



Anne Arundel County Chapter  
*Offering Support, Care and Compassion*

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A piece of my heart will always be with you.  
-- Tom Delaney

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**Adam Marcus Ladny**  
**July 20, 1984 – February 24, 2020**



Our Dearest Son and Brother Adam,  
Happy Heavenly 39<sup>th</sup> Birthday Adam! It's so hard to believe this will be the fourth year we will celebrate your Birthday without your presence. This is not the way it should be, but it is what we have. Dad will make his famous ribeye steak on the grill, truffle parmesan beer battered fries, and of course your favorite dessert, I will make my homemade fruit pizza! We feel you with us every single day and you are and always will be very much a part of our lives and in our hearts. Our love for you will never, ever die.

Our hearts were broken beyond repair the day you left us, as you took a piece with you. We will never be the same but cherish the time the good Lord gave us with you here on earth. We have precious memories too wonderful to forget, but sooooo miss your great big bear hugs, laughter and contagious smile! One day we will be together in heaven. Until then, we love and miss you

every single day Adam. Happy 39<sup>th</sup> Birthday Baby!

Love forever,

Mom, Dad, Andrea, and Shannon

**Paul John Burash**

**18 January 1972 – 8 August 1992**



Paul – how is it possible that you left us over 30 years ago. We miss you every single day and love to remember you at all ages. In this photo you are 3 and you loved to dress up. Surprised that you are not wearing a tie. When we see this photo, we just want to pick you up and give you a hug, even as you got older your hugs were wonderful. You experienced more in 20 ½ years than some people experience in 80. Somehow you knew you had a lot of living to do in a short time. Check out the haircut your sister gave you! You are always in our hearts and our minds.

We love you.  
Mom, Dad, and Andrea.

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

My dearest Sean,

You would be 39 this year. So hard to imagine! Thoughts of what might have been are sometimes hard and seem futile to even imagine. I do know that whatever you had chosen you would have been very good at it. I miss you so much. I'm glad Lori sent me your voice so that I can listen to it every now and then. I'm still spending the majority of my time in "my happy place" and am at peace here. Can you see Sean Jr. from your cloud? He's getting to be a man, driving and working. He thinks he wants to become an electrician.

Keep watching over us.



Love always, Mom Dukes

## **Please join us! We miss you!**

### **July 6, 2023 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,  
301 Rowe Blvd, Annapolis, MD 21401

*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 21-22 or contact our ZOOM host, Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com)

**July 6, 2023 Monthly Gathering: Program TBD**

**August 3, 2023 Monthly Gathering: Program TBD**

#### **Other important dates:**

**July 11, 2023 Core Group Meeting: Via ZOOM, starting at 7:00.** Join this group who plan the Memory Walk, Service of Remembrance, monthly programs and address other topics. We are currently discussing having a **digital donation capability** and welcome participation by anyone who can guide us in this endeavor. Contact Chapter Leader Bob Burash, 410-551-5774, [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com), to receive the ZOOM invitation. Additional information is on pages 22 and 26

**July 20 – 23 BPUSA National Gathering, see page 25**

**August 3, 2023 Monthly Gathering**

**September 7, 2023 Monthly Gathering**

**October 5, 2023 Monthly Gathering**

**October 7, 2023 Memory Walk at Quiet Waters Park, Annapolis MD**

**October 11, 2023 Core Group Meeting**



## A Piece of My Heart

A piece of my heart  
Will always be with you  
So wherever you may go  
I will go there too

I will carry you  
Ever within me  
Wherever I may go  
Is where you will be

Love is forever  
And never dies  
We wait for the day  
Of no more tears or goodbyes

A piece of my heart  
You'll keep 'til the end  
Hold it close to give back  
When we meet again

(c) Tom Delaney 2023



We lost Nick seven years ago. As a long time musician, I found that the way to express my grief was through music and began composing a few songs. I met Alan Pedersen and was inspired by the many grief songs he had written. Now I find ideas for songs in the stories of the people I meet at the BPUSA meetings, phrases in the newsletters, and sometimes just spending some time sitting by Nick's grave. Nick was a musician, a very good musician. I like to believe that somehow he is helping me to do this.

<https://youtube/93dQGhig3p8>

# The Brain, Grief and Music

Whats Your Grief, Litsa Williams <https://whatsyourgrief.com/brain-grief-and-music/>

Listening to music may not sound like much of a coping skill, but music is a wondrous thing when applied properly. We wrote a post way back when about creating music playlists, inspired by the book *Love is a Mixtape*. We have a volume one and volume two on songs about grief. But what we haven't really explained is just WHY music can be so helpful. So today we're tackling the connections between the brain, grief, and music.

As you may remember from our posts about comfort eating and alcohol and your brain, we have a pleasure center in our brain where all sorts of feel-good neurotransmitters make us feel really good when we do certain things. Sometimes we resort to negative coping to stimulate that pleasure center - things like sugary and fattening foods, drinking alcohol, comfort shopping, and gambling (Las Vegas pretty much relies on our brain's pleasure center to stay in business).

But it turns out music is connected to the pleasure center of our brain too. This is why music can be such a great coping tool; it allows us to release feel-good neurotransmitters without resorting to wine and Ben and Jerry's ice cream.

In addition to music causing pleasure and improving mood, there is research that shows certain types of music can even help with memory and concentration, something that feels almost impossible while we're grieving. It can help us work more efficiently, make better decisions, boost energy and reduce stress. Don't believe me? Researchers at Stanford University, University of Miami, Mayo Clinic, and Harvard University all agree. When our mood is improved it has a cascade effect in our brains that improves many other areas and there is a slew of research that backs that up.

In one study, researchers found that after listening to happy music people who were shown a neutral face would interpret it as happy (the reverse was true too - sad music resulted in people interpreting a neutral face as sad). You may wonder why people would want to listen to sad music if it makes us feel sad or see the world as a sad place. But it is clear from the hundreds of sad songs out there that people don't always listen to happy music. This study determined that when we listen to music we can actually perceive the emotions in a song, but then derive pleasure from appreciating the music itself. In this way, we can actually enjoy sad songs. Not to mention that I believe sad songs make us feel less alone. I have no research to back that up but, come on, it just makes sense.

Though it involves a lot more motivation and sweat than music, another way to boost mood is exercise. For those of us who prefer the couch, music can actually be a great motivator for exercise and help us work out longer and harder. This research study demonstrates that music can increase stamina and help people push through exhaustion when exercising. And this study showed that we actually exercise more efficiently when we exercise to the tempo of the music. In case you still aren't feeling motivated, Fitness magazine claims this is the best workout song of all time (with no specific research to back up that claim, but hey, not everything can be evidence-based! AC/DC You Shook Me All Night Long).

When it comes to music, my skills end at pressing play on my iPod. But for those who are more musically inclined, the value of music is not just in listening to music, but also in creating music. This small study done in 2012 ( Development of the Grief Process Scale through music therapy songwriting with bereaved adolescents) demonstrated that songwriting as part of grief therapy improved grief processing scores in 12-18-year-olds. Playing music has its own benefits for the brain, including significant impact on the developing brain.

Though most things that trigger our pleasure center in the brain have a clear evolutionary purpose (we love sugary, fattening foods because they helped us survive, we love sex because it is important to procreate as a species) music is less obvious. There is still debate as to just why we evolved to have such a connection to music. Human beings are the only primates that can move to the beat of the music, and some speculate that evolutionarily music became pleasurable to bring humans together through a shared enjoyable experience. And though we are the one *primates* that can rock out to a beat, we are not the only *animal* that can.

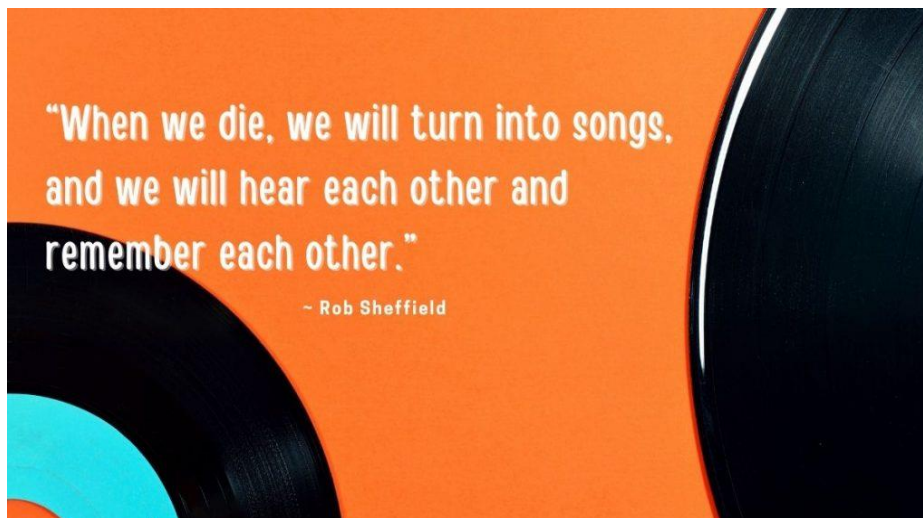
When it comes to stress, anxiety, and relaxation there have been multiple studies showing that music can reduce people's subjective experiences of stress and anxiety, as well as reduce physical symptoms like high blood pressure, heart rate, and cortisol rates. One study showed a significant decrease in anxiety and hypertension among patients going into surgery who listened to music. Another study found a similar reduction in cortisol levels among surgical patients exposed to relaxing music.

So get going on some playlists - one to boost your mood, one to reduce stress, one to pump you up when you work out, and one for the days that you just want to listen to sad music and enjoy it.

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We've written a few articles about grief soundtracks and music on WYG. But way back in the beginning, we were first inspired by Rolling Stone's writer Rob Sheffield's 2007 memoir, ["Love is a Mixtape: Life and Loss One Song at A Time."](#)

The book's concept was simple, 22 chapters written around 22 mixtapes (for you young ones, mixtape = playlist). However, the content was not: grief, love, and a relationship that ended far too soon when his wife, Renee, unexpectedly died of a pulmonary embolism.



## Have you created a grief soundtrack (or mixtape or playlist?)

We think you should. In the words of Peter Rollins, who put it far more eloquently than we could ever hope to,

*"No matter how great a song is it cannot raise the dead, cure cancer or make your lost lover return. Music does not change the world you live in, reverse time, or change history. It does not promise snake oil solutions to life's woes. But music is anything but impotent; indeed it can be experienced as one of the most potent forces in our universe. For music can assist us in changing the way that we interact with the world we live in. Great music can help us to affirm life, embrace it, face it and sublimate it. In other words, music can help sensitize us to, and celebrate, the life that we participate in."*

<https://whatsyourgrief.com/tag/grief-playlists/>



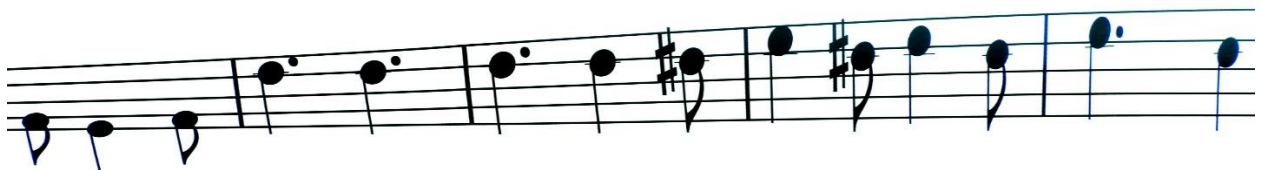
### [64 Songs About The Death of a Friend](#)



### [Grief Soundtrack](#)

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NOTE: Published with permission of [whatsyourgrief.com](https://whatsyourgrief.com)



## The MIGHTY

<https://themighty.com/2016/07/grief-sibling-loss-and-the-fourth-of-july-handling-fireworks/>



### 'Oh, Fireworks Again': The Grief of Losing My Sister and the Fourth of July

By Sarah Zimmerman

Oh, fireworks again.

It's been 22 years since my sister died. She had leukemia. For a long time. It relapsed twice and killed her in 1994. She was 10 years old. There were experimental meds before she died, I guess. There was talk of attempting a bone marrow transplant, I think. It never happened. We were tested, but we failed to match. Failed to match. I was only 13 years old, so I didn't much understand the treatment plans or how risky these decisions were, how close to death she stayed all those years. I eavesdropped and tried to filter through the strain the grownups let off, what was happening, how bad it was. But I didn't really know.

My memories are fuzzy. Like Kirsten's head, for most of those years. From age 3 to 10, she was largely bald. She had a nicely shaped head. She had a big, crooked Cookie Monster smile, so the baldness went well with that.

I have positive memories of being at the chemo clinic and on the pediatric oncology floor of our favorite hospital. The staff and oncologists loved her, loved us. We used to play in the big "recreational room." Everyone wore face masks, but that was fine. We made crafts.

She was in the hospital for swaths of time. I've been told at one point it was six weeks. I think we celebrated all the holidays there, in-patient, at one point or another. Hospital Thanksgiving turkey is not great.

Kirsten really loved fireworks. They were the highlight of her summer. We have so many beautiful pictures of her gazing up in ecstasy at fireworks above her. So many pictures. Thank God.



Every year, my parents worked hard to get her discharged from the hospital for Fourth of July so she could go to the fireworks. If we were lucky, it worked out. Her blood counts had to hit some magical jackpot number to earn her the right to a normal summer kid night out. Some years she was able to have a BombPop with the rest of us, some years she couldn't swallow and risked choking, so she just had to watch the fireworks without it.

I have a specific memory of coming home from school one day and finding the thermometer on the kitchen counter, uncapped. I was probably in middle school. I saw it and knew Kirsten would be sick again. That we'd be back to the hospital. My mom may have already taken her. I don't know what adult greeted me when I made my way through the kitchen and into the house. Was my aunt there? My dad? A grandparent? Was my littlest sister home or had she already been passed off to a family friend for the night? I don't know. I don't remember. Maybe it was pneumonia that time. Maybe it was a blood infection.

There were times she was in the isolation rooms and we couldn't see her much. Those were hard. I don't know. These memories blend. But I remember the thermometer, sitting on the counter next to the phone with the long curly cord.

I remember getting into our family van after the visitation at the funeral home. There were only four of us. The natural body count, buddy system was busted. We were a family of four, not five. That was strange.

I went to summer camp, as scheduled, a week or two after the funeral. I'm sure it was in an effort to get me out of The Sad House. After dumping our bags on our bunks, we did a team building activity, outside, standing in a big circle. "Tell us your name, where you're from, how many siblings you have." I was dumfounded. I had no idea how to answer. Fortunately, they'd sent this grieving girl to camp with some of her longest term bestest friends, and one of them held my hand in that circle and answered for me. I don't remember what she said, but I was so grateful.

It's been 22 years since my sister died. I now answer people easily that I have one sister, my living sister. Once I really, really get to know someone, I might tell them this tale, the Kirsten story, but it's ancient, sad history that I don't have to tell.

My parents don't have that luxury. When people ask them about their kids, they're "disloyal" if they don't talk about their daughter, Kirsten. And then they're having to relive the tale again and again, being chronic bummers.

We've healed. We have to tell people we've healed. It's been 22 years. We can't be left in that place of sadness. People need us. We need each other to be functional. We've left The Sad House, we've gone on with our lives. We've grown, we've married, we've been educated, we've gotten and changed jobs, we've had our own kids, grandkids.

The years roll on and on, away from the point when our lives intersected Kirsten's. The fresh reminders of her have faded over the years, grief doesn't stab us as often as it did at first. We can watch her favorite movies, the ones she knew by heart, with mostly joy now. We can tell happy stories about her life without the black sadness creeping up too much. We can get through our weddings and graduations, births of our babies, wishing she was there, but no longer feeling guilty for celebrating without her.

It's been 22 years since my sister died.

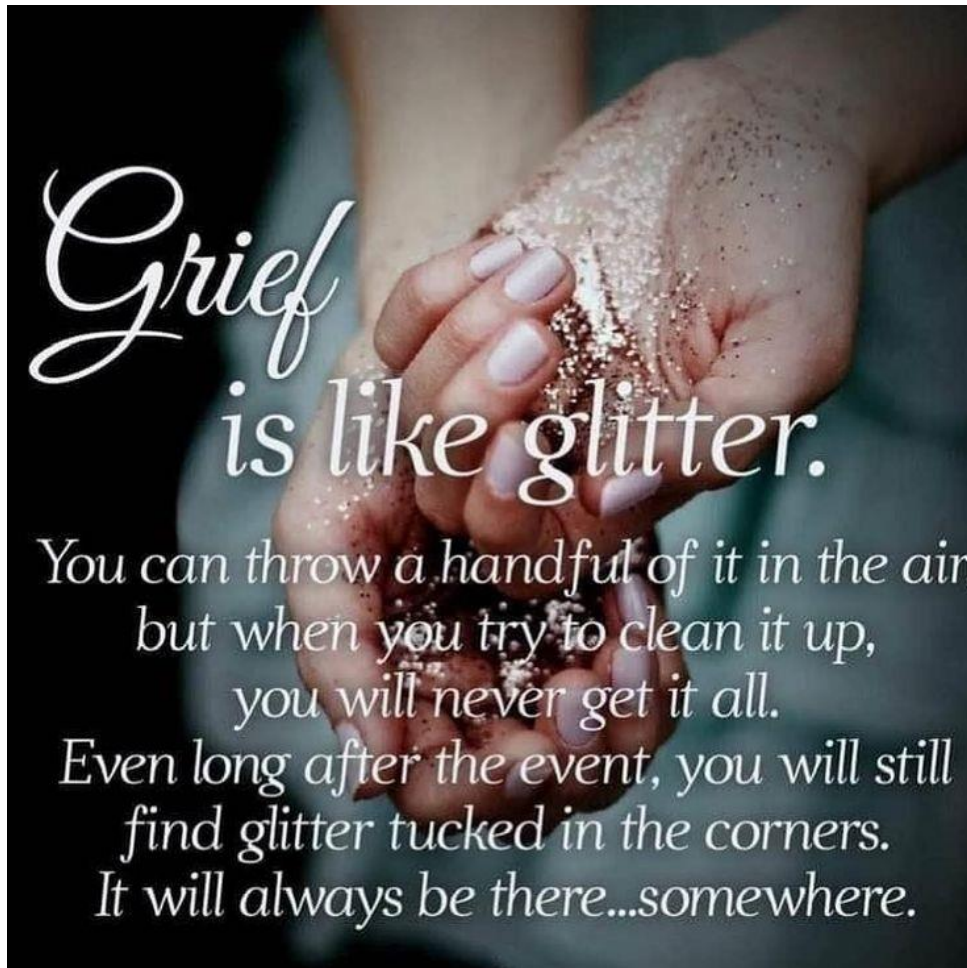
My parents just started braving fireworks again the past few years. They had avoided them all this time, all these decades, not wanting to see them without her. Not wanting to be reminded of that face, knowing they couldn't see those lights reflected in that smile. Her enthusiasm for fireworks while she was alive made them poison for her grieving parents after she was dead.

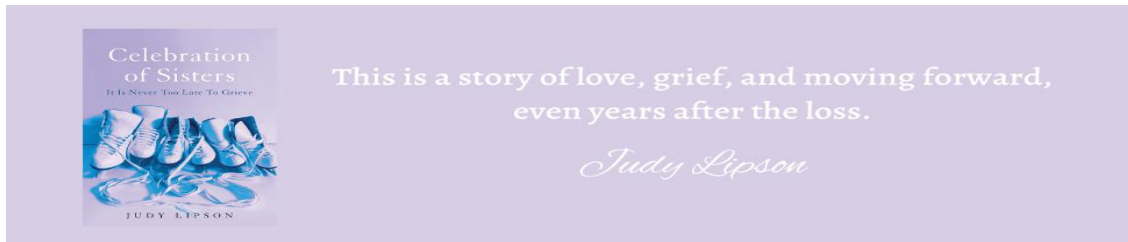
Last year, watching fireworks went great for my parents. No crushing depression followed. Maybe they really are healed, they thought. But this year, it hurt. It stunned them how much it hurt. This weekend they felt them like a big, loud reminder of their big, loud loss. It stirred that deep black pool of pain that they try to keep stagnant, and now they're reeling.

It's hard to avoid fireworks. My parents have grandkids now, they have Disney World trips and family gatherings and baseball games and... they're impossible to totally avoid. Is it best to hide, as they did for so long, or to repeat the exposure until the trigger becomes impotent? I don't know. Who knows these things?

Fireworks keep showing up, year after year, occasion after occasion, as does the grief. Oh, grief again. Oh, fireworks again.

NOTE: Published with permission of Mighty Community, June 20, 2023.





My heart is full of the birth of grandchild number three born on June ninth. Madelyn, named for sister Margie. A new bundle of love, life, and joy will carry on the best of Margie. Margie's goodness, smile, laughter, and spark, and not the challenges she suffered. I can't wait to share Margie with Madelyn.

The tears have been overflowing. My daughter Janie is named for my sister Jane. Both my sisters have a legacy to be remembered. Where there is grief there is love, where there is joy there is love.

Due to the birth of grandchild number three, preparation for the honor to be chosen as the keynote speaker at The Bereaved Parents USA Conference in July, recording podcasts, and writing book number two, I felt like I have been cramming for finals. I am grateful for the opportunities afforded me.

Sharing my story after decades of squashing my emotions, proved to be more draining than I expected. This continues to part of my grieving journey. Grief does not define me but is part of me. The difference today is recognizing the impact of grief, and allowing myself to feel the emotions, taking the time I need to have a quiet day, cry, or reflect and journal my feelings.

Here are the links to the podcasts who graciously hosted me as a guest:

The Surviving Siblings <https://www.thesurvivingsiblings.com/judy-lipson/>

Skating Success

<https://open.spotify.com/episode/1zmA65c86BJCsKEL9XzAwG?si=wt3CxMBjRDmHZPEoKP0CkQ>

To order your copy of Celebration of Sisters: It Is Never Too Late To Grieve, available on audio, please visit [www.judylipson.org](http://www.judylipson.org). (NOTE: The book is also available on Amazon.)

“Be grateful for your life, every detail of it, and your face will come to shine like a sun, and everyone who sees it will be made glad and peaceful. Persist in gratitude, and you will slowly become one with the Sun of Love, and Love will shine through you its all-healing joy.” -- Rumi.

NOTE: Published with permission of the author, Judy Lipson

## Until

By Lisa Barnes Hirschfeld

You've heard it said that  
Grief can feel like an ocean.  
At first you are in deep water  
Watching wave after wave roar over you  
With hardly any time to come up for air.  
You are tossed and tossed  
Until you don't know which way is up.  
For all you know,  
All the swimming you're doing  
Might be pushing you deeper and deeper  
Under the sea.  
You feel like your lungs are burning  
By the time you are able to suck in  
The oxygen you so desperately need.  
And here comes another wave and  
The cycle continues.  
Until.

One morning you wake up and you can breathe.  
Then you remember the ocean  
And you feel guilty that you forgot.  
And a wave hits you and  
The cycle continues.  
Until.

One morning you wake up and you can breathe.  
Then you remember the ocean  
And your head stays above water.  
For just a minute.  
And you take another breath  
And you remember the ocean and  
You don't feel quite as guilty  
But then comes the waves.  
And the cycle continues.  
Wave upon wave, breath upon breath.

Until.

One morning, you wake up and you can breathe.  
It's been a year. Or two. Or ten.  
And you realize you will never exit the water.  
The ocean is calmer now.  
You can breathe deeply without fighting for air.  
Until.

Here comes a wave, seemingly out of nowhere.  
It's surprising because you are getting used  
To calm waters and breathing easy.  
The wave knocks you off your feet  
And for a moment you are tossed  
For a second you don't know  
Which way is up or down.  
Then you remember the water  
Is only waist deep.

And you put your feet down and touch  
Sand.  
Sand that you placed, grain by grain,  
On the floor of the ocean  
Each time you went under the water  
And survived.

One day you might place so many  
Grains of sand that  
You aren't in the ocean anymore.  
Or you might stay in waist high water  
Forever.  
I don't know.  
I'm still waiting.  
Until....

NOTE: Posted on Facebook page, "Rising Above - hope for Moms who have lost a child"



## GRIEF MISINFORMATION CHART

Grief Myths (Lies) we tend to believe.	The Truth
Grief has predictable, linear stages.	Grief is universal (everyone experiences it) but the grief process is individual and unpredictable.
Grief is negative.	Grief is a natural and healthy response to loss.
There is a <i>right way</i> to grieve.	There is no one right way to grieve, but they are healthy ways to grieve.
Grief should be brief.	Grief lasts a lifetime. Each grief process takes as long as it takes.
Grief should be private.	Healthy grieving takes place in relationship with others.
Grief is an obstacle to overcome.	Grief is a process to go through.
All Christians (all churches) are safe places for hurting people.	Some Christians (some churches) are safer and more supportive than others.
One day I'll be finished grieving.	I will always grieve on some level, but the grief will change over time.
My life will eventually return to <i>normal</i> .	My life has been altered. I will change.
The first year of grief is the worst.	Each person and loss are different. Each person faces different challenges at different times.
Time heals all wounds.	Time itself heals nothing, but healing does take time.
If I have regrets, then I'm a bad person.	No one is perfect. Everyone has regrets.
My best support will (or should) come from friends and family.	My friends and / or family might disappoint me and not support me as I would like.
Grief is easier when the death was expected.	For each person, each loss has its own unique grief. It is not wise to compare losses.
If I ignore it, the grief won't affect me as much.	If I stuff my grief, it will leak out anyway, usually in ways that are not healthy for me or those around me.
If I have strong faith, the grief process will be easier.	It's not about grieving with less pain but grieving authentically in healthy ways.
Support groups are always helpful. / Support groups don't help.	Support groups are helpful to some grieverers at some times.
Counseling is always helpful. / Counseling doesn't help.	Counseling is helpful to some grieverers at some times.
If the deceased lived a long life, the grief is less and easier.	Every person, loss, relationship, and grief process is unique.
If the loved one was suffering before they died, the grief is less and easier.	Every person, loss, relationship, situation, and grief process is unique.
Certain types of loss are automatically worse or easier than others.	Every person, loss, situation is unique. It's not helpful or wise to compare losses.

Grief is only about a physical death.	When we experience any kind of loss, we grieve.
If I don't feel better after a year, something is wrong.	Every person's grief process is different.
If something helps another griever, it will help me.	If something helps another griever, it might or might not help me.
If something helps me in my grief, it will be helpful to others.	If something is helpful to me, it may or may not be helpful to others.
I'm not really grieving if I'm not crying or can't cry.	Grief is expressed in many, many ways, and not just with tears.
The goal is to get over this and feel better.	The goal is to grieve in healthy ways.
The goal is to move on with my life.	The goal is to grieve well and recover, heal, and grow over time.
I can't grieve what I never had.	Healthy grieving includes grieving both what we lost and what we never had.
My pastor and faith leaders will support me well.	My pastor and faith leaders may or may not support me the way I would like.
God will never give me more than I can handle.	God routinely gives me more than I can handle so that I will trust and rely on Him.
I can't or shouldn't grieve if my loved one is still alive.	I will grieve from the moment I begin to experience loss.

**GARY ROE**  
CARING FOR GRIEVING HEARTS

Gary Roe  
 Amazon Bestselling Author, Speaker,  
 Grief Specialist  
[www.garyroe.com](http://www.garyroe.com)

The myths we believe about grief (lies, actually) have a huge impact on our lives and our grief journeys. This Grief Misinformation Chart is not exhaustive, of course. That's why I've left some blanks in it for you.

NOTE: Permission to publish given by the author.

## Remembering Those We Love

*Hospice of Spokane*

Memorial traditions are a healthy way to remember and honor our loved ones; traditions can be celebrated alone or with family and friends. They can take place during special holidays or any time that has meaning for you. The important thing is to take the time to intentionally focus on memories of the people that you have loved, but who are no longer with you.

Below are some ideas that you may find useful.

- Anytime during the holidays, light a candle in memory of your loved one. Add a favorite photograph if desired.
- Offer a dinner prayer, meditation or toast to your loved one.
- Display a single fresh flower to celebrate the life of your loved one.
- Create a memory book with photos, mementos and journaling. It can sit on your coffee table to encourage friends and family to also remember.
- Give yourself permission to remember happy times and events.
- Create a special holiday decoration for loved ones who are no longer with you. Display it during the holidays to help you feel close to them.
- In the spring, plant a tree or bush in your yard or purchase a small plant to pot. Have a planting ceremony and on special occasions decorate the plant with objects that will help you remember special times.
- Bring joy to others through a favorite activity of your loved one. If they enjoyed gardening, take flowers to someone who may need them. If they liked to watch movies, enjoy a movie with someone who could use the company. If they loved cooking, share a meal with a friend. If they had a passion for music, bring some music to someone who could use cheering up. Share the reason for your activity with the people who benefit.
- Write a letter to your loved one on their birthday or an anniversary date. Share what has been happening since they have been gone. This can be stored and accumulated as the years go by, providing a comforting record.



## Our Children Remembered July 2023

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

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

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

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

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

Ariel Carmen Silver  
Daughter of Lee Wolff  
July 20, 1986 - April 20, 2019

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

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

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

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



## Our Children Remembered August 2023

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  
Brother of Janet Tyler  
Brother of Lisa Beall  
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

Ian David Guckes  
Son of Stacey and Fred Guckes  
May 18, 2000 - August 8, 2022

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

Dominique Ryan Shaw-Morton  
Son of Renita Shaw and Marcel Freeman  
December 1, 1997 - August 8, 2022

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 may be made in memory of your child***  
***to offset the costs of our local chapter's events and communications.***  
***Your donations provide the core resource, actually the only resource, for our Chapter.***  
***Without your donations, we could not continue to provide the support that is so important to all of us as we travel along our grief journey.***

Newsletter and Website Sponsorship Donations:

Marcus and Lois Ladny in memory of their son Adam Marcus Ladny  
Cheryl Long in memory of her son Sean Donald Long, Sr.  
Sandi and Bob Burash in memory of their son Paul John Burash.

***Thank you for your generosity.***

**CHAPTER GATHERINGS and MEETINGS**

**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.

**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. We ask that you come to three meetings to truly grasp the benefit of learning, sharing and support from others.

**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.

**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. 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, and 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 11, 2023 Core Group:** Virtual ZOOM 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. ***Planning for 2023 monthly gathering topics, finances, and special events will be primary topics. So please join us We will also be continuing the discussion of ways to be able to accept credit/debit cards and digital donations..***

### **Newsletter and Website Information**

#### **NEWSLETTER ARTICLES:**

***I encourage you to become a contributor.*** Writing, blogging, journaling has a way of cleansing your soul and helping you heal. Or when you come across a graphic, proverb or saying, that touches your heart, 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.* 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 Carol at [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) .... by **August 15 for the September/ October 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) ... by **August 15 for the September/ October 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 and encouraged. Please contact our Editor, Carol at [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com) or Chapter Leader, Bob 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)**

**Facebook Administrators: June Erickson [juneerickson@aol.com](mailto:juneerickson@aol.com),**

**Tawny Lopez [torismom444@gmail.com](mailto:torismom444@gmail.com)**

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

**Special Greeting Cards: Linda Khadem, [lindakhadem@icloud.com](mailto:lindakhadem@icloud.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 need a Web Master, 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: BOOK DONATIONS** are a wonderful way to support other bereaved parents and can be made in memory of your child. A book that was helpful to you will be helpful to another bereaved parent. And if you borrow books, there is no time constraint on how long you keep a borrowed book. However, 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. Contact Sandi and Bob at [aabereavedparents@gmail.com](mailto:aabereavedparents@gmail.com) to return books or to arrange to donate a book.

**We need a librarian** to assume oversight of our library and possibly introduce online tracking.

**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>

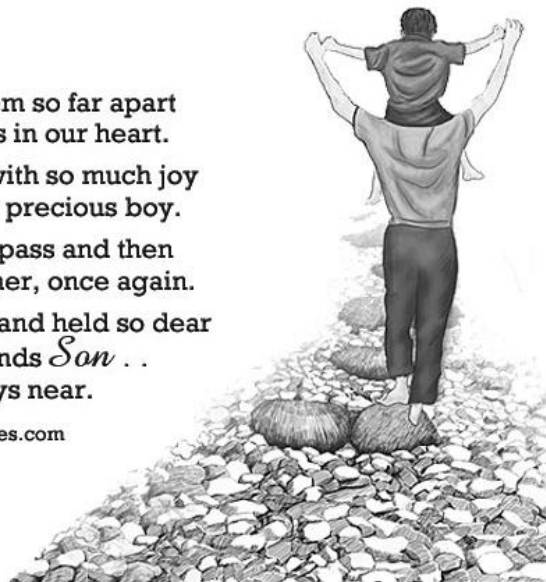
<http://www.aacounty-md-bereavedparents.org/HTML/OtherChapters/OtherChapterMap.htm>

<http://www.aacounty-md-bereavedparents.org/PDFPages/BPUSACHAPTERBROCHURE.pdf>

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

*Although we seem so far apart  
Son, you're always in our heart.  
You filled our lives with so much joy  
To us you were our precious boy.  
A little while shall pass and then  
We will see each other, once again.  
Loved, remembered and held so dear  
In hearts and minds *Son* . . .  
you're always near.*

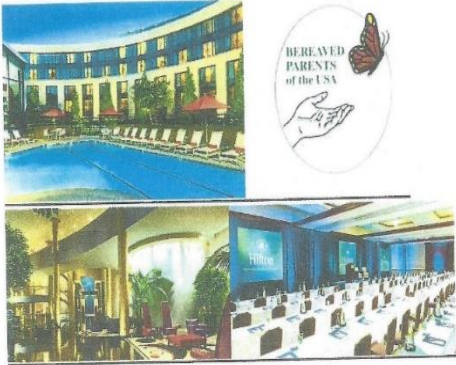
all-greatquotes.com





## **BITS AND PIECES OF INFORMATION**

### **BPUSA 2023 National Gathering Conference – Forever in My Heart**



**FOREVER IN MY HEART  
 JULY 20<sup>th</sup> - 23<sup>rd</sup> 2023  
 GATHERING CONFERENCE  
 WASHINGTON DULLES HILTON**

**FANTASTIC RATE!!! Only \$94.00 per Night!!!!**

- Outstanding & Dynamic Speakers BPUSA GATHERING
- Comprehensive Workshops and Events
- Well-appointed guest rooms and event functioning space
- Complimentary shuttle to and from Dulles Airport
- Pet friendly rooms
- Indoor/Outdoor Swimming Pools, Jacuzzi, Fitness Center

The **BPUSA 2023 National Gathering Conference – Forever in My Heart** - will be held at the Hilton Washington Dulles Hotel in Herndon, Virginia, near Washington D.C. from July 20 to July 23. Check the BPUSA National website for updates, registration, and hotel accommodations.

<https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>

The Gathering Conference is a three-day event with keynote speakers, workshops, meals, and memorial ceremonies designed to help bereaved parents and their families understand that they are not alone in their grief. Participants come away feeling refreshed and revitalized, better informed about the grieving process, more aware of hope and promise, and affirmed by meeting new friends who travel the same path. This year’s Gathering theme, Forever In My Heart, reminds us that the memories and love shared are eternal and that there is a way to continue forward with hope, strength, positivity, and love.

*Seriously consider attending. Not only can you drive there, cutting down on costs, but the atmosphere is uplifting and comforting. The Gathering provides a forum for you to connect with other bereaved parents, attend workshops that are of interest to you, and hear keynote speakers who will touch your heart.*

*--- Carol Tomaszewski*

**Registraion Fee Reimbursement:** Our Chapter is happy to announce that we will reimburse the registration fee for 10 members to attend the National Gathering. Conference information is available and Registration is open on the BPUSA website,

<https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/> .

Early Bird registration is open until June 1 at \$75, the cost our Chapter will reimburse.

Please RSVP to Carol at [ctomaszewski74@gmail.com](mailto:ctomaszewski74@gmail.com), if you would like to be reimbursed for your registration fee.

Attending the National Gathering Conference will be an unforgettable experience.

\*\*\*\*\*



The SUDC Foundation is a registered 501(c)(3) nonprofit organization.

[101 Eisenhower Parkway](#)  
[Suite 300](#)  
[Roseland, NJ 07068](#)

[800.620.SUDC](tel:800.620.SUDC)

[info@sudc.org](mailto:info@sudc.org)

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## **PLEASE JOIN US**

**We need your help planning for the future of our Chapter**

**July 11, 2023 Core Group: Virtual ZOOM 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.

**Planning for 2023 monthly gathering topics, finances, and special events will be primary topics. We will also be continuing the discussion of ways to be able to accept credit/debit cards and digital donations.. . So please join us**

