



THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

MIAMI COUNTY CHAPTER NO.1870

May 2024 NEWSLETTER Vol. 32 No. 5

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".
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WHERE DO I GO?

By Marcia Alig, TCF Mercer Area Chapter, NJ

Now that you're gone, where do I go

to see your fair smile
to hear your tingling giggle
to smell your dank hair after a swim
to listen to your questions
to touch your gentle cheek
to feel your bear hug?

Where do I go

to share all my years of wisdom
to find someone who'll tell me truth
to answer the phone that won't ring
to tell you I'm sorry
to know that I am loved and
to pour out my love and my tears?

I shall go

to the pictures that hold you forever
to the books we shared
to the music you taught me to love
to the woods we explored as one
to the memories that never fail
to the innermost reaches of my heart
to where we are always together.



Meetings are held at:
Zion Lutheran Church
14 W Walnut St
Tipp City, OH 45371
(entrance by parking lot on W. Walnut St.,
handicap accessible)

Next Meeting:

May 23, 2024

7:00 pm

Topic: Fathers Day

We are each unique on our grief journey,
and we will each mark this
Mother's Day in a different way.
Whatever your choice might be,
make it your day...your day to celebrate
the eternal bond between mother and child.
There is nothing more beautiful.

~ Annette Mennen Baldwin, TCF/Katy, TX
in memory of her son, Todd Mennen



**The
Compassionate
Friends**
Supporting Family After a Child Dies

HELPING OTHERS HELP YOU – TEN RULES FOR SELF-HEALING

1. Tell friends to call you often. Explain that after the first couple of months you’ll need their calls.
2. Tell your friends to make a specific date with you; none of this “we must get together for lunch”. Remind them that you’re bound to have “down” times and their patience would be appreciated.
3. Tell them to please feel free to talk about the person that has died — and don’t avoid that person’s name.
4. It’s important for friends to understand that you may appear to be “doing so well” but on the inside you still hurt. Grief is painful, it’s tricky and it’s exhausting.
5. Ask your friends to care but not to pity you.
6. Make plain that friends and relatives can still treat you as a person who is still in command and can think for yourself.
7. Tell your friends that it’s all right to express their caring. It’s OK for them to cry; crying together is better than avoiding the pain.
8. Let your friends know too, that it’s all right to say nothing. A squeeze or a hug are often more important than words.
9. Let people know that they can invite you to socialize, but that you might decline.
10. Ask your friends to go for walks with you. You and your friends can “walk off” feelings. Walks promote conversation and help fight depression.

~Ruth Jean Loewinsohn

Posted on April 4th, 2017 on The Compassionate Friends website

NEED TO TALK TO SOMEONE?

A listening ear is sometimes the best medicine.

Kim Burgundy (suicide)	573-9877
Pam Fortener (cancer)	238-4075
Donnie Fortener (cancer)	760-2238
Pam Fortener (siblings)	238-4075
Cathy Duff (auto accident)	473-5533
Jackie Glawe (auto accident)	478-3318

Chapter website by Mica Glaser Jones:

www.thecompassionatefriendsmiamicounty.com

CHAPTER NEWS

Upcoming meetings:

May	- Father's Day
Jun	- TBA
Jul	- Butterfly Release



47th Annual National Conference of The Compassionate Friends

July 12th – July 14th
New Orleans, LA

TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

Unique and cherished highlights of the conference include heartfelt Saturday evening Candle Lighting Program, Workshops, Sharing Sessions, Keynote Addresses, Healing Haven, Butterfly Boutique, Crafty Corner, and Silent Auction. Our weekend of inspiration, sharing, and learning is followed by the Walk to Remember on Sunday morning.

For more details on the upcoming conference and to register before the next price increase on May 20, 2024, please visit:

<https://web.cvent.com/event/7d8e2551-9719-41d0-b9d6-bb483a84fe71/websitePage:f5f1940b-980e4398-96f6-3b681ef5e4a3>

Thank You 
for your love gifts!

- ★ Pam & Kern Carpenter in memory of daughter, Tasha Longyear.
- ★ Rob & Bev Gardner in memory of son, Jeff.
- ★ Love Gifts should be made out to: The Compassionate Friends and mailed to **Cindy Glaser, 5255 Rudy Road Tipp City, Ohio 45371**. Please send your donation by the 15th of the month prior to the month you want your child remembered in the newsletter.

*When you are sorrowful look again
in your
heart, and you shall see that in
truth you
are weeping for that which has
been your
delight.
~ from The Prophet by Kahlil Gibran*

Our Children Lovingly Remembered

May Birthdays

Child—Parent, Grandparent, Sibling

Blaize Mansur - Stephanie Mansur
 Brent A. Snyder - Claude & Mary Snyder
 Erika Leigh Wetzel - Susan Wetzel-Philpot
 Jacqelyn Elizabeth "Jackie" Ahlers - Bob & Peg Ahlers
 Jared Michael Belcher - Kelly Belcher
 Lindsay Rose Donadio - Rick & Janell Claudy
 Michael James McGuffey - Kathy McGuffey
 Randy Lee Hess - Kimberly A. Bundy



May Angel-versaries

Child—Parent, Grandparent, Sibling

Bill Meadows - Fred & Pat Meadows
 Blaize Mansur - Stephanie Mansur
 Brent David Corn - Susan Hartrum
 Brian Swartz - Lisa Swartz
 Cody S. Pressler - Joe Miller & Tamra Pressler
 David Allsbrooks - Brenda Slifer
 James C. "Jimmy" Skaggs - James & Bonnie Skaggs
 Karen Kay Paschal - Linda Paschal
 Kyle Alexander Quinn - Ken & Betty Quinn
 Molly Elizabeth Murphy - Kerry & Sarah Murphy
 Nick Koleff - Bob & Linda Dils
 Ryan S. Thuma - Scott & Renee Thuma
 Stephen Anthony Freeman - Tom & Kathy Freeman
 Tony Robert Lavy - Robert E. & Sharon Lavy
 Terry A. Baker, Jr. - Candy Ullery
 Dominique Sims - Gina Williams
 Jeremiah Lee Bubeck - Rick & Becky Bubeck

Thought for the Day

*It is not easy returning to the world of normalcy when your world is so upside down. It is not easy to stop being a mother or father to your child that has died. The thought for the day is a word — patience — patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly. **PATIENCE!***

~Rose Moen

TCF Carmel-Indianapolis, IN



We all know how difficult those "Special Days" can be - birthdays and death anniversary days. Please remember these parents on their special days and let them know that they are not alone; someone cares about their pain and their grief. It means so much to be remembered!

Every effort is made to publish accurate information regarding the birth and remembrance dates. Please let me know if there is an error in the listing, in order to correct our records. If you receive this newsletter and you have not given us the name and dates for your child, but want them listed here, please contact me — Jackie Glawe/Editor, Kim Bundy/Chapter leader or Cindy Glaser/Treasurer

S i b l i n g P a g e

THOUGHTS OF MY BROTHER

Another holiday without you
 Another wedding without you
 Another birthday without you
 Another graduation without you
 Another day without you.
 I miss your goofy laugh
 I miss your temper tantrums
 I miss your bugging me for money
 I miss your punches in the arm
 But most of all I miss you.
 So I will remember
 Our good and bad times
 And share them with others
 So that I can keep you Alive in my
 Heart.

~DeAnn Kouse, Louisville, KY

A Special Note to All Siblings:

An emotional and sentimental day is
 Mother's Day. It can be a very lonely
 day for moms, even if there are other
 children in the family. Lonely because
 that one child is not here to wish her

"Happy Mother's Day".

So if your Mom is not responding as
 you would like her to on that day, give
 her a big hug and tell her you love her.

Be gentle with her.

Together both of you can remember
 the good times, and make this Mother's

Day one you both will remember

for a long time.

~TCF, Marysville, WA

Common Sibling Grief Issue: Taking Care of Parents

When asked to edit the sibling
 page, I was told that each newsletter
 has unifying themes and this issue
 would focus on spring and Mother's
 Day. Mother's Day? I am a bereaved
 sibling! I thought about siblings
 being the forgotten grievers. After
 further thought, however, I realized
 that Mother's Day creates anxiety for
 bereaved siblings just as it does for
 bereaved parents.

Some surviving siblings resent that
 only their parent's loss is recognized.
 This sense of being forgotten can be
 heightened on Mother's or Father's
 Day when parents expect enhanced
 sympathy and attention to their grief.
 Other surviving siblings are consumed
 with taking care of their devastated
 parents, perhaps to the extent of neglecting
 their own grief process. These

siblings may experience greater worries
 about their parents on the impending
 Mother's Day. Holidays always
 highlight a family's loss.

For me, I worry about showering my
 mother with enough love to
 ease her pain. But, I feel ultimately
 incapable of being as enthusiastic as
 I was when Andrea was here to help
 me cook or decorate the apartment, or
 to brainstorm, weeks in advance, on
 whether we should chip in for jewelry
 or kitchen utensils. I feel strange and
 empty gift shopping alone. I hate the
 cards that say "To Mom, from Both of
 Us". So please parents, remember that
 all holidays, even Mother's Day, are
 hard for surviving children too.

~Allison Hanis, TCF Manhattan



The Compassionate Friends

Miami County Chapter

Supporting Family After a Child Dies

2445 N Montgomery County Line Rd
Tipp City OH 45371

RETURN SERVICE REQUESTED

The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

We gather to listen) to share) and to support each other in the resolution of our grief. We need not walk alone, we are The Compassionate Friends.

MISSION STATEMENT ... The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

If you are receiving our newsletter for the 1st time, it is because someone told us that you might find it helpful. To find out more about The Compassionate Friends, please call our Chapter Leader, Kim Bundy (937) 573-9877. We cordially invite you to our monthly meetings held on the fourth Thursday of each month. Nothing is ever expected of you. You don't have to speak a single word. Parents who do attend, find comfort, support, friendship and understanding from others who have also lost a child. You do not have to come alone - bring a family member or friend with you.

You need not walk alone!



IF YOU ARE RECEIVING THIS NEWSLETTER, AND WISH TO HAVE YOUR NAME REMOVED FROM OUR MAILING LIST, PLEASE CALL OR TEXT (937) 478-3318 AND LEAVE A MESSAGE. Thank you.