyes got huge and I thought this is when the fear will set in...instead he jumped from my lap and began to laugh and clap. He was so excited and the louder the better.

Noah died just three weeks before the fourth of July. It seemed wrong to me to not make it to see the fireworks. This time we sat up close where we would have had he been with us. The show started and so did my tears. The louder it got the harder I cried. I just couldn't imagine how my life had changed in just the 3 years since that first time with him. Each loud crash I felt throughout my body, the sound and my grief became one and the explosions seemed to mimic my emotions, fiery and intense. At some point I looked around and realized that even though I was crying loudly it was all being drowned out by the sound of the fireworks. I was not being patted, hugged or handed tissues. I was simply allowed to experience the depth of my pain.

When we were walking back to the car that night I automatically put my chair in my left hand, just like every mother does to leave her dominant hand free for her child. As I was walking I felt the pressure of a little hand in mine. So much so that I thought that some child had mistakenly taken my hand instead of their own parents. I looked down smiling ready to redirect him or her back to the rightful mother. When I looked down there was no one there, just the pressure in my hand. It is hard to explain the feelings that I had. Was it Noah's spirit, my imagination, wishful thinking or something else? I don't know the answer but what I do know is how I felt. I felt a connection to him that night in a way I hadn't for 3 weeks. I felt like even though I was going to miss him forever that he was still a solid part of me and would be forever.

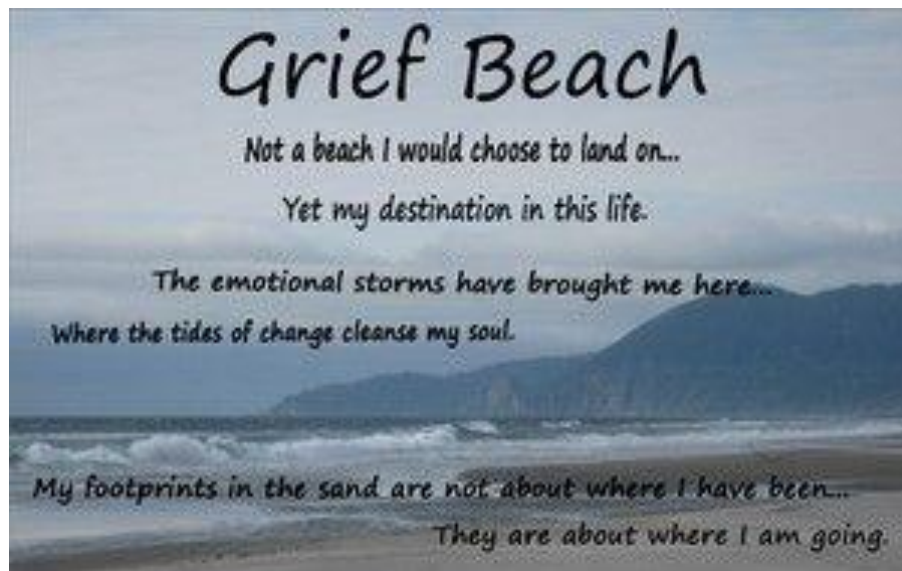
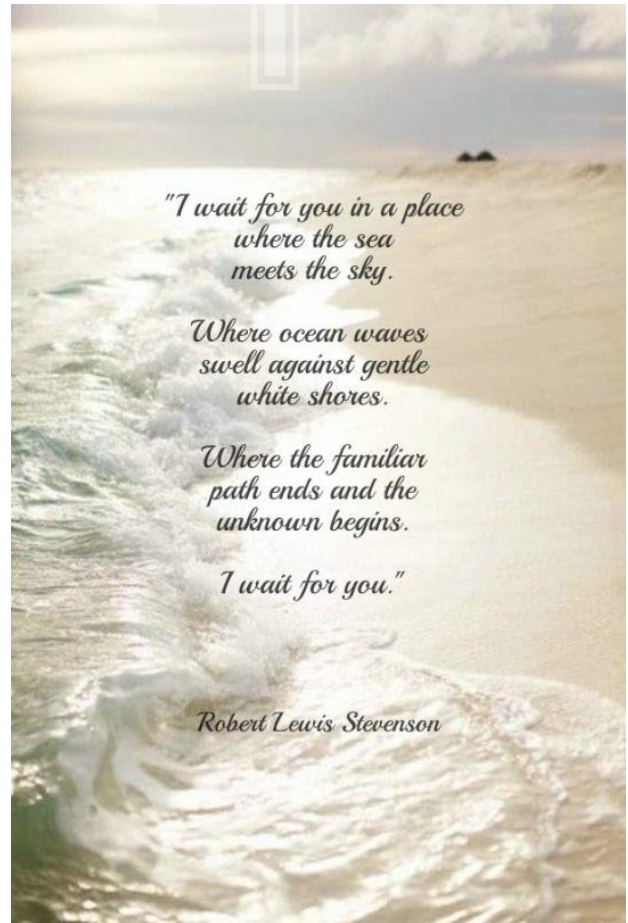
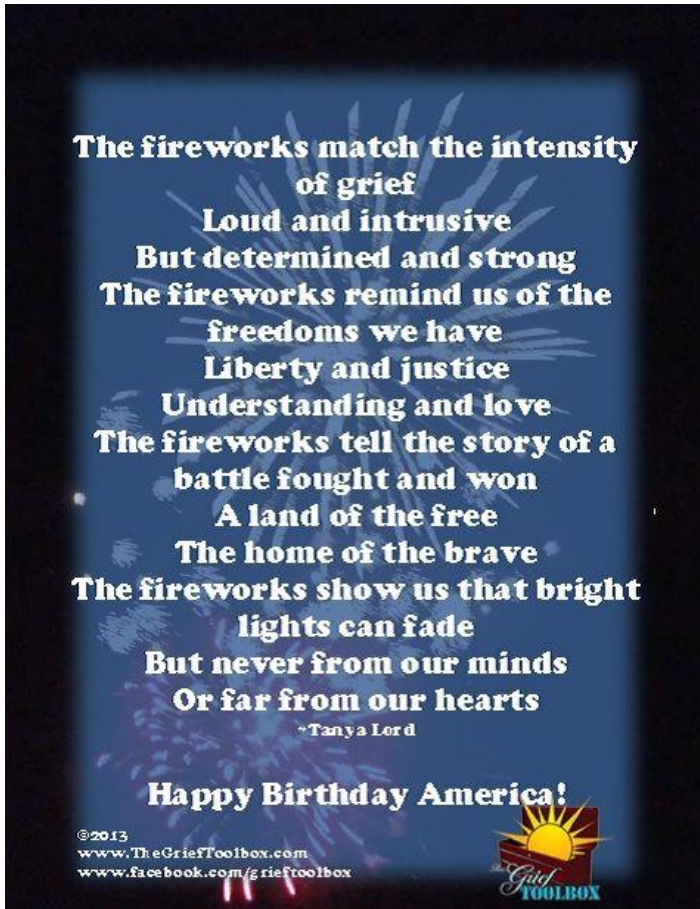
It has been 13 years since that 4<sup>th</sup> of July. I have watched fireworks so many times over those years. On the 4<sup>th</sup>, after ball games and other special occasions and sometimes I still cry. Not as loudly as I did that first year but I still feel an emotional connection with the holiday and Noah's death. I am glad that he was never afraid and that I had 3 years of taking him to see the fireworks. It gives me a happy memory to mix with the memories of all those 4<sup>th</sup> of Julys without him.

Whatever you are doing this year to celebrate our Nation's birthday may you in some way include your loved one even if it is your own heart. Whether you cry under the veil of the fireworks or celebrate with family and friends know that wherever they are they are always a part of you and everything that you do.

Happy Birthday America!



[Tanya Lord](#) July 4, 2012 - 11:59am







## Our Children Remembered July 2022

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

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

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

Margaret Samantha Bohlman  
Daughter of Samantha and Cory Bohlman  
July 27, 2020 - November 4, 2020

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

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

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

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

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

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

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

Stephen Ray Collins  
Son of Jean and Perry Martini  
July 15, 1975 - August 21, 2021

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

Amber Marie Danowski  
Daughter of Donna Danowski  
August 26, 1998 - July 10, 2017

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

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

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

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

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

Charles Lee Holmes. Sr  
Son of Charlene Kvech  
July 4, 1958 - May 22, 2019

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

Ryan John Karl  
Son of Leona and Bob Karl  
July 17, 1996 - October 4, 2020

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

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

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

Tanner Glen Henry Lenox  
Son of Lynn and Mark Lenox  
July 3, 2006 - March 13, 2018

Brandon James Lima  
Son of Lisa Lima  
July 30, 1998 - September 19, 2018

Christopher Maxie  
Son of Lucille Oliver  
July 19, 1969 - August 25, 2019

Bradley James McMillan  
Son of Eric McMillan  
Grandson of Jean Hutchinson  
July 26, 1996 - July 1, 2019

Michael Riley Millard  
Son of Patti Davis  
July 21, 1993 - March 17, 2019

Daniel "Dan" Michael Milord  
Son of Mike Milord  
July 15, 1982 - May 5, 2004

Edwin Brandon Molina Jr.  
Son of Carole and Edwin Molina  
July 6, 2005 - March 3, 2007

Gavin Alexander Payne  
Son of Lisa and Scott Payne  
July 31, 2003 - September 29, 2019

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

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

William "Kyle" Regan  
Son of Bill Regan  
July 19, 1988 - July 20, 2016

Megan Frances Richardson  
Daughter of Karen Richardson  
July 24, 1983 - December 4, 2004

Waverly K Roberts  
Son of Waverly and Angela Roberts  
April 9, 1993 - July 4, 2014

Dennis Richard Rohrback  
Son of Dennis and Joan Rohrback  
April 8, 1964 - July 3, 1988

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

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

Joseph Claude Smith  
Son of Gary and Desirae Smith  
March 19, 2005 - July 11, 2006

Karen Leese Stevens  
Daughter of Judith and John Leese  
July 19, 1962 - November 17, 2009

Derrick Antonio Stevens  
Son of Lillian and Ernest Stevens  
January 16, 1982 - July 21, 2004

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

Alisa Joy Withers  
Daughter of Jan Withers  
July 7, 1976 - April 16, 1992

Sienna Blue Water Zertuche  
Daughter of Karen Samaras  
September 5, 1976 - July 31, 2008



## **Our Children Remembered August 2022**

Jonathan David Aorilio  
Son of Tracie Aorilio  
May 18, 1996 - August 28, 2018

Douglas Lee Baer III  
Grandson of Shirley Baer  
August 21, 1983 - November 14, 2006

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

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

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

Drew Caldwell  
Son of Karen and Bob Caldwell  
August 24, 1989 - October 9, 2019

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

William Frederick Carter Jr.  
Son of Dot Carter  
April 24, 1959 - August 16, 1992

Stephen Ray Collins  
Son of Jean and Perry Martini  
July 15, 1975 - August 21, 2021

Mark Joseph Curtis  
Son of Sylvia Curtis  
August 20, 1986 - December 20, 2006

Joshua "Josh" William Sims Dale  
Son of Jody and Bill Dale  
August 30, 1980 - August 30, 2007

Amber Marie Danowski  
Daughter of Donna Danowski  
August 26, 1998 - July 10, 2017

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

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

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

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

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

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

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

Christopher Maxie  
Son of Lucille Oliver  
July 19, 1969 - August 25, 2019

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

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

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

Kevin M Nichols  
Son of Bob Nichols  
April 12, 1982 - August 21, 2017

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

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

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

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

Katelynn Anne Sabo  
Daughter of Mary Ann and Steve Sabo  
December 28, 1989 - August 27, 2019

Andrew Burton Smith  
Son of Sherris Smith  
December 1, 1985 - August 3, 2021

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

Lauren Nicole Zaloudek  
Daughter of Mike and Becky Zaloudek  
August 15, 1993 - December 25, 2017

**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.***

DONATIONS

***Donations may be made in memory of your child to offset the costs of our local chapter's events and communications.***

Recent Donations: Janice Kennedy in appreciation of our newsletter

Newsletter and Website Sponsorship Donations:

Bob and Sandi Burash in memory of Paul Burash

Cheryl Long in memory of Sean Long, Sr

**CHAPTER GATHERINGS and MEETINGS**

**!!! NEW GRIEF SUPPORT OPTIONS !!!** Our Chapter is now offering contacts for *Miscarriage, Stillbirth and Infant Loss*. And also *Spanish Speaking Support* if needed. See below for further information.

**CHAPTER GATHERING SUMMARY:** In-person and ZOOM Virtual Gatherings are being scheduled at the same time, so our Chapter gatherings will be combined in-person and virtual gatherings. 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.

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..**

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

**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 along this grief journey.

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.

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

**SHARING GROUP INFORMATION:** Sharing groups are facilitated by fellow Chapter members and are completely confidential. We may offer the following sharing groups, depending on the number of attendees, facilitators and discussion requirements.

**First Time Attendees Sharing Group:** Coming to a Chapter Meeting for the first time can be daunting, but listening and/or sharing will be helpful. This group is usually a smaller group to allow for more discussion of issues pertaining to very early grief and may include those attending for the first three times.

**Newly Bereaved Sharing Group:** During the early years of grief, the issues that may be discussed will focus on the issues facing participants today. This group may include anyone who is feeling newly bereaved, regardless of the time on their grief journey.

**Miscarriage, Stillbirth and Infant Loss Sharing Group:** Our Chapter is able to provide support for those who have experienced miscarriage, stillbirth or infant loss, due to the strength and courage of several members who are facing this type of loss and grief. For more information, please contact Sam Bohlman at [sammie052489@gmail.com](mailto:sammie052489@gmail.com), Brittany Boone at [Brittany.boone@ymail.com](mailto:Brittany.boone@ymail.com), and/or Tori DiVincenzo at [toridivincenzo@gmail.com](mailto:toridivincenzo@gmail.com).

**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. Grieving siblings are encouraged to join and share with Amanda. For more information, please contact Amanda at [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com).

**Spanish Speaking Support:** Contact Irene Belcher, 443-824-2638, [Belcherirene@yahoo.com](mailto:Belcherirene@yahoo.com).

**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.***

**July 12, 2022 Core Group: 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](#)

### **From the Editor:**

I found the article, *Complicated Grief* from the Mayo Clinic, and thought it has many good points to consider. However, my opinion is that it is very “clinical” in its approach to grief. But that’s to be expected considering the source, isn’t it? But when I saw the “one year” milestone mentioned, I had to laugh and shake my head. One year??? Maybe when my mother and father died, or when my brother died, I was able to feel “recovered” after one year, but absolutely not for the loss of my son. To this day, there are times when grief takes me back to DAY 1! Complicated?

So my point is, please consider that all you hear at a meeting or read in our newsletter is not always something that pertains to you and your unique grief. Take with you what helps you, and leave behind the rest.

My next thought.... When I first took on the job of publishing the newsletter... notice I said publishing... I said I would not be the editor who would essentially do it all. But I find that now I am happy to say I am the Chapter Newsletter Editor. I remember and honor my son Dave each time I sit at the computer and search for content and then compile the newsletter...hours of being “with” Dave and other bereaved parents. It is a time of healing for me, which I still need after 21 years. This doesn’t sound complicated to me.... Just normal!

I am not alone in this effort. I am very fortunate and honored to have many contributors from our Chapter. Each newsletter has articles written by members, graphics that are forwarded to me because they touch your heart, and general information that’s important to print, like the program information and our children’s names. I encourage you to become a contributor. Writing, blogging, journaling has a way of cleansing your soul and helping you heal. When you come across a graphic, proverb or saying, please forward them to me. Let me know what topics you would like to see addressed in our newsletter. This newsletter is published for you, so I ask you to make it your own. Whatever you are feeling or thinking will be useful to someone else.

**Remembering and Honoring our Children:** For the upcoming newsletter, I would like to do a section on remembering and honoring our children. This was prompted by the “Hockey for a Cure” fundraiser, see page 27. There are many different ways we have remembered and honored our children, from lighting candles, listening to others, helping sports organizations, giving scholarships, donating to charities, etc., etc. Please share with us what you have done/are doing to remember and honor your child.

This current issue has a song written by Tom and a link to his recording. And that’s followed by Tina’s latest blog entry. You can find more of Tina’s writings on her site:



[Pondering Christ](https://ponderingchrist.org/)  
by Christina Delaney  
<https://ponderingchrist.org/>

Then my good friend Linda pours out her soul and anguish with the loss of her son yet has a wonderful way with words that creates pictures in your heart and mind and leaves you with hope in your soul.

This is followed by thoughts from Parry Kaufmann, who writes “in honor of my brother, Joshua William Sims Dale, who passed away on August 30<sup>th</sup> - his birthday. This summer is 15 years since he died and I wanted to share something to encourage others who have experienced the loss of a sibling.

*That’s the whole purpose of our Chapter, to encourage others, to offer understanding and compassion,  
and provide hope for everyone’s future.*



**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 **August 15, 2022 for the September/October 2022 newsletter.**

**SPONSORSHIP of newsletter and website:** *This is a wonderful way to honor your child's memory and share them with all of us, and at the same time contribute to our Chapter.* 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 **August 15, 2022 for the September/October 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)

**Sibling Coordinator:** Amanda Halbach Hughes, 443-994-3855, [alrhalbach@gmail.com](mailto:alrhalbach@gmail.com)

**NEW: Miscarriage, Stillbirth or Infant Loss Support:** Sam Bohlman at [sammie052489@gmail.com](mailto:sammie052489@gmail.com), Brittany Boone at [Brittany.boone@ymail.com](mailto:Brittany.boone@ymail.com) 443-691-3676, and/or Tori DiVincenzo at [toridivincenzo@gmail.com](mailto:toridivincenzo@gmail.com) 443-684-1740.

**NEW: Facebook Administrators:** June Erickson [juneerickson@aol.com](mailto:juneerickson@aol.com), Tawny Lopez [torismom444@gmail.com](mailto:torismom444@gmail.com)

**NEW: Spanish Speaking Support:** Irene Belcher, 443-824-2638, [Belcherirene@yahoo.com](mailto:Belcherirene@yahoo.com) .

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"

## 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, someone to update the website monthly.***

**FACEBOOK:** Join our private, members only, Chapter forum. In Facebook, search for "Anne Arundel County Chapter of the Bereaved Parents of the USA". Our administrator 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](https://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](https://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**, [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> BPUSA National

### **BPUSA National Gathering Conference**

Reflecting & Connecting  
July 22 - 24

Le Méridien St. Louis Clayton Hotel  
7730 Bonhomme Avenue  
St. Louis, MO 63105

#### **MAKE PLANS NOW TO ATTEND!**

The BPUSA annual Gathering Conference is designed to help bereaved parents and their families understand that they are not alone in their grief.

There are two full days of keynote speakers, workshops, meals together, and a candle-lighting service.

Attendees come away better informed about the grieving process, more aware of hope and promise, and affirmed by meeting new friends who travel the same path.

Detailed information and registration is available online through the BPUSA website - <https://www.bereavedparentsusa.org/>



## REMEMBERING, HONORING, HELPING OTHERS



**HOCKEY FOR A CURE**

**DATE: AUGUST 27TH**  
**TIME: 5PM**  
**LOCATION: PINEY ORCHARD**  
8781 PINEY ORCHARD PKWY. ODENTON, MD 21113

**\$10 ADMISSION FEE**  
**12 & UNDER ARE FREE**

**BENEFIT GAME FOR JOHNS HOPKINS  
PEDIATRIC SARCOMA RESEARCH IN  
HONOR OF MATTHEW ALBERT SKUBE**

**AAPD HOCKEY**

**VS**

**ANNE ARUNDEL COUNTY LOCAL 1563**

**WIRE SPORTS**

The poster features a yellow awareness ribbon on the left with the text "CHILDHOOD CANCER AWARENESS" and "800-427-2323". The background is a stylized hockey rink with blue and white lighting. At the bottom, there are logos for AAPD Hockey, a central "VS" puck, and Anne Arundel County Local 1563, which includes a cartoon character holding a flag. A "WIRE SPORTS" logo is in the bottom left corner.