



# The Compassionate Friends Pikes Peak Chapter

September 2008

TCF Pikes Peak Chapter

## Upcoming Meetings and Topics

Support group meetings are at **First Baptist Church, 317 E. Kiowa**, on the third Thursday of the month, at 7:00 p.m.

### **Upcoming meetings:**

Thursday, September 18, 7:00 p.m.: **general meeting**

Thursday, October 16, 7:00 p.m.: **general meeting**



From the Tucson Chapter newsletter  
(August 2008):

I cleaned out the garage after he died

And I found our beach ball...

I couldn't let the air out of it.

It's his breath in there.

Carol Burnett, In the film, **Laundromat**

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful. We cordially invite you to attend any of our meetings. Nothing is required of you! There are no dues or fees. You need not speak one word. Attending your first meeting does require courage, but our parents who attend find a comforting network of support, friendship, and understanding that only people who have "been there" can give.

## Telephone Friends

Chapter Co-Leader.....	Laraine Anderson.....	351-7653
Chapter Co-Leader.....	Stew & Leta Levett.....	531-5488
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
Skateboard/Auto Accident.....	Raye Wilson.....	303-814-9478
Single Parent Grief.....	Florence Wyatt.....	326-1687

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



**Your Compassionate Friend**

I can tell by that look friend, that we need to talk.  
 So come take my hand and let's go for a walk.  
 See, I'm not like the others - I won't shy away,  
 Because I want to hear what you've got to say.

Your child has died and you need to be heard,  
 But they don't want to hear a single word.  
 They say your child's with God, so be strong,  
 They say all the "right" things that somehow seem wrong.

They're just hurting for you and trying to say,  
 They'd give anything to help you take your pain away.  
 But they're struggling with feelings they can't understand  
 So forgive them for not offering a helping hand.

I'll walk in your shoes for more than a mile,  
 I'll wait while you cry and be glad if you smile.  
 I won't criticize you or judge you or scorn,  
 I'll just stay and listen 'til night turns to morn.

Yes, the journey is hard and unbearably long.  
 And I know that you think that you're not quite that strong.  
 So just take my hand 'cause I've got time to spare,  
 And I know how it hurts, friend, for I have been there.

See, I owe a debt you can help me repay,  
 For not long ago, I was helped the same way.  
 And I tumbled and fell through a world so unreal,  
 So believe when I say I know how you feel.

I don't look for praise or financial gain  
 And I'm sure not the kind who gets joy out of pain.  
 I'm just a strong shoulder who'll be here 'til the end -  
 I'll be your Compassionate Friend.  
 - Steven L. Channing TCF of Winnipeg, Canada



**Chapter News**

**Help Wanted: Newsletter Editor**

The Pikes Peak Chapter of The Compassionate Friends is in need of a new newsletter editor. Under the current format, a basic knowledge of or ability to learn simple publishing software with the ability to convert to pdf, is needed, along with a couple of evenings a month (or whenever you want to do it) is needed. You may make the newsletter what you like. Interested? Need more information? Contact Cora Davis, 495-2370, or CoraWD@aol.com. We need you!

When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life - a way to cling to every fleeting, precious moment of joy.

Cortney Davis, Nurse Practitioner

Compassionate Friends e-newsletter, July 2008



**LOVE GIFTS**

From Jack and Joyce Terry, in memory of  
 Joanna Lyn Terry  
 September 8, 1974 - September 20, 1992

From Jeanie Young, in memory of  
 Michael J. Waller  
 July 4, 1958 - March 10, 1984  
 Thank You, Mikey, for the 23 years together.  
 One day we will see each other again.  
 Love always, Mommy

From Ann Dyer Dix, in memory of  
 Philip Dix  
 September 14, 1967 - July 14, 1992  
 In memory of my son Philip



## Remembering Our Children On Their Birthdays

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



<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause</u>	<u>Compassionate Friend</u>
Paul Ketterson	9/5/1958	9/5/2006	Cirrhosis of liver	Will & Betty Ketterson
Joanna Lyn Terry	9/8/1974	9/20/1992	Cancer	Jack & Joyce Terry
Katie Shorkey	9/8/1981	2/3/2006	Murder	Robert & Karen Shorkey
Jackie Sanchez	9/9/1981	6/21/2004	Lupus	Mary Sanchez
Anton "Andy" George Horn	9/10/1973	6/6/1987	Pedestrian / auto accident	Levi & Emma Horn
Nicholle Guy	9/11/1978	6/22/1993	Car accident	Lezlee Guy
Kimberly Elizabeth Pratt	9/12/1979	8/27/1997	Diabetes/epilepsy	Pam Bilberry
Philip Dix	9/14/1967	7/14/1992	Sudden Heart Failure	Ann Dix
Peter Joseph Noel	9/17/1970	2/16/1991		Janet Noel Starritt
Michael Ornelas	9/17/2002	11/27/2002	Complications	Annette & Chris Ornelas
Naomi Katherine Schwartz	9/18/1996	4/16/1998	Leukemia	Tim and Sonoko Schwartz
Joseph Michael Chavez	9/20/1975	11/22/2004	Pedestrian / motor vehicle	Herman & Patty Chavez
Leah Rae Wiley	9/22/1982	4/21/2006	Accidental drug overdose	Russ & Kelly Wiley
Amy Mae Lugenbeel	9/22/1986	1/31/1989	Seizure disorder	Terry & Barb Lugenbeel
Matthew Dale Wilson	9/23/1972	10/28/1986	Skateboard / car accident	Raye & Rick Wilson
Seth Herzog	9/23/1984	9/24/1995	Plane crash	Nancy Saltzman
Derrick Shane Moore	9/28/1972	8/20/1984	Electrocution	Ray & Deanna Moore
Genevieve Ann "Ginger" Derby	9/28/1978	9/10/1999		David Derby
James Michael Burroughs	9/29/1951	6/24/1995	Cancer	Arlene & Charles Burroughs
Chris Hatfield	9/30/1968	10/6/1996	ATV accident	Catherine Thompson
Amanda Lu DeLange	9/30/1988	10/23/2005	Car accident	Ellen Foster
Andria Dawnielle Bear	9/30/1993	9/13/1994	Meningitis	Dona & Tanya Flores



"We cannot change the cards we are dealt, just how we play the hand". Randy Pausch (from his book, The Last Lecture)



## Remembering Our Children On Their Anniversaries

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



Child's Name	Date of		Cause of Death	Compassionate Friend
	Birth	Death		
Corey Reynolds	1/23/1979	9/2/1997	Bicycle /vehicle accident	Bob Reynolds
Patrick Roger Pennington	11/24/1964	9/4/1982	Rock climbing accident	Roger & Joan Pennington
Paul Ketterson	9/5/1958	9/5/2006	Cirrhosis of liver	Will & Betty Ketterson
Lisa Elaine Berns	7/6/1989	9/6/1989	SIDS	Robert (R.J.) & Lynn Berns
Veda McCallip	7/1/2005	9/6/2005	SIDS	Stacey McCallip
Genevieve Ann "Ginger" Deiby	9/28/1978	9/10/1999		David Deiby
Wyatt Trank Wilton	10/23/2000	9/10/2003	Metabolic Disorder	Elizabeth & Lance Wilton
Katie Kennedy	12/23/1987	9/10/2003	Cancer	Val & Kathy Kennedy
Wayne Allen Garrett	3/4/1981	9/12/1998	Airplane crash	Joyce and Greg Garrett
Audria Dawnikie Bear	9/30/1993	9/13/1994	Measles	Dona & Tanya Flores
Rafael Garcia	8/21/1974	9/17/1993	Hit by Drunk Driver	Reina Gonzalez
Chloe Palmer	2/12/1982	9/17/2003	Carbon monoxide	Jo & Lawrence Palmer
Ryan Thompson	7/1/2003	9/17/2005	Swimming pool accident	Yvette & Bob Thompson
Robert Beynon	6/25/1964	9/18/1992	Cancer	Bill & Donna Beynon
Joanna Lynn Terry	9/8/1974	9/20/1992	Cancer	Jack & Joyce Terry
Jeffrey Russell Schumaker	5/23/1964	9/20/1995	Auto accident	John & Vera Schumaker
Zachary Nathaniel James	12/9/1984	9/21/2002	Drunk driver	Gloria & James Oke
James Russell Kempa	8/4/1980	9/22/1995	Cardiac arrest	Russell & Gayle Kempa
Paul Orcutt		9/22/2003		Ann Blasigame
Clyton Neal Breim	8/10/1960	9/23/1986	Accidental drug overdose	Ramona Atkinson
Adam Herzog	10/6/1982	9/24/1995	Plane crash	Nancy Saltzman
Seth Herzog	9/23/1984	9/24/1995	Plane crash	Nancy Saltzman
Jacob Hunter Smathers	5/14/1991	9/24/2000	Go-cart/ auto accident	Patty, Becky & Reese Smathers
Dauey Christopher Hoffman	12/24/1982	9/25/2001		Elaine Hoffman
Jamie Jackman	1/5/1989	9/25/1998	Croup	Sherry Jackman & Kathleen Spore
Margaret McKea	10/18/1961	9/25/2001		Lilo McKea
Robyn Kulas	5/2/1978	9/28/1986	Car accident	Patty Kulas
John Dohs	6/6/1976	9/30/2005	Sniper	James & Susan Appleman





### Healing the Grieving Heart

Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family, "Healing the Grieving Heart" can be heard on the Web live at [www.healthvoiceamerica.com](http://www.healthvoiceamerica.com) every Thursday at noon EST and are also archived on the [TCF national website](http://TCFnationalwebsite). Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations across the country and streamed online simultaneously at [www.HealthRadioNetwork.com](http://www.HealthRadioNetwork.com).

Hosts of "Healing the Grieving Heart" are: Dr. Gloria Horsley, bereaved parent with 23 years in family therapy; and Dr. Heidi Horsley, bereaved sibling and an adjunct professor teaching graduate courses at Columbia University's School of Social Work, including Intervention for Grief, Loss, and Bereavement.

Dr. William Worden noted eight(8) special features that surround death which complicate the ability of the survivors to cope with the loss in a sudden death circumstance. They are:

1. A sudden death usually leaves survivors with a sense of unreality.
2. Sudden death promotes a strong sense of guilt on the part of the survivors.
3. In the case of sudden death, the need to blame someone is extremely strong.
4. Sudden deaths are frequently complicated by involved professionals, medical and legal authorities.
5. Sudden deaths often elicit a sense of helplessness on the survivor's part.
6. Survivors of sudden death often exhibit high levels of agitation.
7. Sudden deaths leave the bereaved with many regrets of things not said or activities not done with the deceased.
8. In the case of sudden death, there is an increased need to try to understand why the loss occurred.

Reprinted from THANATOS, Winter, 1985

("Without Warning" -- The Impact of Sudden Death

By Dr Larry A. Platt.)

### There is No Word

They call a man a widower when he has lost his wife.

The woman is a widow when her man does lose his life.

An orphan is the word perhaps for most of us one day,

For it is normal-losing Mom & Dad along the way.

But you can look both high and low, and then look far and wide,

And never find a word for one who's had a child who died.

(Anonymous)





More on the Identity theft issue:

Because of identity theft in this technological age, we need to send a copy of the death certificate for anyone who dies to the three major credit bureaus so that criminals can't steal their SS # and use it for a new identity. I called our local funeral home and apparently, sending it to Social Security is no longer good enough. If, like me, you don't want to go into your attic or basement or wherever to find that god-awful certificate, you can call the funeral home and get a copy from them.

Here are the three addresses:

#### EQUIFAX

Office of Fraud Assistance  
PO Box 105089  
Atlanta Georgia 30348

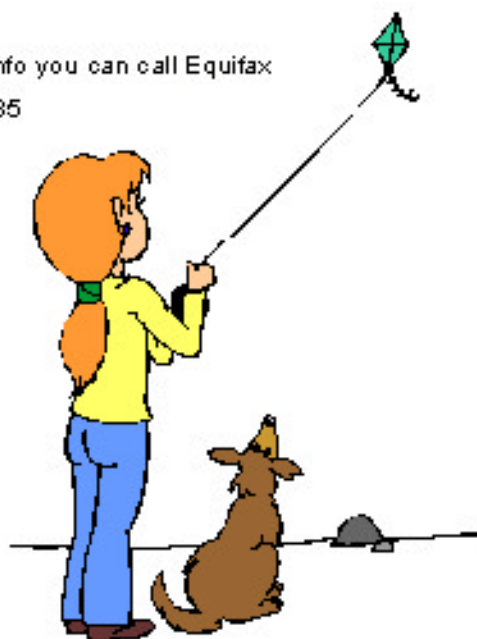
#### Experian

PO Box 9530  
Allen TX 75013

#### Transunion

PO Box 6790  
Fullerton California 92634

If you need to verify this info you can call Equifax fraudline at 1 800 525-6285



#### FORGETTING?

I have had some bereaved parents tell me they reach a point after a while they are afraid they will not remember what their child looked like. This happened to me, I believe around the sixth month, and for a very short time I was in a state of panic. I think this may happen after the period of shock wears off, when acceptance of the death and the fact that your child is not coming back starts to take hold. This, for me, was a very difficult time and occasionally I would have to look at pictures to reassure myself that I would not forget. That period was transitory, and now, even after five and one-half years I can easily remember what my son looked like. But at the time it happens, I must admit, it is a very frightening experience. At that time I also had an uncontrollable, agonizing urge not only to want to see his face in front of me, but also wanted to reach out, to physically touch him. But that, too, with the fear of not being able to visualize him and to hear his voice, in time passed. Not all bereaved parents may feel this way, but this was my own personal reaction.

I think we are forever embodied and endowed with the soul and spirit as well as with the physical aspects of our children. These memories will never leave me, even though the missing is a daily part of my life and will always be a part of me. And I even keep a mental image of his voice, even though I have no recording or tape of it. I can still remember his sentences, his words, and the inflections of his voice from the last day. I treasure these memories and am grateful that they stay with me. We do not and will not forget.

Dave Ziv  
TCF - Bucks Mont, PA



#### PERMISSION TO BACKSLIDE

Sometimes after a period of feeling good, we find ourselves back in the old feelings of extreme sadness, despair, or anger. This is often the nature of grief, up and down, and it may happen over and over for a time. It happens because we are humans, we cannot take in all of the pain and the meaning of death at once. So we let it in a little at a time.

From "How to go on Living"  
by Peppers and Knapp



Organizational Contacts

TCF National Office  
 P.O. Box 3656  
 Oak Brook, IL 60522  
 630-990-0010 OR (toll free) 877-969-0010  
 E-mail:  
 nationaloffice@compassionatefriends.org  
 Web sites  
 national: www.compassionatefriends.org  
 Colorado: www.tcfcolorado.org  
 Regional Coordinator: David Derby  
 (303) 979-2631 daved@tcfcolorado.org



**SIDS bracelets** are available by contacting info@coloradosids.org. They are white with a teal swirl with the words "Love and Remembrance" on them. You can call 303-320-7771. There is no charge but a donation to the Colorado SIDS program would be appreciated.

We welcome your contributions to the newsletter, whether original or something you have read that you'd like to share.

Please address any submissions to:

Cora Davis  
 8535 Pine Cone Rd.  
 Colorado Springs, CO  
 80908  
 Or send to  
 CoraWD@aol.com

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

**Submissions to the Newsletter and Love Gifts**

Even though the church is kind enough to lend us space for our meetings, The Compassionate Friends is not a religious organization. We meet to do our best to help each other as we try to adjust to this new life after the deaths of our children. Please join us for our monthly meeting on the third Thursday of the month at First Baptist Church, 317 E. Kiowa, at 7:00 p.m.

**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

Our chapter exists entirely through donations which are tax deductible. Our largest expense is the printing and mailing of our chapter newsletter, which is distributed to over 325 readers. Love gifts enable us to continue our outreach to bereaved parents through 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, and to support the Pikes Peak Chapter, please consider a donation to the chapter in any amount, small or large. Just fill out the form on this page and mail it to the address listed. If every chapter member sent in only \$10, we could raise \$3000 for the chapter. All pictures will be returned unless you specify for us to keep them and place them on the Child Remembered board displayed at monthly meetings. Thank you for your support!

**Submission Guidelines:**

**Under \$50** -- Picture, if available, and dedication to be listed in the newsletter.

**\$50 or more** -- Newsletter sponsor. May include a full page for printing. Please remember to send it in "ready to copy" form, exactly as you would like it printed in the newsletter. Thanks.

**These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Please send Love Gift donations directly to the chapter's treasurer, Frank Schager, at the address above.**

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

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Permit #215

ADDRESS SERVICE REQUESTED

#### SEARCHING

Once again, my list has vanished;  
It was here, but now it's missing.  
Keys and glasses disappearing;  
books and letters ---  
overdue!  
I'm forever searching,  
searching;  
they *must* be here,  
and I *need* them!  
Could it be  
that what is missing,  
what I want this very minute ---  
could it be  
that what I'm *really* searching for,  
My Child,  
is *you*?

