



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

October, 2010 Newsletter

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Upcoming Events

October 21st - General Meeting- 7:00 p.m. - First Baptist Church
November 18th - General Meeting - 7:00 p.m. - First Baptist Church
December 12th - World Wide Candle lighting Observance - 7:00 p.m. - First Baptist Church

TELEPHONE FRIENDS

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

| | | |
|-----------------------------------|--|----------------|
| CHAPTER LEADER | | |
| LARAINA 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 LOSS | | |
| STEWART & LETA LEVETT | | 531-5488 |
| SKATEBOARD / AUTO ACCIDENT | | |
| RAYE WILSON | | (303) 814-9478 |



Nancy Saltzman in memory of

Adam Herzog

DOB: October 5th

Seth Herzog

DOB: September 23rd

Anniversary: September 24th

Welcome

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?

Our next meeting will be on October 21st, 2010.

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.**



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

WEBSITES: National -

www.compassionatefriends.org

Colorado -

www.tcfcolorado.org



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Remembering Our Children On Their Birthdays

| <u>Child's Name</u> <u>Age at Death</u> | <u>Date of Birth</u> <u>Date of Death</u> | <u>Cause of Death</u> | <u>Compassionate Friend</u> |
|--|--|--------------------------------|--------------------------------------|
| Jim Agnew 31 years | Oct 4 Mar 17 | Eating Disorder | Tom Agnew |
| Adam Herzog 12 years | Oct 5 Sep 24 | Plane crash | Nancy Saltzman |
| Andy Cope 27 years | Oct 7 Mar 14 | Drug overdose | Debbie & Kurt Adelbush |
| Jack C. Jefferson 5 years | Oct 8 Jul 11 | Viral meningo-encephalitis | John & Dena Jefferson |
| Eric Sutton Skinner 19 years | Oct 9 Dec 4 | Clinical depression | David & Gail Skinner |
| Tucker Ray Graef 14 years | Oct 10 Jun 21 | Drowning | Kathy Graef |
| Anthony Lopez 21 years | Oct 14 May 18 | Car accident | Paul & Trudy Lopez |
| David Scott Mueller 19 years | Oct 16 Jul 19 | Drunk driver | Sandy Eversole |
| Jacob Sanchez 3 months | Oct 18 Jan 22 | SIDS | Janine McDonough Denise Langhorst |
| Brian Hartzell 33 years | Oct 18 Sep 27 | Motorcycle accident | Fawn Batista |
| Margaret McKean 39 years | Oct 18 Sep 26 | | Lilo McKean |
| Richard Joseph Armstrong 4 years | Oct 19 Feb 27 | Drowned | Chuck & Helen Armstrong |
| Michael Edward Anderson 20 years | Oct 20 Oct 4 | Motorcycle accident | Laraine Anderson |
| Kimberly Benson 16 years | Oct 22 Nov 24 | Car accident | Debbie Diekman |
| Tyler Joseph Budfuloski 2 years | Oct 23 Jun 28 | Sudden Unexplained Death | Rob & Alice Budfuloski |
| Wyatt Travis Wilson 2 years | Oct 23 Sep 10 | Metabolic Disorder / pneumonia | Elizabeth & Lance Wilson |
| Cody Austin Wilson 5 years | Oct 23 Oct 13 | Leukemia | Elizabeth & Lance Wilson |
| Dawn Michelle Wiley 21 years | Oct 24 Apr 18 | Drunk driver | Luanne Wiley |



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| <u>Child's Name</u> | <u>Date of Birth</u> | | |
|----------------------------|----------------------|-----------------------|---------------------------------|
| <u>Age at Death</u> | <u>Date of Death</u> | <u>Cause of Death</u> | <u>Compassionate Friend</u> |
| Brian Jensen | Oct 26 | Suicide | Deborah Jensen |
| 28 years | Dec 29 | | |
| Christopher Clayton Hodson | Oct 27 | Auto accident | Eric and Janice Hodson |
| 22 years | May 22 | | |
| Christopher Skaggs | Oct 28 | Suicide | Ernest & Tanya Skaggs |
| 15 years | Jul 13 | | Carl, Annette & Felicia Cordova |

Remembering Our Children On Their Anniversaries

| <u>Child's Name</u> | <u>Date of Birth</u> | | |
|-------------------------|----------------------|-----------------------|--------------------------|
| <u>Age at Death</u> | <u>Date of Death</u> | <u>Cause of Death</u> | <u>Parent / Friend</u> |
| John Walther | Dec 8 | | Joseph Walther |
| 31 years | Oct 1 | | |
| Suzanne Bethany Thomas | Aug 20 | Leukemia | Arnie & Mary Thomas |
| 4 years | Oct 3 | | |
| Michael Edward Anderson | Oct 20 | Motorcycle accident | Laraine Anderson |
| 20 years | Oct 4 | | |
| Angel Leah Kelley | Apr 7 | Mis-diagnosed illness | James L. Kelley |
| 5 months | Oct 4 | | |
| Chris Hatfield | Sep 30 | ATV accident | Catherine Thompson |
| 28 years | Oct 6 | | Cathy Hatfield |
| Fermin A. Vialpando | Sep 12 | Heart defect | Sundae F. Vialpando |
| 17 years | Oct 6 | | |
| Sheri Cavin | Dec 27 | Car accident | Susan & Alan Cavin |
| 21 years | Oct 9 | | |
| Jessica Stockwell | Aug 7 | Rare disease | Mark & Sally Stockwell |
| 24 years | Oct 12 | | |
| Cody Austin Wilson | Oct 23 | Leukemia | Elizabeth & Lance Wilson |
| 5 years | Oct 13 | | |
| Rebecca Ann Reynolds | Nov 1 | Car accident | Ken and Barbara Reynolds |
| 17 years | Oct 16 | | |
| Aaron Paul Levett | Aug 2 | Drug overdose | Stewart & Leta Levett |
| 26 years | Oct 18 | | |
| Trevor "T.J." Franks | Dec 24 | Car accident | Penny Franks |
| 17 years | Oct 24 | | |
| Denise Elaine Bear | May 16 | Auto accident | Dona & Tanya Flores |
| 20 years | Oct 24 | | |



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Remembering Our Children On Their Anniversaries

| <u>Child's Name</u> | <u>Date of Birth</u> | | |
|------------------------------|----------------------|--------------------------|------------------------|
| <u>Age at Death</u> | <u>Date of Death</u> | <u>Cause of Death</u> | <u>Parent / Friend</u> |
| Owen William Howard | Mar 10 | Crohns disease | Mike & Carol Parker |
| 34 years | Oct 25 | | |
| Cody Darby | May 1 | Accident | Lori & Steve Darby |
| 20 years | Oct 27 | | |
| Scotty Strader | Dec 11 | Car accident | Kathrine Strader |
| 24 years | Oct 28 | | |
| Steven Ellis Erickson | Dec 5 | Car accident | Jaque Baldwin |
| 19 years | Oct 28 | | |
| Matthew Dale Wilson | Sep 23 | Skateboard/car accident | Raye & Rick Wilson |
| 14 years | Oct 28 | | |
| Cris Cruz | Jul 19 | Car accident | Henrietta Madrid |
| 23 years | Oct 29 | | |
| Michael Christopher Rushmore | Nov 28 | Suicide / mental illness | Bob & Carol Rushmore |
| 29 years | Oct 29 | | |
| Kimberly Denise Patterson | Aug 11 | Auto accident | Sigrid Patterson |
| 16 years | Oct 30 | | |

Age Progression Photo Services

When a child dies, the child remains forever in our memories but never ages. Many parents have expressed an interest in knowing what their child would have looked like had he or she lived. The Compassionate Friends, by special arrangement, has teamed up with Phojoe Photo, one of the top Age Progression specialists in the country, to offer our members a discounted opportunity to see what their child may have looked like at any age you specify.

All orders are discounted 15% if you enter through TCF's portal and follow the instructions found on the Phojoe Photo page reachable by clicking on [Phojoe Photo Age Progression services](#). You can use the dropdown menu to order a number of services offered by Phojoe Photo. For any services on their website, but not listed in the dropdown, you can do a Photo Upload on the Portal Page, note the service requested under "comments," as well as using the code "AP-FRIENDS" to receive your 15% Compassionate Friends discount. Phojoe Photo offers a 100% satisfaction guarantee.

Also, check out their many other services which include: photo manipulation (such as adding a child's picture to a family portrait); creating what a child might have looked like by using photos of the parents; photo restorations of damaged pictures; photo retouching; and photo collage. Phojoe Photo uses Master Artists and state of the art digital tools to work its magic.





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Love Gift Donations

Our chapter exists entirely through your donations which are tax deductible. 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 your 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 "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.



Tell us what you want. Is there something specific that you'd like to see? Perhaps more stories or articles on healing? Recommendations for books or poems written by other TCF members?

Do you have a poem or a prayer, story or picture that you would like to share? We also 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: Stewart@Archangelgifts.com

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

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

Angel Eyes: Giving Comfort, Providing Hope

Our group offers bereavement services for parents, families, friends and caregivers who have been affected by the sudden unexpected loss of an infant or toddler. This group offers you a comfortable place to heal and learn how to live with your loss. Nothing is asked of you; you do not have to speak if you choose not to.

People who have received bereavement services report that it is very helpful for them to have people to talk to who can understand the grief of losing an infant or young child. This group is a safe place where you can talk about both your grief and the precious memories you have of your child. Each month we will begin with a particular topic, talk about how you might be affected and have time for general sharing.

The group is led by an ANGEL EYES social worker whose mission is to help families and others cope with the sudden, unexpected death of an infant or toddler throughout the state by providing a range of bereavement services. For additional help and information: **Angel Eyes 1-888-285-7437**

Web site: www.angeleyes.org

Meetings are held the 3rd Monday of the Month

Location: Colorado Springs Penrose Library, 20 N. Cascade Ave
Time: 6:30 p.m. - 8:30 p.m.

There is no cost and parking is free at the meters after 6:00 p.m.



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TCF CANDLELIGHT MEMORIAL

Now is the time to be thinking about submitting your photos and dedications for our annual TCF Candlelight Memorial on December 12th.

Once again we request that you contact us to have your child's slide included in our memorial. Slides from previous years may be used again this year or you may submit new photos. Please limit your photos to (3) three and your dedication should be short so everything will be viewable on the slide. Please remember, the better the photo you submit, the better your dedication will look.

Prior years' submissions will be read as a dedication if we don't hear back from you.

DEADLINE FOR SUBMISSIONS IS SATURDAY, DECEMBER 4th, 2010

Join us for
The Compassionate Friends
Worldwide Candle Lighting
December 12, 2010!

Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 12, 2010, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.



Your Name _____

Your Address _____

Your Phone _____ Email _____

Child's Name As You'd Like it to Appear _____ Cause of Death (Optional) _____

Child's Birthdate _____ Child's Memorial Date _____ Number of Pictures Included _____

Dedication _____

Please create my slide with information and pictures provided.

Please use last year's slide. ☐ Please return pictures when finished ☐



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In Loving Memory of a Wonderful Family

On September 24, 1995, Adam and Seth Herzog were aboard a small plane with their father, Joel, returning from watching the Davis Cup tennis tournament in Las Vegas when it crashed in bad weather near Westcliffe, CO. Although it has been 15 years since the plane crash it is still hard to believe that these precious individuals are not playing tennis and laughing somewhere in Colorado Springs.

Adam's friends remember him for his deep compassion for others and his desire to enjoy life. He was a truly gifted athlete who excelled in hockey, tennis and track. Like his father, Adam was a true friend with a huge heart.

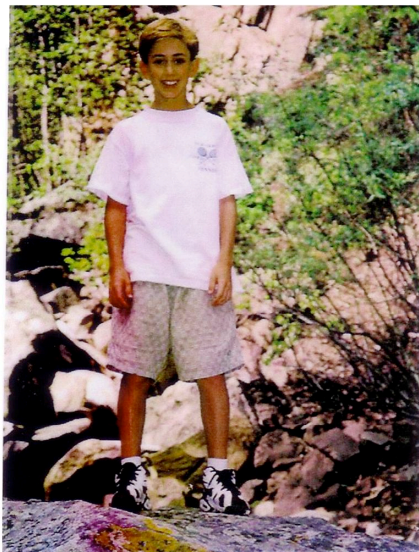
Seth had an infectious laugh and a big tooth smile. He was quick to give hugs and was a sensitive, thoughtful boy whose eyes brought people into his caring and warm world. The boys were good friends who truly loved each other.

Joel is remembered as an avid tennis player, a great joke teller and a true friend to all he met. He set the standard for excellence when it came to being a husband and father. He truly made a difference in the lives of those he knew by living life to its fullest.

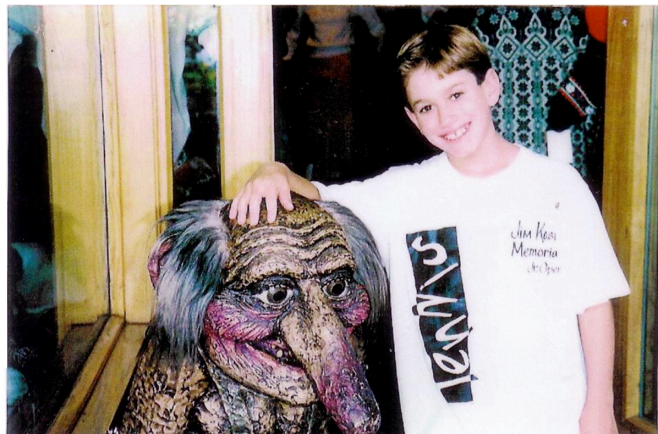
"There's this place in me where your fingerprints still rest,
your kisses still linger, and your whispers softly echo.
It's the place where a part of you will forever be part of me."
(Author: Gretchen Kemp)

In loving memory of my family – Joel, Adam and Seth Herzog.
Nancy Saltzman – Wife and Mother

ADAM WILLIAM HERZOG
October 5, 1982 – September 24, 1995



SETH MICHAEL HERZOG
September 23, 1984 – September 24, 1995





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Is This Your Child's Birthday Month?

If you would like to celebrate your child's birthday, bring pictures or favorite items that belonged to your child to our monthly meeting!

You may also bring a dessert or other food to celebrate... If you plan on doing this, please let Laraine know ahead of time so that we can allow enough time for the celebration.

WHAT COMES AFTER DEATH?

In the bottom of an old pond lived some grubs who could not understand why none of their group ever came back after crawling up the stems of the lilies to the top of the water. They promised each other that the next one who was called to make the upward climb would return and tell what happened to him. Soon one of them felt an urgent impulse to seek the surface; he rested himself on the top of a lily pad and went through a glorious transformation which made him a dragonfly with beautiful wings. In vain he tried to keep his promise. Flying back and forth over the pond, he peered down at his friends below. Then he realized that, even if they could see him, they wouldn't recognize such a radiant creature as one of their number. The fact that we cannot see our friends or communicate with them after the transformation, which we call death, is no proof that they cease to exist.

Reprinted from Staten Island, New York TCF Newsletter.

Anniversary Days Mean Saying Good-Bye

"Does it get easier?" "Will I always feel saturated with pain?" "Will I ever be happy again?" These are questions we ask after the door has slammed and we've sunk into a dark and bleak pit. These are the questions that crowd our weary bereaved minds, along with all of the "what ifs" and "whys." Our child has died. Our world has caved in. Breathing is difficult. Misery and hopelessness are eaten with breakfast. The ache in our heart is so profound we are certain we will die of a heartache. We dread each day without our child. Holidays approach and he is not with us to join in the fun. Her birthday arrives, without her here. And then a year since her death is about to pass. We relive how we felt when first told our son or daughter or sibling had died. We replay in our minds how it was on that horrible day, the day we lived the worst possible nightmare. We have what no parent wants—a death date to place next to the birth date. We call the death date, the anniversary date. It doesn't matter what we name it, it means the same—a day that belongs to us that we wish was just another any-ol'-day. The years pass. We gain a little strength. We learn the bereavement ropes. We find others like us to help hold our hand on this rocky and uncertain journey of longing for our child's voice. We try not to let others who do not understand bother us too deeply. Yet each year that date arrives. For me it is February second, known in the USA as Groundhog Day. February second is the day I watched my son Daniel die. I told him good-bye then, although the words came out unwillingly from my mouth. No one wants to have to tell a child good-bye forever. Each February second, I light my vanilla-scented candle in memory of my tomato-picking-pee-ing-in-the-woods-watermelon-and-Little-Foot-Dinosaur-loving boy. Each year I am acknowledging his life of four years and his cancer death. I am saying those words I never wanted to say. I am saying good-bye. After eight years, I am still not ready to say good-bye. Yes, the pain has diminished. Yes, I can smile and laugh again. I can get through months without tears. But the hole in my heart is as real and as present as sand at the beach. After eight years, February second is still a day I wish never came and a day I wish would never show its

face again. Because saying good-bye each year always makes a part of my heart feel chopped up and pounded. So do the passing of years make it easier on the bereaved? I think so. But anniversary days are always filled with bleak and unique sorrow. Light the candles. If you can remember the pleasant times, do. If you can soak in the love your child has for you and you for him, do it. And when the impact of the day grips your heart, freely cry. And if you still find it hard to say good-bye, know you are not alone.



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Writing Your Story or Journal

Recently, several new TCF members have asked me for suggestions about what they can do at the early stages of grief and what helped me in my experience in those earlier days of grief when my son, Bobby, died. In thinking about that, I remember my journal and what a meaningful and effective way of venting that was for me. As you may know, very often our close friends think we should be “moving on with life” or “letting go,” etc. Unfortunately, for me, they just didn't get it. So, I looked back through some past newsletter issues and found an article on ideas for writing your story or journal –

I hope you find it helpful:

Bereaved parents who have written about their loss unanimously agree that writing unleashes enormous stress and pain. In my own experience, I recall one night when I locked myself in the bathroom and wrote a long letter to my son, Bobby. It was my chance to express my feelings without having them diminished by well-meaning and caring people around me trying to be helpful. I will never forget the pressure that letter released for me. Although the letter was not saved, the positive result was everlasting. Have you ever thought of writing your story or keeping a journal? You may find it helpful to clarify your thoughts about your child by recording your feelings in the form of a letter. Write a letter to your child, expressing your thoughts and feelings about the following:

- *A special memory that I have about you.*
- *What I miss the most about you and our relationship.*
- *What I wish I'd said or hadn't said.*
- *What I'd like to ask you.*
- *What I wish we'd done or hadn't done.*
- *What I've had the hardest time dealing with.*
- *Ways in which you will continue to live on in me.*
- *Special ways I have for keeping my memories of you alive.*

Choose one or several ideas that have special significance for you.

These topics may serve to help you come up with your own ideas, specific to your situation and relationship. Give yourself this exercise as a gift. If you would like to share your writing at a TCF meeting, please do. You never know how many other parents will be touched and benefit from your experience.

*by Pat Akery, Chapter Leader,
TCF, Medford, Oregon*

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We Are The Compassionate Friends.

What I've Learned Since I Last Held Your Hand

By Alice J. Wisler - Greenville, SC TCF

- ♥ Cemeteries don't scare me any more.
- ♥ As I live the best I can, I cannot expect to always be understood.
- ♥ Life is too brief to not buy soft tissues.
- ♥ I notice the eyes of those dear to me more.
- ♥ Making time to cry is important.
- ♥ The stars seem closer to me now.
- ♥ A friend who can cry with me is worth more than gold.
- ♥ Remember to tell those you love, “I love you” often.
- ♥ Butterflies are beautiful and calm, and taking time to watch them brings comfort.
- ♥ Living life is like viewing a morning glory – you have to be wanting and waiting to see the beauty.

October 2010

**The Compassionate Friends
Pikes Peak Chapter
P.O. Box 26239
Colorado Springs, CO 80936**



**The Compassionate Friends
of the
Pikes Peak Region**