



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

FEBRUARY, 2009

## Welcome!

To those of you who are newly bereaved and receiving our newsletter for the first time, we warmly invite you to The Compassionate Friends of the Pikes Peak Region. We are other parents who have experienced the death of a child at any age and offer understanding and support through our monthly meetings and activities throughout the year.

It is often difficult to attend your first meeting, but those who do find an atmosphere of support from other parents who understand a parent's grief. Nothing is asked of you; there are no fees; you do not have to speak a word if you do not care to. If you are more comfortable bringing a friend or relative along with you, please do.

Many find these meetings help them to heal; and together we learn to live with our loss. We learn that we need not walk alone.

## OUR TELEPHONE FRIENDS

*Any of these members may be contacted to talk to you about your loss:*

Chapter Leader ~ Laraine Anderson	351-7653
Infant Loss ~ Colleen & Art Mannon	535-9868
Toddler/Young Child Loss ~ Bob & Yvette Thompson	573-2743
Leukemia ~ Jane & Steve Gabriel	282-1924
Teen/Young Adult Loss ~ Barb Reynolds	599-0772
Suicide ~ LaRita Archibald	596-2575
Drug/Alcohol Induced Death ~ Stew & Leta Levett	531-5488
Skateboard/Auto Accident ~ Raye Wilson	(303) 814-9478

## CONCERT BY ALAN PEDERSEN



Singer-songwriter Alan Pedersen will be in concert on Saturday, February 7th at 7:00 pm at the **Pikes Perk Coffee & Tea House** located at 5965 N. Academy Blvd. Allan's passion for music was not diminished upon the death of his daughter Ashley. Instead it lit the

flame of his need to help others heal through his songwriting. Alan has produced 3 CD's and has performed his songs worldwide including The Compassionate Friends National meetings. Please join us for this free concert.

Thank you to the **First Baptist Church of Colorado Springs** for continuing to provide the printing of our newsletters and their ongoing support of our group by providing a meeting place each month.



## UPCOMING EVENTS

DATE	EVENT	WHERE
Jan. 15 7 pm	General Meeting	First Baptist Church
Jan. 25 6 pm	Newsletter Fold Steering Comm. Mtg.	Gabriel Household
Feb. 7 7 pm	Alan Pedersen Concert	Pikes Perk 5965 N. Academy
Feb. 19 7 pm	General Meeting	First Baptist Church

## SUPPORT GROUP MEETINGS

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the **First Baptist Church**, downtown at 317 E. Kiowa. We understand your pain, won't you let us help you through your grief? Next meetings will be February 19th and March 19th.



## In loving memory of my daughter Karen Jean Slade



**Feb. 2, 1950 ~ Feb. 7, 1980**

*Dedicated by her mother Sheila Slade*



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## REMEMBERING OUR CHILDREN ON THEIR BIRTHDAYS

*The light of life never goes out, so we remember them on their birthdays...*



**NATIONAL NOTE:** Due to the number of children identity thefts around the nation, each chapter has been asked to limit the information provided in their newsletter to month and year your child was born and died.

<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause</u>	<u>Compassionate Friend</u>
Richard Gertsch	2/2/1945	8/30/2005		Mildred Gertsch
Karen-Jean Slade	2/2/1950	2/7/1980		Sheila Slade
Ian Matthew Anderson	2/2/1987	8/29/2005	Rare fibrousing disease	Joann & David Butler
Kent Curtis Junglen	2/3/1967	2/18/1998	Brain tumor	James Junglen
Cynthia Claypool Martin	2/4/1967	8/9/2006	Sudden death	Steve & Ann Claypool
Stephen Merle Schmoker	2/5/1960	11/19/1999	Brain tumor	Shirley & Ralph Greer
Michael William Sarmento	2/7/1952	5/29/1998	Heart attack	Donna Pugh
Kimberley Dawn Leir	2/8/1979	5/18/1985	Respiratory failure	Adaline & Herb Leir - TCF Regina Chap.
Tyler Glicken	2/8/1984	12/22/2003	Car accident	Ginger Jones
Jillian Overly	2/9/2005	3/10/2005	SIDS	Dauna Overly
Ryan Rickman	2/11/1974	7/19/1985	Auto accident	Jean Rickman
Jay Aguanno	2/12/1979	7/7/1998	Accidental overdose	Jean Aguanno
Claire Palmer	2/12/1982	9/17/2003	Carbon monoxide poisoning	Jo & Lawrence Palmer
Gary Carlson	2/15/1961	4/25/2005		Phil & Rose Carlson
Alan Russell Splettstoesser	2/15/1965	10/19/1982	Cancer	Joan Splettstoesser
Ember Maria Arthur	2/16/1975	12/17/2005	Collision	Jeanette Newville
Zachary Dean Glenn	2/18/1990	7/14/1993	Accidental strangulation	Kristin & Larry Glenn / Janice Bren
Kendall Ford Young	2/20/1964	5/11/1978	Aplastic anemia	Ford & Ann Young
Nikolas Chunn	2/21/2002	8/18/2007	Drowning / hotel pool	Monica & Doug Chunn
Michelle Sandra Seal	2/23/1993	3/7/1996	Metabolic disorder	Walter & Diana Seal
Fred Chavez	2/27/1974	1/14/2007	Suicide	Annette Atchison
Darrell Lewis Mitchell	2/27/1987	2/9/2008	Murdered	George & Freda Mitchell

Each month at our support group meeting we would like to invite you to let us help celebrate the life of your child. We invite you to bring your child's favorite cake (or snack) to share and after singing 'HAPPY BIRTHDAY' you may show pictures, a slide show or anything that you'd like to share with the group to help celebrate their special day. Please contact our chair person in advance so we can plan enough time for your celebration.



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## REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARIES

*That their lives will always shine, our children are remembered.  
Our special thoughts go out to you on the anniversary of your child's death...*



<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Paul A. Behr	11/29/2004	2/1/2005	Congenital abnormalities	Cynthia & Steve Behr
James Craig Stieglmeyer	3/11/1951	2/2/1977	Cystic fibrosis	Wally and Betty Stieglmeyer
Kristen Clark	11/2/1973	2/2/2005	Drug overdose / depression	Donna Krum
Katie Shorkey	9/8/1981	2/3/2006	Murder	Robert & Karen Shorkey
Scott Michael Gerwatowski	7/28/1976	2/4/1998	Heart attack	Linda Gerwatowski / Helen and Walter Rakocy
Karen-Jean Slade	2/2/1950	2/7/1980		Sheila Slade
David Allen McGough	5/14/1976	2/7/2002	Car accident	Lillian McGough
Patrick Casey Hildebrand	8/26/1970	2/9/1992	Auto / pedestrian accident	Dr. Jan and Judi Hildebrand
Darrell Lewis Mitchell	2/27/1987	2/9/2008	Murdered	George & Freda Mitchell
Yancy Hufford	6/13/1976	2/11/2003		Patty & Larry Hufford
Steven Miller	4/27/1988	2/11/2006	Auto accident	Mike Miller
Noelle Pearl	12/15/1989	2/13/2007	Car accident	Michelle Fleming
Peter Joseph Noel	9/17/1970	2/16/1991		Janet Noel Starritt
Eric Cowles	11/15/1994	2/17/1995	SIDS	Doug & Leah Cowles
Stella Elliott	8/8/2005	2/17/2006	Auto accident	Donna Elliott
Kent Curtis Junglen	2/3/1967	2/18/1998	Brain tumor	James Junglen
Graham Stingley	8/7/1981	2/18/2005		Steven & Mary Stingley
Marisa Nicole Pilant	3/14/1979	2/23/1982	Sepsis	Stephen & Julie Pilant / Richard & Elizabeth Jamison
Calvin Wyatt	7/23/1957	2/23/2000	Auto accident	Florence Wyatt
Kirsten Evelyn Cornell	6/26/1997	2/23/2007	Catastrophic cardiac event	Will & Marion Cornell
Jeremy Laurence	5/20/1977	2/26/2003	Suicide	Ted & Sherrill Laurence
Sean Thompson	7/5/1981	2/26/2006	Ped/motor vehicle accident	Rick Korcsog & Frankie Thompson
Richard Joseph Armstrong	10/19/1976	2/27/1981	Drowned	Chuck & Helen Armstrong

*The best way to keep your child's memory alive is to share them with others. Won't you join us at our monthly meeting to share your grief experience with those newly bereaved?*



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## Our Mission

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.

Each chapter, along with the supporting National Office, is committed to helping every bereaved parent, sibling, or grandparent who may walk through our doors or contact us.

### ORGANIZATIONAL CONTACTS

*TCF National Office*

*P.O. Box 3656*

*Oak Brook, IL 60522*

*630-990-0010 or toll free 877-969-0010*

*EMAIL: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)*

#### *WEBSITES:*

*National - [www.compassionatefriends.org](http://www.compassionatefriends.org)*

*Colorado - [www.tcfcolorado.org](http://www.tcfcolorado.org)*

*Regional Coordinator: David Derby*

*(303) 979-2631 [daved@tcfcolorado.org](mailto:daved@tcfcolorado.org)*

We welcome your contributions to our newsletter whether original or something you may have read. If submitting something you've read or know is copyrighted material, you must obtain written permission from the author prior to us going to publication. Please address any submissions to:

**Stew Levett**

**160 El Dorado Lane**

**Colorado Springs, CO 80919**

Or write to: [stewlevett@msn.com](mailto:stewlevett@msn.com)

Submissions need to be received by the 10th of the month to be included in the following months newsletter. Thank you.



### **EACH DAY**

Each day you hurt a little less  
Each day you cry a little less  
One day you won't hurt anymore  
I don't know when that day is yet.  
*Becky Hoffman - TCF Atlanta, GA*



### Remembering Zachary Glenn

Feb. 18, 1990 - July 14, 1993



**Always Loved, Always Remembered**  
**Jan Bren**

### **A NATIVE AMERICAN PRAYER**

I give you this one thought to keep—  
I am with you still- I do not sleep.  
I am a thousand winds that blow, I am  
the diamond glints  
on snow.  
I am the sunlight on ripened grain,  
I am the gentle autumn rain.  
When you awaken in the morning's hush,  
I am the swift, uplifting rush of quiet  
birds in circled flight.  
I am the soft stars that shine at night.  
Do not think of me as gone - I am with  
you still -  
In each new dawn.





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## *Love Gift Donations*

Our chapter exists entirely through your donations which are tax deductible. Our largest expense is the printing and mailing of this newsletter, which is distributed to over 325 readers. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. A Love Gift is money donated to the chapter in memory of a child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.

### **SUBMISSION GUIDELINES**

**\$50 or more** - Newsletter Sponsor. May include a full page for printing. Please remember to send your page in "Copy Ready" as you would like to see it printed in the newsletter.

**\$0 to \$50** - A picture, if available, and dedication to be listed in the newsletter.

**These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation form.**

### **Remembering Stephen Schmoker February 5, 1960 - November 17, 1999**



We love you, Steve. You are in our hearts forever.  
Your family.  
Shirley & Ralph Greer

## **LOVE GIFT DONATION**

Your Name \_\_\_\_\_

Child's Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Anniversary Date \_\_\_\_\_

Dedication \_\_\_\_\_

Picture Enclosed: YES ☐ NO ☐

Mail to:  
**Frank Schager**  
**2235 McArthur Ave.**  
**Colorado Springs, CO 80909**

## **FOR SURVIVING BROTHERS & SISTERS: RE-ENTERING SCHOOL AFTER THE DEATH OF A SIBLING**

Going back to school after the death of your brother or sister is a hard thing to go through. At first there are three groups of people to deal with: people who give you a lot of support, people who don't know what to say, and those who give you weird looks and stay away from you. This last for a little while.

After a short time, changes occur with each group; those who didn't know what to say start to speak or begin to talk, the group who kept away stop ignoring you, and the people who gave you a lot of support slowly return to their own affairs. After about a month and a half, everything goes back to normal and is over for everyone except you. This is very difficult to accept and makes you feel all the more alone.

After awhile the shock for you goes away, and it is then that you need support from your friends, peers and teachers. This month is the first anniversary of the death of my brother. Most people will have forgotten and think everything is right with the world. But it is not! Certainly not to my mother and me.

Jordan Ely, Bereaved Sibling - TCF Albany / Delmar NY



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## **STEPS TO MAKING PROGRESS**

### **Allow yourself**

- To be imperfect
- Whatever brings you pleasure and a little peace

### **Force Yourself**

- To keep communication open
- To accept offers of help from family or friends
  - To go through the old routines again
- To really listen to your spouse and children
  - To try an activity you used to enjoy

### **Convince Yourself**

- That every member of your family will and should grieve differently
  - That you won't feel dead inside forever
- That your confusion about intimacy with your spouse is normal

### **Let Yourself**

- Off the hook for problems
  - Feel the anger
- Treasure your special friends

### **Teach Yourself**

- To establish small goals
  - Everything you can learn about grief
- To ignore well-intentioned, unhelpful comments of others.
- To let go of the moment of your loved one's death.
- To embrace the memories of your loved one.

### **Talk to Yourself**

- To change the negative ways you think
  - About everything

### **Forgive Yourself**

- For not being the most perfect parent or sibling
- For all the things that you did or did not do

### **Find Yourself**

- Now that you have changed into a different person
  - Without relying on drugs, alcohol, etc.
- By relying on positive techniques (reading, writing, new hobby)

### **Indulge Yourself**

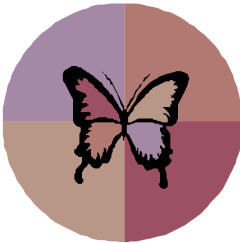
- By being selfish and doing something just for you
  - Because you deserve it

### **Express Yourself**

- By talking out your feelings
- In a safe atmosphere, such as TCF
  - Through a new activity

### **Forget Yourself & Give of Yourself**

- By seeking out other bereaved parents and siblings and others in trouble
  - By concentrating on others who are not in pain
  - To discover that We Need Not Walk Alone
    - As a tribute to your loved one



**The Compassionate Friends**





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**IN LOVING MEMORY OF  
COREY ROBERT REYNOLDS**

***January 23, 1979 - September 2, 1997***

REMEMBERING YOU ON YOUR 30TH BIRTHDAY



Dear Corey,

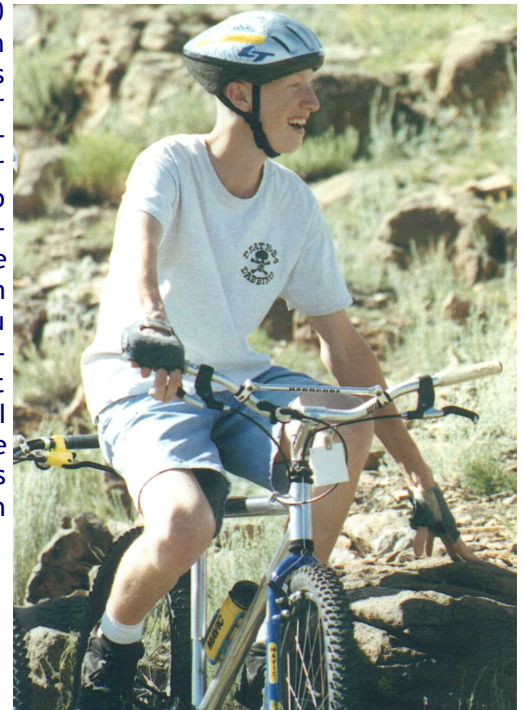


Mom's Little Man - Age 3

It seems truly impossible that you would be 30 years old! In my mind you are forever 18, although I often wonder how you would be and look at this age. I miss your sweetness, innocence, and your crazy sense of humor. I miss your physical presence in the house - and in my life - seeing your smile, your red hair and freckles, hearing that deep voice of yours, and listening to your laugh. I wonder what you'd be doing if you were still down here on Earth. I know you would be very successful in your career since you had a job and occupation you loved. I think you'd be great friends with your little sister (now 25, almost 26 years old). You might

be married but if not you'd have a wonderful girlfriend - tall like you. I treasure every moment I had with you and cherish every memory. You are never more than a thought away. Your absence is devastating and I miss you more than I can describe, and it is comforting knowing I will be with you again in Eternity. Always remember, I love you "biggest much."

Mom



Doing what he loved best - mountain bike trials.



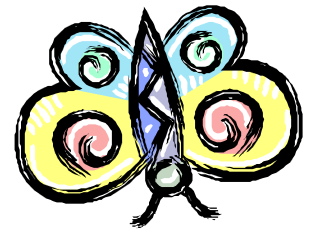
Last birthday - Jan. 23, 1997



Graduation Picture -  
taken fall 1996  
(Doherty High School grad 1997)



**YOU NEED MONARCH**



The Compassionate Friends  
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