



Bereaved Parents of the USA
 Anne Arundel County Chapter
Offering Support, Care and Compassion

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"The holiest of holidays are those kept by ourselves in silence and apart:
 The secret anniversaries of the heart."

~ Henry Wadsworth Longfellow

William Mizra Khadem
October 24, 1984 - April 6, 2012



Our odd, little duck.

Oh, how much you were and are loved. You were our miracle child. An unexpected treasure and beautiful blessing from above. Little did we know the tremendous joy you would bring. Little did we know the tremendous magnitude of love we would have for you. We did not deserve you.

Thank you for gracing our lives with yours. We miss you more than we could ever express.

Until we meet again, our hearts will grieve your loss. Until we meet again, our hearts will remain shattered. But know we are cognizant of the blessings you have bestowed upon us to help us through this darkest of times.

Thank you for the gift of the people of A.A.Co.-BPUSA.

Without them, we never would have made it through this. God bless you for them.

Much, much love,
 Mom, Dad, Seyed, Susan, Darling Hayden
 And special friends Barb and Dakota



Read more on how you can help others, and yourself, through [supporting our Chapter](#). See page 22.

You can now make a [digital donation](#) using ZELLE through your bank. See page 17.

Our library is available now at our in-person meetings. But we do need a [librarian](#). See page 21.

Dulaney Covington Logan III aka Trip September 10, 1996 ~ April 24, 2023



Our life was forever changed on April 24th.

A very bright light gone way too soon.

He was 26 years old and had traveled to 24 countries.

He lived life to the fullest.

He graduated law school. It wasn't easy, but he did it.

He worked really hard like I did.

In his eulogy, I realized that what I was most proud of, was that he made friends like his mother did, (That's why I married her, - so I could have friends). Our basement was always filled with Trip's friends.

His smile could light up a room and when he hugged you, you felt so loved.

What has hurt more than I could have imagined, was the loss of legacy.

A fine young patriot, that even in middle school, was listening to all his friends' problems.

He was a leader. He was what everyone needed in their lives.

He was going to be better than I ever was.

He was going to change peoples lives, until he was poisoned..

Fentanyl in recreational cocaine.

Such a waste to our world. A man, who had become a gracious man,
that would have helped so many people.

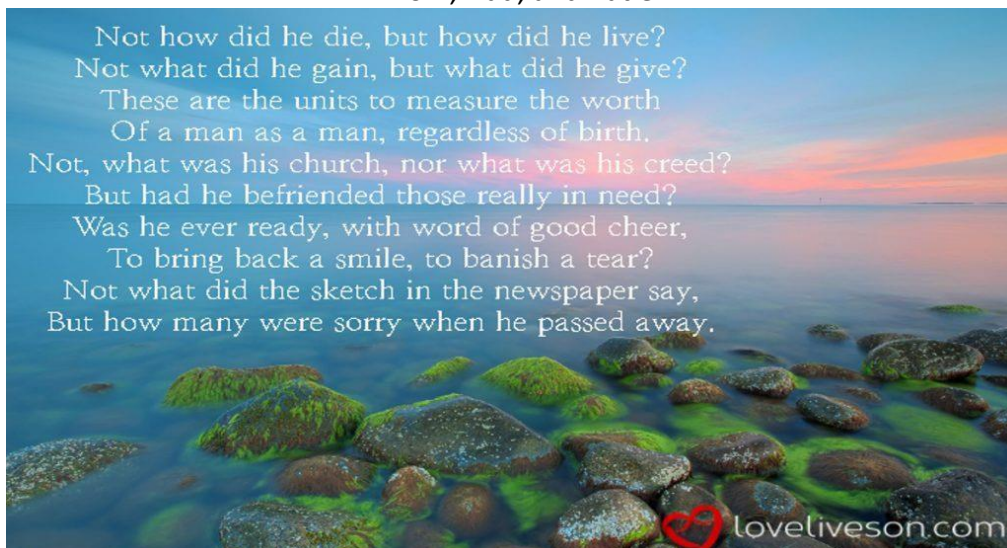
He wore his grandfather's dog tags from WWII.

He wore them proudly. He was all about family.

I have to believe he is watching over us and will continue to change lives from above.

We will love you to infinity and beyond!

Mom, Dad, and Katie



February 13, 2024

Bethany Anne's 43rd Birthday

Stevensville, MD Cemetery

Written by Paul Balasic in memory of Bethany Anne

For Bethany Anne

Bethany Anne Balasic
February 13, 1981 - April 5, 1996

Gone but not forgotten
Far away but still near
Loved yesterday, today and tomorrow
Wishing you were here

Pretty, peppy, spunky and smart
Strong, caring, and loving with a beautiful heart
A joy to be with, a joy to behold
Our memories of you are more precious than gold

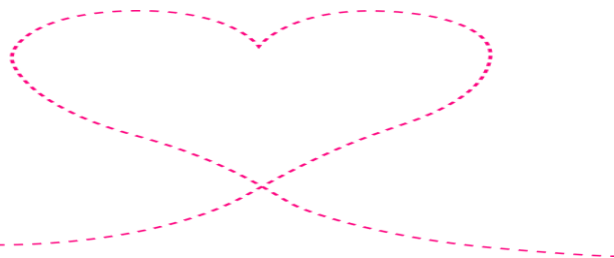
Field hockey, soft ball, basketball, and lacrosse
How happy you were if there was a ball you could run with and toss
Two big brothers made you one tuff little girl
To see you in action made our hearts soar

You were a beautiful daughter, a beautiful girl
More beautiful than anything in the whole wide world
A star shining brightly
But one extinguished too fast

Bethany you would have been 43 today
But you are still our little girl
The thought of who you were and would have been
Makes our hearts and mind swirl



We Love You and Miss you Baby
Nanny and Papa



Please join us!

March 7, 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

March 7, 2024, Monthly Gathering: Linda Triplett, bereaved mom and author, will speak on the physical aspects of grief on our body and mind and the very important need to take care of ourselves.

April 4, 2024, Monthly Gathering
May 2, 2024, Monthly Gathering

Other important dates:

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

July 26 – 28, 2024, BPUSA National Gathering

October 5, 2024, Annual Memory Walk at Quiet Waters Park, Annapolis.

Dreams or Nightmares?

A transition from the agony of loss to gratitude for life

Have you ever seen the Titanic? Everyone I knew, perfect stranger or treasured friend, loved it. They thought it one of the very best and most beautiful love stories of all time.

I wholeheartedly disagreed.

I hated it.

I hated it. I felt, if Kate Winslet had truly loved Leonardo DiCaprio, she could never have left him behind in the frigid, iceberg filled waters of the North Atlantic.

It did not matter to me that holding on to him would have meant certain death for her. I felt if she really, genuinely loved him, she would have died right alongside of him.

I held onto this belief and my hatred of the classic for well over a decade, making sure to turn the channel as quickly as possible, should there ever be a whisper of a chance that it might be on.

I held onto this belief until some years after my beloved William had passed. It was not until I had found myself in a similar situation to Kate Winslet's that I was forced to realize that if I did not let go of my beautiful son, that I, too, would be living on the other side of the rainbow.

I did not come to this conclusion lightly. I fought and I fought, and I fought. I lived in absolute torment and agony, just BEGGING with all my heart and body and soul to be with him just a little bit longer.

I wanted to be with my baby so badly that thoughts of suicide were welcomed. I felt I would do anything to be with my beloved son.

In the daylight hours my pain and suffering were horrendous, yet somehow somewhat controllable. But at night, well, at night I had no buffer. In my dreams there was nothing to distract me. In my dreams, I would see a mother, hair and dress torn to shreds, writhing in agony and despair over the tragic loss of her son. Many would surround her, trying everything in their power to alleviate her seemingly uncontrollable and insurmountable pain. No amount of trying was successful. Their efforts were all in vain. The tormented mother could not be comforted. She was inconsolable. The tragic, desperate mother would scream the shrillest, yet deepest gut-wrenching screams. This dream-induced Hell went on all night, many nights until I would wake in the morning, drenched in sweat, only to experience my daylight version of Hell.

Then I started to have other dreams. In these dreams I would be with my beloved son. That always made me so happy. Elatedly, I would hug and kiss and squeeze him and tell him I was so glad to have him back. The beginnings of these dreams were always wonderful, but then my magnificent dreams would turn into nightmares. These dreams/nightmares always ended in me having to make a choice. In these dreams I had to decide between my life here on Earth without my beautiful son or certain, horrible death.

In these dreams, my death did not include Heaven, where I know my precious son now dwells. No, in these dreams the alternative was awful. Not for William, but for me. In these dreams the choice was always between life and something horrific.

I was raised to be a Christian. I have always strongly believed in the teachings of Jesus Christ Our Lord and Savior. I believe love is the most powerful, most potent, most important, most healing, most glorious, most wonderful thing. I consider myself a "Red Letter" Christian, meaning I try to practice what Jesus preached. So, it was not as if I thought I was bad and going to be with the Devil if I chose to be engulfed in William. My interpretation of these dreams was that if I dwelt on what I lost, I could never be happy. I would forever be in the depths of Hell. If I dwelt on what I lost, the tremendous gift that I lost, my life would forever be mired in misery. My life would remain Hell on Earth until I shriveled up in agony and died a mortal death.

In those dreams, I would realize I had to let him go. I felt I had no choice. In those dreams, I begged and begged and begged William to come with me. With my eyes swollen and tears gushing in turbulent rivers down my face, I pulled his hand and screamed for him to please, PLEASE, PLEASE, PLEASE COME WITH ME!!!! But he never did.

He never did because, as he told me in myriad other dreams, he is where he is supposed to be, and I am where I am supposed to be.

With my heart shredded into a million tiny pieces- and always at the very last. possible. moment. I would release my grip on him and pass from the boundary between death to life.

I chose life.

I chose life.

To quote Edgar Bergen and Charlie McCarthy, "Whoda' thunk it?" The kid whose virtual entire childhood was filled with suicidal ideation; the child who never once in that time dreamt of hope; the child who became a mother to two of the most beautiful boys ever born, only to lose one and become suicidal all over again, chose life. After all the pain I would have to endure...

Whoda' thunk it?

Somehow, after about the third nightmare where I had... no, CHOSE, to let William go, I began to heal. Somehow, after that Hell, I began to see light and vivid colors where before all I saw was death, darkness, disconsolation and despair. Somehow, I chose life, a life with horrific pain because of the loss of my sweet William and yes, a life with joy because of the life of that same boy, I chose life over death.

I pray you make that choice yourself. I pray you choose to live in the light. I pray you choose to dwell on the beauty that was your child's life and the tremendous gift he or she was and is, rather than dwelling on the horrific fact that their body is not here to love and to hold.

I pray you give yourself the gift of gratitude for the precious and all-too-short time they were here on this Earth. I pray that whether you had them for 70 years or only a few, short 70 seconds. I pray you are graced to feel their presence as they watch every so lovingly over us. I pray you realize that, although they are not here in bodily form, their beautiful spirit never leaves our side.

I pray you feel the tremendous, unconditional love they have for us. I pray you realize that, despite our multitudinous faults and foibles, they forgive us.

Let that sink in.

They forgive us. Despite all the many, many, many mistakes we made when they were here by our sides, they FORGIVE us. It no longer matters to them that we missed their baseball games or yelled too loudly when they did not make their beds or pick up their toys off the living room floor. Our beloved children are in Heaven now and they see EVERYTHING clearly now.

They see that when you wish you had been more aware of how you're yelling or perhaps the fact that you never seemed to have enough time for them that, during those times you were doing the best you could. At that time, you were working hard to make money to make sure your family had food on the table, or you were literally working to put that food on the table. It does not matter what preoccupation you had; you were doing the best you could at the time.




You had no way of knowing they would not be here forever. You had no way of knowing you would not be able to give them that one last hug. You had no way of knowing you would never be able to cradle their chins adoringly in your hands and gaze into their sweet, beautiful eyes, again, and tell them that you loved them more than life itself.

You had no way of knowing any of those things.

But they know. In the Heavenly realm, they are blessed with the clearest of visions. This vision has not caused them to judge you more harshly for your many mistakes, but to forgive you with the entirety of their existence. I pray some of their insight is visited upon you while you dwell amongst the living here on Earth.

In our beautiful children's memory, I wish you hope and peace.

Much love,
Linda Khadem

  William's Mom  



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Dear Friend,

Collective grief is the shared experience of grief by a community, society, or even on a global scale in response to a significant loss or tragedy.

There's so much of this going on in our world right now.

Navigating collective grief, particularly when triggered by global events, is undeniably challenging.

In these moments, it's crucial to recognise that our feelings are valid and shared by many.

It's okay to feel overwhelmed or triggered, and reaching out for support can make a big difference.

Embrace conversations with friends, family, or a support network.

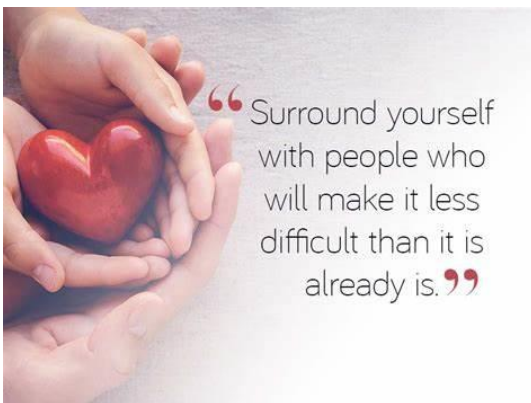
Seek shared understanding and comfort.

Personally, I've found solace in limiting my exposure to distressing news, creating a safe space for reflection and self-care.

Engaging in activities that bring joy and practicing mindfulness has been instrumental in helping me cope.

Remember, it's alright not to have all the answers, and seeking help can be a valuable step in navigating the complexities of collective grief.

Together, as a community, we can provide support and compassion as we navigate these challenging times.



EDITOR'S NOTE: As bereaved parents, we know the devastation of the loss of a loved one. The current tragic world situations, crime and violence, accidents, and diseases seem to abound in our lives. Please reread what Tara has said, and join our Chapter Community in providing support and compassion to yourself and others.

<https://www.addicted.org/news/five-tips-to-help-you-through-the-grief-of-an-overdose-death/>

Five Tips to Help You Through the Grief of an Overdose Death

By [Marcel Gemme](#) | Last Updated: 16 October 2023

Quick Tips for the Future, How to Keep Going

- Always turn to people who care about you the most. These are the individuals you know will be there when you need them to be. Close friends or family members. Do not push these people away. These are the people who will be there in the future.
- Take care of yourself, no matter what. Plan ahead for what you could do to heal yourself physically and mentally. It could include physical activity, new hobbies, or even meeting new people.
- Do not numb yourself with drugs and alcohol. If there were any way to destroy your future, it would be with drugs and alcohol—"Numb" your pain with positive things that bring joy and fulfillment.
- Try to understand that it is a marathon and not a sprint. It takes time to heal, but keep at it, try new things, and do not give up. Tough times do not last.

Many families and friends have lost someone they love to addiction and overdose death. The untimely death of any kind always leaves people in shock and pain. Losing someone to overdose leaves the person struggling with an array of emotions.

Surviving the unbearable pain and grief following death may seem nearly impossible. The profound sorrow causes feelings that seem never to go away. Surviving this type of grief is painful but not impossible.

You can do some things to help you survive this overwhelming loss. Here are five crucial tips to help you through this.

Let Go of Resentments, Guilt, and Regret

No one knows what to do or say when a loved one dies unexpectedly. Getting this news is one of the worse experiences. The people close to you will offer you support and try to find the right words.

Most people do not understand addiction, and everyone is doing their best to offer condolences.

Consider the following:

- Do not take what people say personally.
- Avoid holding onto resentment.
- Listen and avoid overreacting.
- Know the people close to you love and support you.

Moreover, look internally to forgo feelings of guilt and regret. An addiction is only a tiny part of who the person is. Their actions were not meant to cause pain or hurt.

Their overdose death was not aimed at hurting or punishing you. Addiction consumes every aspect of a person. Without treatment, the outcome is often inevitable.

Allow Yourself to Feel and Grieve

No one knows how to move forward after a tragic death. Yet, when you are struggling with feelings of anger, shame, and guilt, allow yourself to feel those emotions; and here is why:

- When you numb sadness, you also numb happiness and joy.
- Not acknowledging your feelings leads to more suffering.
- Process the experience, and your feelings are part of living.

Most importantly, let yourself grieve. Unfortunately, there is some stigma when someone dies of an overdose, which may prevent you from grieving. You do not have to make excuses or hide your grief. How someone dies does not change the pain and hurt you're experiencing.

Forgive Yourself

It is not easy to forgive yourself when someone close dies unexpectedly. You may not have seen the death coming, or if you did, there may not have been much you could have done to prevent it.

Next to formal family intervention, very little can be done to stop a person from using drugs. In addition, overdose death tends to happen quickly when they least expect it, especially in the age of fentanyl.

Do not waste time going over what you should have done or that you should have been there. Yet, realize that self-forgiveness does not come quickly or easily. It takes an active effort to seek and ask forgiveness of yourself.

Accept the Loss

There is nothing you could have done to prevent this from happening. A fatal overdose could happen to anyone who uses drugs or alcohol. Someone could die of an overdose the first time they even try drugs.

Consider the following:

- Accept their death as an accident without looking for fault.
- Practice self-compassion, which is treating yourself and responding to yourself the way you would someone else.
- Allow yourself to feel the emotions of the loss.

Do not place any barriers in front of you, which could lead to isolating and withdrawing from others. Overall, the more obstacles you put in front of you, the longer it takes to move through the grief. Every individual has the right to find comfort, peace, and hope after the death of a loved one.

Seek Out Grief Support

Do not avoid finding someone to talk to or someone that can offer professional help. When looking for grief therapy or counseling, look for skilled and trained professionals.

When seeking support from others, you will need people who understand what you've just experienced. Grief support groups are available for families of loved ones who have died from a drug overdose. For example:

- [GRASP](#) (Grief Recovery After a Substance Passing)
- [Survivor Resources](#)
- [SADOD](#) (Support After a Death by Overdose)

It is important to note that online support should never replace in-person grief counseling.

Overdose Prevention, What Can I Do?

Being aware and possibly preventing overdose takes knowledge, and there are resources available to help or even volunteer with:

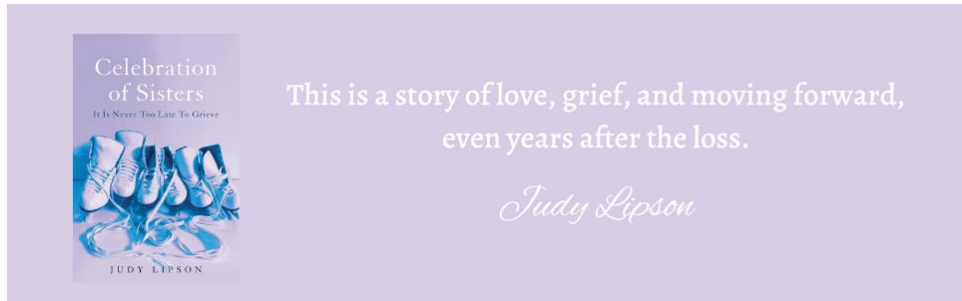
Initially, the CDC provided various resources and valuable information through its [Stop Overdose](#) page. The website was created to educate people who use drugs about the dangers. In addition, create awareness of the increasing number of overdose deaths related to prescription pain medication and illicit drugs.

Help Prevent Overdose Deaths

[International Overdose Awareness Day](#) occurs on August 31st. It is the world's annual campaign to end overdose, remember those who have died without stigma, and acknowledge the grief of the family and friends left behind.

[National Prescription Drug Take Back Day](#) aims to provide a safe, convenient, and responsible means of disposing of prescription drugs. In addition, it educates the general public about the potential for abuse of medications.

For Our Siblings



Note from Judy Lipson

With all that is going on around the world, this year more than ever I am grateful to be surrounded by family and appreciate the gifts of everyday life.

The gifts in my life keep coming. I spent my birthday weekend in New York with half my family and taping The Open to Hope Cable Show/Manhattan Neighborhood Network along with Heidi Horsley, Adam Rabinowitz, Claire Sharkey, and Jason Wendroff-Rawnicki. Following the taping, we enjoyed a fun, delicious dinner at the iconic Sylvia's in Harlem.

November, after over a decade, void of the annual Celebration of Sisters annual skating event to commemorate the lives and memories of my beloved sisters Margie and Jane on their birthdays, November 6th and 8th, and the forty-second anniversary of Jane's death, I spent the first few days of November at an adult skating camp at Riverwalk in Lincoln, New Hampshire. Skating is where I've come full circle to remember Margie and Jane, find peace and joy. Many memories of my sisters lost, however skating, a happy one, I do recall, the three Lipson sisters skating together.

On the ice my mind is void of everything but skating, an active meditation. Little did I know, when Margie, Jane and I took group lessons, it would lead me where I am today. The warmth of fellow adult skaters and inspiring coaches all who share the joy and passion of skating.

The newly formed Bog Skating Club kindly asked my friend Ruth Anne and I to perform in their Christmas Show. Our coach Renee choreographed beautiful numbers. I skated to "Seasons of Love," from Rent. The song is meaningful, the words resonated with me and the crowd, and appropriate to close my keynote speech at Bereaved Parent USA. I tried to hold the special memories of Margie and Jane, and that empowering day to calm the nerves that overcame me when I skated. Unbeknownst to me, skating held the chord throughout my life, that centered me, anchored me to Margie and Jane, to experience and push myself to accomplish things I never dreamed possible.

Our entire family gathered together for Thanksgiving, four generations. I watched my three grandchildren: Benji, Jake, and Madelyn, all under four together. The love shown among in their tiny interactions, kissing each other, the little touches, and the broad smiles. The ying and yang of my heart between grief and love and joy and love. I missed Margie and Jane so much my heart hurt, and wished they were beside me to witness this joy and compare notes.

I cannot believe November marked two years of the publication of *Celebration of Sisters: It Is Never Too Late To Grieve*. Am I truly an author? The words still are hard to swallow or ring true? I hope in sharing my story another individual is not alone in their grief, a sister hugs their sister a little tighter, and know it is never too late to grieve or live out your dreams.

To order your copy of *Celebration of Sisters: It Is Never Too Late To Grieve*, available on audio, please visit www.judylipson.org

I leave you with the following words from the song from Carousel,

“You’ll Never Walk Alone,”
“Walk on walk on
With hope in your heart
And you’ll never walk alone.”

Published with permission of Judy Lipson

BPUSA Suggested Books on Sibling Grief

- ***Sibling Grief*** by P. Gill White
- ***Surviving the Death of a Sibling*** by T.J. Wray
- ***Welcome to the Grief Club: Because You Don't Have to Go Through it Alone*** by Janine Kwoh
- ***Healing the Adult Sibling’s Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies*** by Alan D. Wolfelt, PhD
- ***Sisters & Brothers: Stories about the Death of a Sibling*** by Julie Bentley and Simon Anthony Blake
- ***I’m Not a Mourning Person*** by Kris Carr

Karen Lay Bragg
BPUSA Sibling Coordinator and Board of Directors
(810) 875-5314
bpusabdsiblingcoordinator@gmail.com

Our Chapter Contact: Amanda Hughes, Sibling Support Coordinator, Anne Arundel County Chapter,
For more information, please contact Amanda at alrhalbach@gmail.com .

Our Children Remembered March 2024

James William Aikin
Grandson of Elizabeth and Barry Aikin
June 5, 1982 - March 18, 2008

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

Richard Allen Bessling
Son of Robert and Barbara Bessling
March 18, 1982 - March 15, 1995

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

Lakia Chimera Brown
Daughter of Patricia Watkins
March 20, 2021 - July 16, 2021

De'Andre Castro
Son of Dalia and Victor Vega
May 3, 1998 - March 9, 2022

Anthony Raymond Cesario
Son of Lisa Cesario
March 25, 1989 - May 1, 2017

Ryan Corr
Son of Pam Corr
March 2, 2003 - June 4, 2011

Robert "Bo" William DePaola
Son of Jill and John DePaola
March 22, 1995 - May 23, 2015

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

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

Jeffrey Arthur Elder, Jr.
Son of Kymn and Brendan Burns McFetridge
May 17, 1986 - March 22, 2018

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

Cynthia Lynn Ferguson
Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

Jonathan Matthew Goff
Son of Erica Sivils
March 21, 1993 - August 16, 2016

Duane Heard
Son of Euwanna and Clayton Heard
March 12, 1976 - May 23, 2016

Traci Jeanne Heincelman
Niece of Terre and John Belt
October 6, 1980 - March 10, 2002

Brian Michael Hendricks
Son of Jeannine Hendricks
March 4, 1991 - April 22, 2012

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

Carlos Enrique Heredia
Son of Rodolfo and Patricia Beltran
May 23, 1996 - March 29, 2016

Charles "Chip" Marshall Hodges
Son of Betty and John Hodges
October 24, 1954 - March 14, 2005

Andrew Scott Hoffman
Son of Donna and Bryan Hoffman
March 6, 1986 - October 27, 2013

Emilio Juan Honesto
Son of Alexandra Honesto
June 29, 2010 - March 26, 2011

Dustin Alan Jones
Son of Sandy Jones
November 28, 1985 - March 16, 2019

Quintin Andrew Kane
Son of Grace Marie Watkins
March 18, 1965 - March 1, 1988

Bryan Adam Krouse
 Son of James and Judy Krouse
 March 11, 1965 - June 29, 2007

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

Jerry Mason Jr.
 Son of Mary and Jerry Mason
 May 6, 1968 - March 23, 2005

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

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

Kevin Michael Morris
 Son of Gayle and David Morris
 October 7, 1982 - March 30, 2007

Katherine Sarah Morris
 Daughter of Marguerite Morris
 March 11, 1990 - May 6, 2012

David M Murnane
 Son of Jennifer Murnane
 March 7, 1987 - December 9, 2008

Michael Dwayne Nokes
 Son of Ellen Foxwell
 November 9, 1963 - March 15, 1988

Paul Robert Overton
 Son of Steve and Paula Overton
 November 19, 1988 - March 29, 2021

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

Sydney Elaine Patronik
 Daughter of Holly and Michael Patronik
 March 26, 2002 - May 11, 2002

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

Zachary Daniel Robertson
 Son of Mary Ellen and Jim Young
 March 3, 1978 - October 26, 2006

Michael Anthony Salek
 Son of Victor and Veronica Salek
 March 1, 1972 - January 11, 2015

Hailey Anne Shipe
 Daughter of Kristen and Mike Dickenson
 March 18, 2002 - June 25, 2022

Kurtis Joseph Sigler
 Son of Barbara and Rich Sigler
 March 24, 1996 - November 14, 2019

Michael Elliott Simms
 Son of Molly Simms
 November 12, 1996 - March 29, 2016

Abigail Helen "Abbey" Skuletich
 Daughter of John and Glenda Skuletich
 March 9, 1984 - May 12, 1992

Mark Edward Smeltzer
 Son of Peggy Smeltzer
 December 11, 1969 - March 15, 1997

Christopher John Smith
 Son of Debi Wilson-Smith
 March 27, 1981 - June 30, 2000

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

Izayik Makeen Somerville
 Son of Emily Gibson and Marcelis Somerville
 March 21, 2022 - March 29, 2022

Edward Charles Sousa
 Brother of Jessica Arcoraci
 December 25, 1978 - March 4, 2022

Jacob Stephen Sutton
 Son of Janet Sutton
 February 1, 2009 - March 1, 2009

Christopher Thomas Trachy
 Son of Tom and Chrys Trachy
 September 3, 1986 - March 3, 2016

Owen Jacob Wevodau
 Son of Robert Wevodau
 March 2, 2010 - March 14, 2023

Our Children Remembered April 2024

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

Jeff Baldwin
Son of Aurelia Ferraro
April 27, 1967 - April 26, 1991

Stephanie Noell Banchemo
Daughter of Bill Banchemo
December 16, 1985 - April 9, 2012

Joey E Belcher
Son of Joseph and Irene Belcher
April 21, 1975 - December 17, 2012

Alexandra Elizabeth Bolander
Daughter of Tom and Susan Bolander
April 1, 1996 - April 1, 1996

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

Dustin Bradshaw
Son of Christopher Bradshaw
April 26, 2001 - April 23, 2019

Faith Campbell
Daughter of John and Cathi Campbell
April 5, 1994 - April 5, 1994

William Frederick Carter Jr.
Son of Dot Carter
Brother of Janet Tyler
Brother of Lisa Beall
April 24, 1959 - August 16, 1992

Angela Rose Cook
Daughter of Nancy Cook
April 13, 1988 - May 22, 2022

Joseph Fredrick Errichiello Jr.
Son of Susan and Joe Errichiello
April 6, 1979 - May 29, 2004

Joseph A. Esterling Jr.
Son of Joe and Michelle Esterling
June 7, 1967 - April 27, 1990

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
November 14, 1989 - April 22, 2007

Brian Michael Hendricks
Son of Jeannine Hendricks
March 4, 1991 - April 22, 2012

William Mirza Khadem
Son of Yoosef and Linda Khadem
October 24, 1984 - April 6, 2012

Dulaney Covington (Trip) Logan III
Son of Cathy and Deke Logan
September 10, 1996 - April 24, 2023

Justin Spencer Colin Lucia
Son of Rebecca Baker
July 3, 1975 - April 8, 2015

Aaron Gene Marshall
Son of Alycia Marshall
May 26, 1996 - April 11, 2016

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

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

Jessica Price Parsons
Daughter of Patricia and James Price
November 24, 1984 - April 8, 2016

Christopher Gordon Pessano
Son of Claire and Roger Cole
December 18, 1971 - April 26, 2017

Lynda Jo Quigley
Daughter of Betty Quigley
April 2, 1967 - December 13, 2011

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

André Marc Sanders
Son of Karen Sanders
April 8, 1968 - November 27, 2002

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

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

Joseph (Joey) Scott Sudo
Son of Joe and Suzanne Sudo
December 3, 1999 - April 23, 2012

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

Maraki Yemane
Daughter of Patrizia Giorgio and Menelik Yemane
April 1, 2006 - November 21, 2010



when you say their name
you are not reminding
me that they died

You are letting me know
that you remember ~
that they lived.
john polo.

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

Cathy and Deke Logan in memory of Trip Logan.
Linda and Yoosef Khadem in memory of William Khadem.

General Donations:

Horace Tsu in memory of Catherine Tsu.

Digital Donations can now be make through ZELLE.

Send Money with Zelle®

Scan in your banking app to pay.

Bereaved Parents Of The Usa



Our Chapter can now accept donations through ZELLE. Scan this QR code, locate your bank and follow the directions to set up ZELLE with your bank.

If you already have ZELLE through your bank, add our contact information and use email aabereavedparents@gmail.com.

If you are new to ZELLE, you are welcome to try a very small donation to verify that this works for you. You should see the withdrawal in your account statement, and possibly get an email telling you the transfer was successful.

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 during 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 , 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 .

Spanish Speaking Support: Contact Irene Belcher, 443-824-2638, 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

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.

April 9, 2024 Core Group: Virtual ZOOM Meeting starting at 7:00 PM. Anyone interested in participating, contact Bob Burash at 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 by **April 15 for the May / June 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

- For the **newsletter**, submit a **photograph and a short memorial** to ctomaszewski74@gmail.com to be included at the beginning of the newsletter, by **April 15 for the May / June 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.
Or use ZELLE through your bank to aabereavedparents@gmail.com

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 or Chapter Leader, Bob at 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
Treasurer: Joe Belcher
Refreshments: Sandi Burash, 410-551-5774
Librarian: Bob and Sandi Burash. **We need a new volunteer.**
Programs/Sponsorships: Mary Redmiles 301-704-8086, mary.redmiles@gmail.com
Newsletter: Carol and Rick Tomaszewski, 410-519-8448, ctomaszewski74@gmail.com
Sibling Coordinator: Amanda Halbach Hughes, 443-994-3855, alrhalbach@gmail.com
Facebook Administrators: June Erickson juneerickson@aol.com,
 Tawny Lopez torismom444@gmail.com
Spanish Speaking Support: Irene Belcher, 443-824-2638, Belcherirene@yahoo.com .
Special Greeting Cards: Linda Khadem, 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, 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

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.

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**, 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/>

LIBRARY: Our Chapter library is once again available during the in-person meetings. This is a wonderful resource with many titles available for you to borrow as long as you want.

Also, **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. Contact Sandi and Bob at aabereavedparents@gmail.com to return books or to arrange to donate a book.

We need a librarian to assume oversight of our library. This is one of the tasks that has fallen into the hands of Bob, our Chapter Leader, and Sandi for years now. It's not hard, and it's not time-consuming. You don't have to attend all the meetings either. The books are stored at the church and cards are filled out for borrowing and returning....like many of us did before computers.

We need someone else to do this for us. Please volunteer.

*I have felt no greater pain
than the moment when your
heart ❤️*

Stopped beating.

*And mine
carried on...*



BITS AND PIECES OF INFORMATION

From our Chapter Leader, Bob Burash:

What do I do with My Grief Pain?

When we learn that our child has died, the pain of grief is so overwhelming that we do not know how we are going to survive the next moment. Over the course of months, we learn that not only will we survive, but we seek ways to use our pain to help others - the newly bereaved.

Parents ask, how can I memorialize my child? We plant trees, design butterfly gardens, build memorial walls, craft memorial pillows, author articles, start a scholarship fund, seek legislation to protect our children – the list is unending.

Are you creative? Do you enjoy the challenge of putting pieces together and creating a finished product that is a pleasure to see? Do you want to offer help and hope to others? Are you someone who would like to volunteer to help the chapter, but you do not want to be in front of the group?

There is an opportunity for you - newsletter editor.

Carol has been our editor since 2020 – this is the second time for her (2004 – 2008). Between these times, she was our chapter leader (2014 – 2018), she planned our annual one-day conferences, she is our Service of Remembrance Coordinator and program designer, she is our angel gown project coordinator, she is a sharing group facilitator and much more. She needs to step down as editor by the end of 2024.

Carol will collaborate with you for the rest of the year, sharing with you the mechanics of putting together a newsletter, and will be available afterwards to guide you through your first newsletters. If you are interested in learning more about the position of newsletter editor, Carol can be reached at ctomaszewski74@gmail.com and she will be happy to chat with you.

Consider your grief-pain and what you can do to turn it into purpose.

Editor’s Note: I see 2024 as a transition year for our Chapter. The past 4 years have been trying to say the least, while dealing with COVID, learning how to ZOOM, keeping up with new members, etc, etc. During this time, Bob and others have stepped up to keep things running as smoothly as possible and have taken on many smaller tasks required to keep our members informed and supported.

This newsletter has mentioned several opportunities for you to support our Chapter, but there are other ways to help us too. Please contact Bob, aabereavedparents@gmail.com, 410-551-5774, for information on the possibilities of turning some of your grief pain into a purpose.

Black Balloon Day



On March 6, across the United States families and loved ones remember and celebrate the lives lost to overdose. This day has become known as Black Balloon Day.

Drug overdose is the leading cause of accidental death in the United States. Opioid addiction is driving this epidemic. Americans are more likely to die of an opioid overdose than they are from a car accident or by a gun. Black Balloon Day helps create awareness around the important issue of providing support to those struggling with substance use disorder and their loved ones.

Overdose Lifeline has made a practice to release *virtual balloons* each year on #BlackBalloonDay and we encourage everyone to do the same. If you wish to participate and share your loved one’s name and/or story this year on March 6, simply follow the steps outlined on the website.

<https://www.overdoselifeline.org/events/black-balloon-day/>

To The Editor:

Carol -

I came across Anderson Cooper’s podcast "All There Is," a podcast about grief. I would like to share this link with the group, as I feel many people would be interested in listening. It can be found at <https://podcasts.apple.com/us/podcast/all-there-is-with-anderson-cooper/id1643163707>

Thank you and thank you for all you do.

Love and light,
Kim Ethridge
Rowan's mom



Anne Arundel County Library is offering a Kit for young children which includes books, resources, and activities to help explain death to young children. Check out the Kit just like a book.

Visit your local library and speak with the staff.

SAVE

the

DATE

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

Help for families struggling after child loss.

Follow Us
on
Instagram

Scan with
your phone's
camera!

@BEREAVED_PARENTS_OF_THE_USA

@Bereaved_Parents_Of_The_USA

