



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

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"Grief stays the same, your world grows around it."  
- Lucy Hone

*Nick Delaney*  
*December 29, 1981 - January 19, 2016*



To honor our son, Nick Delaney, who has now been gone 8 years, we share this reflection, written 7 years after his passing:

Christina Delaney

EMBRACING GRIEF

When a child is born,

The mother learns to live with joy.

Life changes, and she no longer lives for herself only.

Her heart expands to embrace more love for her child.

When a child dies,

The father withers to tears and sorrow.

Life changes, and he no longer lives with an ever-expanding heart.

There seems to be no more room,

For grief has taken residence in every chamber.

As days pass, at first hearing only the clock's second-hand tick,

The parent's heart learns that it must accept and embrace the grief it feels.

For that is the love and the heart and the memory of the child.

May we help one another to embrace our grief.

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

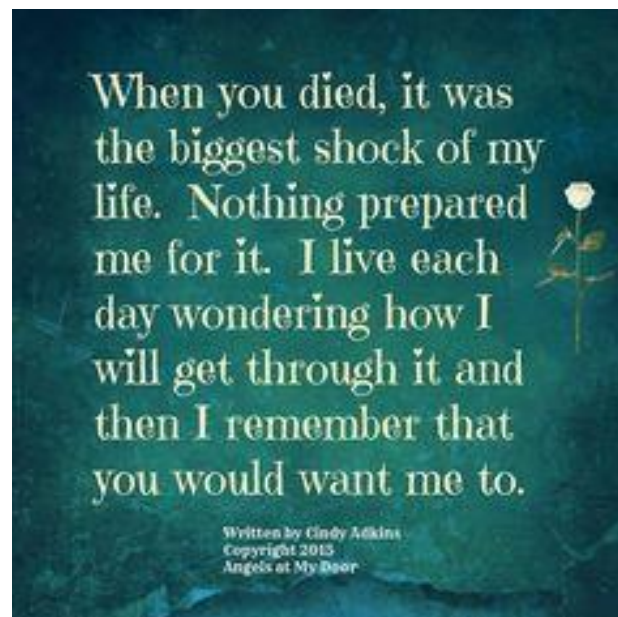


Paul,

Our lives were bright and happy at the start of 1992. You were attending Anne Arundel Community College, working part time, playing soccer, and hanging out with your friends. You enjoyed being an uncle and playing with your nephew. Both sets of grandparents came to visit during 1992 and got to see what a handsome and smart grandson they had. 7 August was a warm and normal day, and that night we went to bed thinking life was okay. We had no idea that very early in the morning of 8 August our lives would be completely changed. Our doorbell rang around 3 AM in the morning and a state trooper was standing there. He told us you had been in a fatal car accident. We immediately went into shock. We didn't know how we

could get through the next day, let alone the rest of our lives. The first several years were so sad for all of us who loved you, with lots of tears and very few smiles; but your beautiful spirit was around us letting us know you were okay, and that it was time for us to enjoy life again. Not a day goes by that you are not in our minds and hearts. We miss you every day, and our love continues to grow for you. Our family has continued to grow since you left us, but they all know you and celebrate your birthday and heaven day each year with us. You were born in San Angelo, Texas, and every time we see or get a yellow rose, it is a sign from you. You are our yellow rose of Texas.

Love you,  
Mom and Dad



## **Please join us!**

### **January 4, 2024 Chapter gatherings**

The **In-Person gathering** will be held at 7 PM in the *main floor PARLOR* at  
Calvary United Methodist Church,  
301 Rowe Blvd, Annapolis, MD 21401

A **ZOOM virtual gathering** will be scheduled at the same time  
but will be separate from the in-person meeting.

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

**January 4, 2024, Monthly Gathering:** Beginning this new year with writing a letter to your child.

**February 1, 2024, Monthly Gathering:** "Memorializing our Children and Music and Grief"  
presented by George Durr and Paul Balasic.

**March 7, 2024, Monthly Gathering**

### **Other important dates:**

**January 9, 2024, Core Group Meeting** via ZOOM. [See page 19 for more information.](#)

**FROM THE EDITOR:** It's the end of one year and moving into another year. So I see this as a time for reflection on the past years and the journey we are on in our lives, and a time to try to prepare for the year ahead. In this newsletter, I have included a poem, and several essays that provide some thoughts and reflections on our grief. Then some thoughts on heading into the new year. And at the end of the newsletter you'll find our calendar along with available resources that you may find useful throughout the year, and which you can print for future reference.

I hope that this year you continue to be part of our gatherings and that you share your children and grief along the way. May you find times of peace when you can celebrate the love and lives of your children and hold on to hope that will comfort your heart and soul. You are the strongest, most courageous people I know.

Grief can be hard, but together we will support each other.

- Carol, Dave's Mom

## ***Reflections on the Service of Remembrance***

- A compilation of comments

Thirty-nine years and this program still brings healing, peace, and hope to so many.

The Service of Remembrance gathering yesterday was amazing.

I'm in awe of all the work so many of you put into making it meaningful with the creative touches you each have: the program design; the bags with inspirational sayings, mementos and angel of hope; the baskets of tissues; the music; the slide show; the candles; the delicious buffet; the hall and table decorations - I noticed and appreciate all of the "small" details that collectively made a grand memory gathering and celebration of our children. The reverend's message was perfectly fitting and delivered sincerely.

I think it has been said before, but Janet, I took to heart your remark about how important this service is before the holidays: to set aside a day to honor our children, before the rush of "busyness" and preparations. It was very meaningful, and I am blessed to have you all in my life, as I still try to wrap my head around Nick not being here. I imagine you feel the same - every precious child gone too soon.

Thank you, and I wish you peaceful hearts as we continue to love our children, wishing we could have at least one more hug.

- Tina

I attended the whole service today online and it was just so wonderful and so meaningful! It really meant a great deal to me, and I just wanted to thank you and all the wonderful people who had such vital roles in the program. It was wonderful that Noel lit a candle for our Daniel, and for our grandson Sam, and it was wonderful to see Daniel's picture as part of the photos.

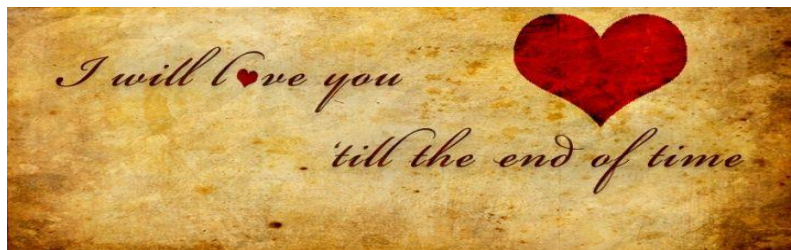
Thanks so much - it really is special to be able to still be a part - long distance - after so many many years! Bob, I admire and thank you so much for the special part you play in honor of Paul.

With best wishes always,

- Juliet

I felt as if I was there while watching the video. What a beautiful remembrance of our loved ones ♡. Thank you for adding my son's picture that means so much! Such wonderful messages I heard and value. On top of being sick I was so upset because being there today was so important to me so I can't thank you enough for sharing the link with me so I could watch.

Thank you all so much for another year remembering and never forgetting our precious children. God bless all.



## ***Reflections on My Son, William***

There have been so many occasions, since my precious William died, where I have wanted to gain God-like powers and turn back the Hands of Time. I could just picture myself with a huge, antique, gold pocket watch, cover glass removed, wrestling with superhuman strength turning back those ornate, wrought iron hands representing both the minutes and hours that mark our lives.

I have begged and pleaded with our Almighty Father to let me do just that. For, if I could turn back those hands, I might be able to ask the doctor, who gave William his last physical (which William passed with flying colors only days before his death) if he couldn't just run the EKG several moments longer. Maybe, if he had done that, he would have found the irregular heartbeat. Maybe then we could have taken precautions. Maybe then, my sweet Angel would still be here with us, making us laugh or making us think as he informed us of yet another arcane fact about an arcane subject that only 10 other people in the entire universe knew or cared about, but because he loved the subject, made it so interesting and caused us to love it, too, and left us wanting to learn more. When I think about it, that, in addition to his innate sweetness, was what he was best known for.

My baby-faced son, would stop strangers in the middle of the street and just start asking them if they had ever heard of something no one else had ever heard of. Regardless of their answer, he would proceed to tell them all about it. Many people looked shocked and disinterested initially, only to find themselves lured into his obscure world where a previously unknown topic would soon become one in which they not only were interested, but soon were fascinated by, and by the conclusion, expert in.

My odd, little duckling was never bothered by the fact that the vast majority of these people had infinitely less education and intellect than he. It mattered not a wit to him. He loved his subjects so much that he had to pass his knowledge on. Naturally, there were a few people who just did not get it and left bewildered and sometimes even angry, but they made up less than 1% of the people he enlightened.

His knowledge and love for the subjects, paired with his respect for the people - no matter their station - made him beloved by most people fortunate enough to have encountered him. Most people, brand spanking-new friend or decades-old family friend, left William's side feeling not only educated, but enriched. They felt like better people for having had him in their lives, even if only for a short while. In a short span of time, William educated, enlightened and enriched his fellow man. He made them feel valued, heard and respected - even though he was usually the one doing most, if not all, of the talking.

One Thanksgiving we were visiting with our former daughter-in-law's family. Our older son, Seyed, she and William decided to go on a walk. By chance, they encountered a young man who worked with Seyed as a fellow computer scientist. This co-worker was highly intelligent and had a reputation for being very gruff and hard on the lesser educated or intelligent people they both worked with. He had no time for those he deemed lesser than himself. With the exception of my highly intelligent Seyed, this young man deemed EVERYONE lesser than himself. After a long and deep conversation with William about a subject no one else had ever been able to talk with him about, this young man was flabbergasted at William's vast amount of knowledge and asked where he had gone to school (meaning college). This young man surmised it must have been a really good college for William to have known so much about such an arcane subject. According to Seyed, he was equally flabbergasted when he found out William had never been to college, but had taught himself. He learned William was an autodidact.

This encounter with a most learned individual was by no means a one time situation. On quite a few occasions, the strangers William met would turn out to be professors. Inevitably, they, like the young man Seyed worked with, would ask where William had gone to school that he could have such deep knowledge about such heretofore unknown subjects. They all had the same reaction, when he would tell them.

The first Thanksgiving after William died I did not want to go. I fought it tooth and nail. How could I sit, heart shredded into a million tiny pieces, with people who would be in a partying mood, not wanting to be depressed by thoughts of a dead child? My reasoning could not have been farther from the reality. From the moment we set foot in the door, we were greeted with hugs and kisses. From the back of the room our darling Haya (pronounced Hiya) burst forth in a fit of glee. She didn't talk about or relive the pain of our loss, but rather rejoiced in the beauty that was our sweet William's life.

With her pretty head thrown back in laughter and with her lovely Jordanian accent, Haya proceeded to regail me with stories of how William, upon every meeting with her, would ask her if she had ever heard of this or that. Naturally, she never had. Haya went on to tell me, drink almost spilling over, how he would excitedly educate her on so many, many things she would never previously have given a second thought to and how, in spite of that, she listened intently and grew to love whatever it was he was telling her about. Haya turned what I thought would be an extraordinarily painful experience into an absolutely joyous one. That was partly because of the incredibly lovely person she is, but also, because of the incredibly lovely person William was.

There were times when William's inability to stop himself from carrying on detailed conversations with strangers would bother me. On occasion, I would want to move on, maybe go somewhere else to shop, but my sweet William would be in the middle of a highly detailed story about that thing no one had ever heard of, and I could not, try as I might, pry him away. At times, that annoyed me.

Oh, what I would give to have those precious days back! Oh, what I would give to turn those ornate, wrought iron Hands of Time back! There is almost nothing I would not give to have just one more minute, just one more moment, just one more fraction-of-a second back with him.

What would I do in that treasured time? I would hug him and kiss him and squeeze him so tightly. I would beg his forgiveness and tell him I loved him more than anything he could ever imagine. And then I would let him go...

Not because I do not want him here with me. With tears running down my cheeks and in almost utter disbelief, I write that I want him here with me more than almost anything in the entire universe. No, I would let him go because he is happy where he is. In Heaven, he is free from all encumbrances. In Heaven, there is no sorrow. In Heaven, there is no pain. Yes, he is happy where he is. Very happy.


I know this only because he has told me so. On three separate occasions, he sent me dreams telling me, in no uncertain terms, that he is where he is supposed to be and I am where I am supposed to be. My best friend, Barb, cried her eyes out every day until William sent her the most amazing, most vivid, most beyond-worldly dream she had ever had. In it, he showed her he was extraordinarily happy and joyous. She could not have come up with that on her own. Her grief was far too great. With that gift, William relieved her of her sharpest, most gut-wrenching pain.

Barb still cries occasionally, but not for William. No, now her tears are solely for what she and I lost. Barb is happy for him. Happy that the child she loved like her own, now dwells in a land of infinite beauty, joy and love. She is now exuberant for what his life is, though still mournful of our own.

I, too, am overjoyed for William. While I sometimes still cry myself to sleep and still sometimes find myself screaming in agony over the pain of my loss, I know my precious William is much happier in Heaven than he could ever be here on Earth. So, while I still yearn for the power to turn back the Hands of Time, maybe, had I the power and because I am somewhat selfish, I would bring him back, but only for the shortest of times. I could only do that because my love for William and my desire for his happiness far surpasses my desire for my own. As I wrote in an earlier paper, Tori's mom said she would not want to deprive her darling Tori the glories of Heaven. I also, would not want to deprive my beloved William the glories of Heaven. Nor would I want to deprive Heaven of the glories of my beloved William.

In William's name, I wish you not only peace, but joy and gratitude that we were able to have our blessed children for however short we were able to have them.

Most sincerely,  
Linda Khadem

  William's Mom  

I am exhausted. Grief is exhausting.



## *Reflections on Snowflakes*

It finally feels like wintertime outside....the air has a chill and there's a chance for snow. My daughter, who is a young adult, is just like a little kid waiting for the snow. She tells me it's her favorite time of the year.

For me, I prefer to bask in the summertime sunshine. Since my son died, I often feel like it's wintertime all year long. I feel chilled to the soul. I want to stay home and snuggle in bed and ignore the rest of the world. I want to eat chicken soup and chili...comfort food for a cold day. I want to grumble and grouch at the world. So I prefer the warmth and sunshine as I hope to get rid of some of that wintertime feeling.

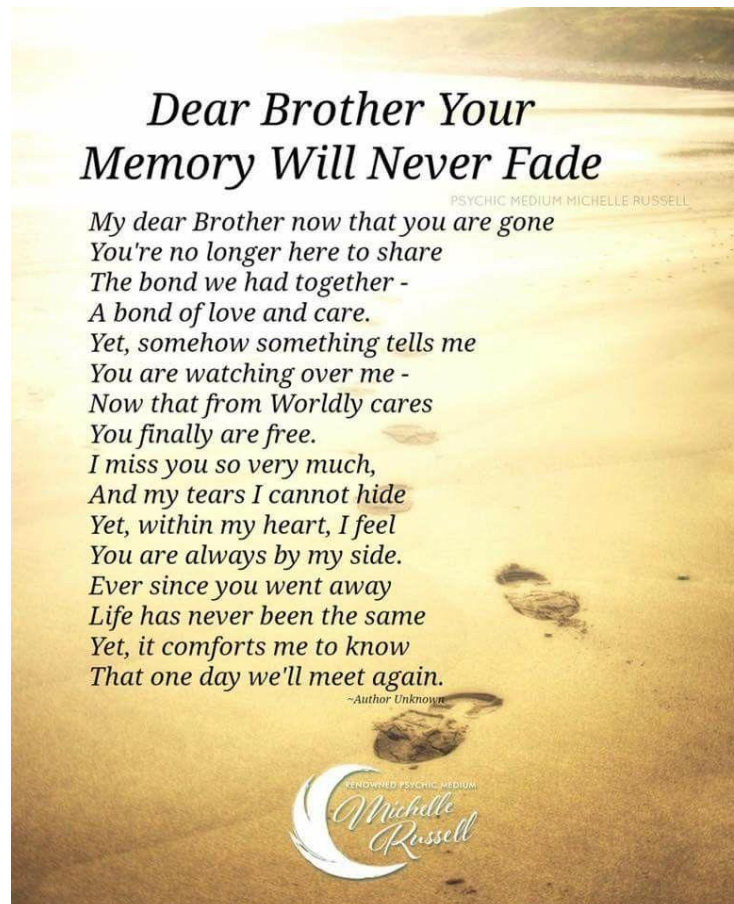
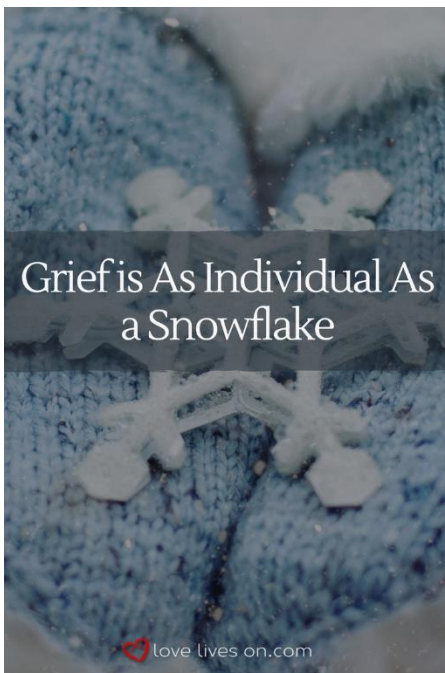
Yesterday my daughter reminded me that every snowflake is unique, even though we can't see the difference. She continued to say that snowflakes are like our grief. Everyone grieves differently and therefore our grief is unique. What looks like it's the same to everyone who has not experienced the loss of a child is really something very special and unique to each one of us.

And... sometimes it comes in light flurries or huge drifts. Sometimes it lasts for days...or only minutes. Sometimes we're able to plan ahead and other times it takes us by surprise.

Now when the snow falls I will be reminded that I am unique, as is my daughter and my son.

I may even go outside and let the beauty of the snow fall around me.

Carol Tomaszewski, Dave's Mom  
Anne Arundel County Chapter, BPUSA  
2010





Dear Friend,

Does anyone else suffer with SAD (Seasonal Affective Disorder)?

This time last week I felt dreadful after the clocks changed.

Suddenly at 5pm it's pitch black and feels like 10pm.

Everything starts to feel like a struggle and my self-worth takes a steep nose dive. Having the awareness of what is happening helps, and knowing strategies for coping.

**Here are my tips to support the winter blues:**

1. Get out into the fresh air whatever the weather – my dog Kenny forces me to do that for which I am very grateful
2. Buy SAD lights – they do work in my experience!
3. Have a sun bed – controversial but it perks me up.
4. Make the most of hibernating, quiet time and extra sleep.
5. Tell a friend or family member that you are feeling low – a problem shared is a problem halved.
6. Yoga, yoga, yoga – check out my online class timetable.
7. Fruits and vegetables – keep me feeling energised.
8. Take a Vitamin D supplement – important when we aren't getting much sun.
9. Get the heart pumping and do some cardio – HIIT is my favourite.
10. Yesterday and today we have beautiful blue skies and sunshine, what a difference that makes – enjoy every minute while it lasts.
11. Play music that lifts your soul.

Sadly, there are many things you might be grieving right now, not just someone who has died:

1. The state of the world
2. The change in season
3. The end of a relationship
4. A job loss

A yoga class is an opportunity to shake it off and feel better in community and by moving.

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# Facing the New Year when You are Bereaved.

## Accepting the New Year

When we are grieving, it is hard enough to live each day as it comes. It can be daunting to face a whole new year stretching out in front of us. We may be afraid of what the new year might bring. We may worry whether or not we can handle any more challenges. Our current experience of emptiness and loneliness may make us reluctant to face a new year.

We might say to ourselves, “I used to be so busy. I used to feel so needed, so useful. Now it seems there’s nothing but empty space and empty time.” It’s bad enough to wake in the morning not sure what we’ll do with the day; what will we do with a whole year?

Longing to recover the past can sometimes make us resistant to accepting the new year. The past was where we were comfortable, where we felt safe, felt good. Grief burdens us today and we fear the new year won’t hold anything different for us. We pine for the person we miss and the precious past we shared. We think about how it was, and wish we were back there.

Approach of a new year may mean different things for different mourners. Whether we welcome, dread or ignore a new year probably depends on where we are in our grief process. The question is not whether, but how grief will show up, and how we’ll work with it.

## A Learning Process

If your loss was recent, sudden or unexpected, you might experience it as a shock, as if you're living a bad dream or someone else's life, trying desperately to get back to your “old” life. The last thing on your mind might be the challenge of a new year. Writing or talking repeatedly about the death of your loved one might make you feel numb or detached. Eventually, you might realize that your life is not what you thought it would be, that your world has changed.

Therese Rando, a noted grief therapist and author, describes grieving as a learning process. Each minute with a loved one created patterns of how to operate and what to expect. Each new challenge, like doing the taxes, fixing things, and going into a new year, becomes a fresh occasion to accept the absence of your loved one and find new ways to cope, even if new challenges bring fresh pain.

As you courageously work through your grief over time, you eventually will find the strength to look to the new year with interest and wonder about what it might hold. Maybe you'll feel eager to welcome change, now that your grief has started to ease.

You might find comfort and joy in knowing that you did all that you could and loved well. Enriched by the love you once enjoyed, you can now show deeper compassion for all who suffer. You eventually will recognize life as a gift to enjoy with whomever crosses your path. In time, you might want to do on your own what you both once hoped to accomplish together.

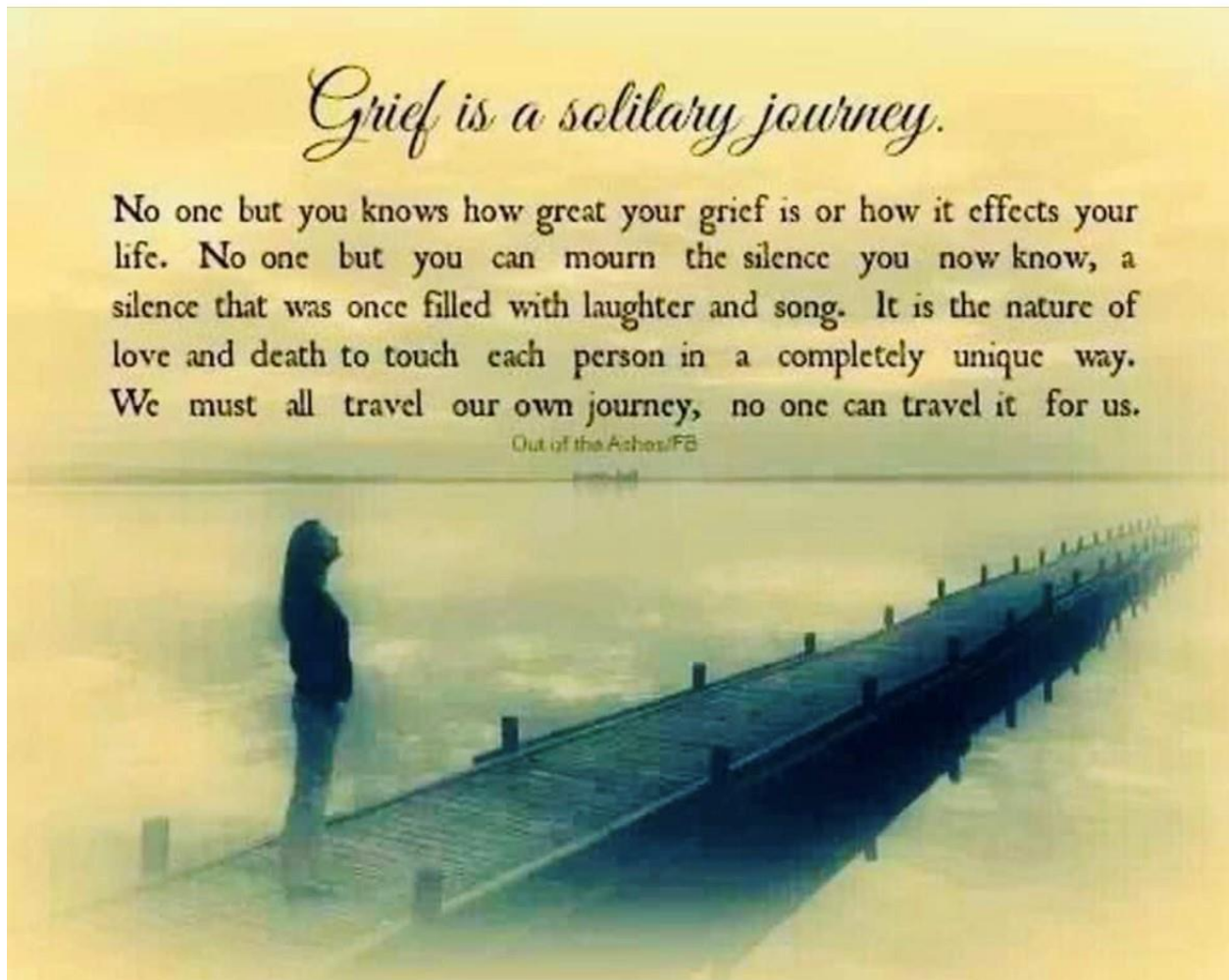
Even if you're scared and lonely, and even if you long for the past, you can still open the door a crack to this new year.

## Tips to face the new year:

- Begin by getting needed rest. If you're still exhausted from caregiving or from acute grieving, focus on physical recovery. Considering talking with your doctor about how to rebuild yourself physically.
- Give yourself a mental rest. Replace negative thoughts with positive affirmations about yourself, and soothe yourself with music, prayer, uplifting literature, tears and laughter.
- Pay attention to hope and desire. Find small practical ways to give yourself new pleasure.
- Attend a support group or talk with friends and family members who can list and share memories.
- Seek spiritual support from a local minister, rabbi, priest, imam.
- Find courage to live into the future by living in the present, one day at a time. Do the best you can to care for yourself and others today.

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/holidays-and-grief/facing-the-new-year-when-you-are-bereaved>

Source: VITAS® Healthcare, VITAS.com. Permission to publish provided by Senior Public Relations Specialist, VITAS Healthcare.



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## Our Children Remembered January 2024

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

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

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

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

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

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

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

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

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

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

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

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

Steven Joseph Eagney  
Son of Beth Eagney  
July 27, 1994- January 9, 2022

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

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

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

Lila McKenzie Henry-Starr  
Daughter of Zac Starr and Eva Farina-Henry  
January 8, 2022 – March 14, 2022

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

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

Craig Steven Nelson  
Son of Karen Coulson  
April 2, 1974 - January 31, 1995  
Robert Adam "Robby" Ostrowski  
Son of Denise Crouse  
January 30, 1995 - September 11, 2010

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

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

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

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

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

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

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

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

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

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

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

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



## **Our Children Remembered February 2024**

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

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

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

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

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

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

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

Thomas Dash Ertter  
Son of Helen Akerley  
December 25, 1985 - February 10, 2021

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Michelle Inez Scott  
Daughter of Charlotte & Donald Scott  
February 1, 1969 - May 1, 1987

Andrew Graham Stough  
Son of Susan and Louis Stough  
September 5, 1990- February 23, 2022

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

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

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

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



## CREDO

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

We are not alone.

We are the parents whose children have died.

We are the grandparents who have buried grandchildren.

We are the siblings whose brothers and sisters no longer walk with us through life.

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

We are here to support and care for each other.

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

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

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

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

We are a diverse family.

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

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

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

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

But regardless of the emotions we bring to our meetings,

it is the sharing of grief and love for our children that helps us to

be better today than we were yesterday.

We reach for that inner peace as we touch each other's lives and place our handprint 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.***  
***Thank you for your thoughtful generosity.***

### Newsletter & Website Sponsor Donations

Tom and Tina Delaney in memory of Nick Delaney  
Bob and Sandi Burash in memory of Paul Burash  
Cathy and Deke Logan in memory of Trip Logan.

### Service of Remembrance Donations

Elizabeth & Barry Aikin in memory of Jon Russell Aikin & James William Aikin  
Steven & Beverly Ambrozewicz in memory of Jordan Edward Ambrozewicz  
Madeline & Phil Ammon in memory of Christopher Thomas Ammon  
John & Terre Belt in memory of Cortney Michele Belt & Traci Jeanne Heincelman  
Robert & Barbara Bessling in memory of Richard Allen Bessling & James Edward Bessling  
Doug Blazejewski in memory of Emily Ann Blazejewski  
Judith & Louie Bolly in memory of Wendy Jean Bolly  
Larry & Linda Brannon in memory of Sean J Brannon & Taylor Nicole Brannon  
Marsha Diane Brown in memory of Roger Shane Brown  
Robert & Sandra Burash in memory of Paul John Burash  
John & Cathi Campbell in memory of Hannah Lindley Campbell & Faith Campbell  
Joan & George Caperones in memory of Chris Caperones  
Dot Carter in memory of William Frederick Carter Jr & Brittany Tyler  
Noel & Ann Castiglia in memory of Tria Marie Castiglia  
Michelle & Jason Crawford in memory of Jason Tyler Crawford  
Jody & Bill Dale in memory of Joshua William Sims Dale  
Tina & Tom Delaney in memory of Nicholas Delaney & Jackson Tate King  
Mary Louise deSarran in memory of Elizabeth deSarran  
Marla & Michael Dickens in memory of Michael James Dickens, Jr  
Marie V. Dyke in memory of Michelle Marie Dyke  
Deborah F. Elliott in memory of Isaac Paul Elliott  
Holly & Alli Enders in memory of Christine Kelly Enders  
Aurelia Ferraro in memory of Dora Baldwin & Jeff Baldwin  
Laura Filipowich in memory of Mark Mazarella  
Ellen Foxwell in memory of Michael Dwayne Nokes  
Kathy Franklin in memory of Tanager Ru Ricci  
Rhonda & Norman French in memory of Brandon Robert French  
Carol Fritz in memory of Katie Fritz  
Sam & Maureen Funkhouser in memory of Edward Allen Funkhouser  
Gordon & Peggy Haines in memory of Matthew Gordon Haines  
Leroy & Jeanne Jones in memory of Brian Keith Jones, Jeremy Scott Jones & Roger Wallace Johnson

Charlene Julien in memory of Brian Julien  
Leona Karl in memory of Ryan John Karl  
Steve & Irene Knott in memory of Stephen Michael Knott  
Cathy & Deke Logan in memory of Trip Logan  
Cheryl Long in memory of Sean Donald Long, Sr  
Elvira & Tom McCormick in memory of John Thomas "Tommy" McCormick III  
David & Lily Openshaw in memory of John David Openshaw  
Barbara Orndorf in memory of David Brian Clutter, Sr  
Frances Palmer in memory of Scott Thomas Palmer & O. Steven Cooper  
Mary & Joe Redmiles in memory of Thomas Hubert Redmiles  
Bill Regan in memory of William "Kyle" Regan  
Suzzette Reid in memory of Kenneth "Chuckie" Jones  
Bobbi Remines in memory of Joseph "Joey" William Remines, Stefanie Lynn Remines & Romana Alice Hale  
Patricia Rogers in memory of Gabrielle Alexis Berryman  
Juliet & Leonard Rothman in memory of Daniel M Rothman  
Ronald & Aljuana Saunders in memory of Wendy Dawn Saunders  
Kathleen Savage in memory of Robert M White  
Judith Schultz in memory of Terry James Schultz  
Ben & Sharon Skarzynski in memory of Jason Edward Skarzynski  
John & Glenda Skuletich in memory of Abigail "Abbey" Helen Skuletich  
Sherrie Smith in memory of Andrew Burton Smith  
José Rodriguez & Vanya Torres in memory of Solymar Rodriquez-Torres  
Horace & Cynthia Tsu in memory of Cathryn Christiana Martha-Marie Tsu  
Mary Tyson in memory of Kevin Tyson  
Fausto & Marisol Vela in memory of Daneil A Vela  
Janis Willard-Robinson in memory of Justice LaFayette Robinson  
Karen & Michael Willey in memory of Nicholas Grant Poe  
Marta & Chuck Williams in memory of Matthew Tyler Williams  
N. Lee Wolff-Silver in memory of Ariel Carmen Silver  
Pam & Bill Wygal in memory of Evyn Bryce Wygal  
Mary Ellen Young in memory of Zachary Daniel Robertson

A VERY SPECIAL THANK YOU to everyone who has donated their time, talents and energy to supporting our Chapter, it's activities and it's members throughout the year. Through your efforts we are able to provide the care and compassion so badly needed by all of us grieving the loss of our precious children.

## **CHAPTER GATHERINGS and MEETINGS**

**CHAPTER GATHERING SUMMARY:** In-person gatherings are scheduled for the first Thursday of each month at 7 PM in the parlor of Calvary United Methodist Church, 301 Rowe Blvd, Annapolis, MD 21401.

The ZOOM Virtual Gatherings are being scheduled at the same time, but starting in 2024, will be separate from the in-person gathering. 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.

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 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.

**Please join us. We welcome new Core Group Members.**

**January 9, 2024 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 2024 monthly gatherings, finances, volunteer requirements, and special events will be primary topics.***

**So please join us and help provide support to our grieving families..**

## **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 **February 15 for the March/ April 2024 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 **February 15 for the March/ April 2024 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.
- **Make check payable to Anne Arundel County Chapter, BPUSA.**  
**And mail to PO Box 6280, Annapolis MD 21401.**

**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)

## 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.

**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/>

## ***BITS AND PIECES OF INFORMATION***

\*\*\*\*\*

### **Implement Drug-induced Homicide Laws in Maryland to Hold Dealers Accountable.**

Sponsored by Kelly Bostic

I have started a petition to try to get MD to implement the **drug induced homicide law**. This law will hold drug dealers accountable for any deaths resulting from ingestion of their products. Currently MD does not prosecute drug dealers for homicide at the state level. This law will **not** be looking at students that hand over a pill to another friend, or someone getting a pill from someone at a party. This law will be to hold drug dealers that are intentionally mimicking legally prescribed medications such as Xanax, Adderall and Percocet with pills pressed with fatal poisons such as Fentanyl, Isotonitazene, Brolazolam and others. Currently, 25 other states have this law.


My intention with this petition is to first stop allowing drug dealers to continue getting away with murder.

If drug dealers know that they will be facing prosecution and prison time, this can deter future selling of drugs and save lives! We desperately need this law!

The group can be of help by reading, signing and sharing my petition. Even if someone chooses not to sign, just reading it would be truly appreciated!

Here is my link to my petition:

[https://www.change.org/Make\\_Maryland\\_Safer](https://www.change.org/Make_Maryland_Safer)

Sincerely,  
Kelly Bostic  
Mother of Tyler Martin 



SAVE



the DATE

BPUSA  
2024 NATIONAL GATHERING  
HERNDON, VIRGINIA  
JULY 26 - JULY 28TH

*Help for families struggling after child loss.*



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@Bereaved\_Parents\_Of\_The\_USA

## From the BPUSA Chapter Chat

Fourth Quarter 2023

### Grieving Children under 18 years old

BPUSA is receiving more and more inquiries about grief support for younger children. We currently do not have the expertise to support children in this age range within our organization at the national or local level.

If you get questions or calls about how to help children, please feel free to refer families to the following organizations or individuals:

- National Alliance for Children's Grief — *nacg.org*
- *Cancer.Net* — Helping-grieving-children-and-teenagers.
- Child Mind Institute— A guide for helping children cope with grief. *Childmind.org*
- What's Your Grief?- *Whatsyourgrief.com*
- Healthy Children.org — *healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Grieving-Whats-Normal-When-to-Worry.aspx*
- Local school social workers
- Pediatricians that refer children to appropriate support and help

### Sibling Resources

#### Grief.com

Education and information – articles, videos, links, and more – offered to help people navigate the challenging road of grief.

[www.grief.com](http://www.grief.com)

#### Actively Moving Forward (AMF)

A network connecting and supporting college students coping with grief. Resources and peer -led support groups on over 200 campuses nationwide. Sponsored by Heal Grief.

[www.healgrief.org/actively-moving-forward](http://www.healgrief.org/actively-moving-forward)

#### Heal Grief

Offering a virtual location where people can communicate about a death, mourn, and celebrate the life of a loved one.

[www.healgrief.org](http://www.healgrief.org)

#### The Surviving Siblings Podcast Hosted by Maya Roffler

[www.thesurvivingsiblings.com](http://www.thesurvivingsiblings.com)

Karen Lay Bragg

Sibling Coordinator and Board of Directors

(810) 875-5314

[bpusabdsiblingcoordinator@gmail.com](mailto:bpusabdsiblingcoordinator@gmail.com)

## **Check out these two local grief support organizations.**

### **Chesapeake Life Center**

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

Chesapeake Life Center offers grief support, bereavement groups, camps and workshops for people who are grieving the loss of a loved one. 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.

### **What's Your Grief**

<https://whatsyourgrief.com>

You don't have to grieve alone. What's Your Grief? Is a place for grief articles, courses, creativity, sharing, community & more.

## **Anne Arundel County Chapter 2024 CALENDAR**

### **Monthly Gatherings** (both in-person and virtual):

January 4  
 February 1  
 March 7  
 April 4  
 May 2  
 June 6  
 July 11 (**NOT** Jul 4)  
 August 1  
 September 5  
 October 3  
 November 7  
 December 5.

### **Quarterly Core Group:**

January 9  
 April 9  
 July 9  
 October 8

### **BPUSA National Gathering** July 26 - 28

The 2024 Gathering Conference will be in Herndon, Virginia  
 The theme of the Gathering is "Journey of Love."

**Annual Memory Walk:** October 5

**Service of Remembrance:** December 8

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, [bebessling@aol.com](mailto:bebessling@aol.com),

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"