



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2009 Newsletter

Page 1

Do you have a poem or a prayer, story or picture that you would like to share? 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: 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.

Welcome!

To those of you who are newly bereaved and receiving our newsletter for the first time, we warmly welcome 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.

Upcoming Events

September 17th - General Meeting - 7:00 p.m. - First Baptist Church
October 15th - General Meeting - "Preparing For The Holidays" - 7:00 p.m. - First Baptist Church
November 19th - General Meeting - 7:00 p.m. - First Baptist Church
December 13th - Worldwide Candle Lighting Memorial - 7:00 p.m. - First Baptist Church

OUR TELEPHONE FRIENDS

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

CHAPTER LEADER	LARAINÉ 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

OUR 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 September 17th and October 15th.

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](#).



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2009 Newsletter

Page 2



"Grief is love that will not go away."



Seth Michael Herzog
9/23/1984 - 9/24/1995



Adam William Herzog
10/5/1982 - 9/24/1995



My love and grief are still with me
on the 14th anniversary of the plane crash...
Mom (a.k.a. Nancy Saltzman ☺)



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2009 Newsletter

Page 3

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</u>	<u>Compassionate Friend</u>
Paul Ketterson 48 years	Sep 5 Sep 5	Cirrhosis of liver	Will & Betty Ketterson
Joanna Lyn Terry 18 years	Sep 8 Sep 20	Cancer	Jack & Joyce Terry
Katie Shorkey 24 years	Sep 8 Feb 3	Murder	Robert & Karen Shorkey
Jackie Sanchez 22 years	Sep 9 Jun 21	Lupus	Mary Sanchez
Anton "Andy" George Horn 13 years	Sep 10 Jun 6	Pedestrian / auto accident	Levi & Emma Horn
Nicholle Guy 14 years	Sep 11 Jun 22	Car accident	Lezlee Guy
Kimberly Elizabeth Pratt 17 years	Sep 12 Aug 27	Diabetes/epilepsy	Pam Bilberry
Fermin A. Vialpando 17 years	Sep 12 Oct 6	Heart defect	Sundae F. Vialpando
Philip Dix 24 years	Sep 14 Jul 14	Sudden Heart Failure	Ann Dix
Lindsey Everding 18 years	Sep 14 Apr 10	Car accident	Trena Everding & Dave Kieffer
Peter Joseph Noel 20 years	Sep 17 Feb 16		Janet Noel Starritt
Michael Ornelas 2 months	Sep 17 Nov 27	Complications waiting for heart surgery	Annette & Chris Ornelas
Naomi Katherine Schwartz 1 year	Sep 18 Apr 16	Leukemia	Tim and Sonoko Schwartz
Wade Lehman 19 years	Sep 19 Nov 24	Auto accident	Lori Lehman
Joseph Michael Chavez 29 years	Sep 20 Nov 22	Pedestrian / auto accident	Herman & Patty Chavez
Leah Rae Wiley 23 years	Sep 22 Apr 21	Accidental drug overdose	Russ & Kelly Wiley
Amy Mae Lugenbeel 2 years	Sep 22 Jan 31	Seizure disorder	Terry & Barb Lugenbeel
Matthew Dale Wilson 14 years	Sep 23 Oct 28	Skateboard/car accident	Raye & Rick Wilson
Seth Herzog 11 years	Sep 23 Sep 24	Plane crash	Nancy Saltzman
Derrick Shane Moore 11 years	Sep 28 Aug 20	Electrocution	Ray & Deanna Moore
Genevieve Ann "Ginger" Derby 20 years	Sep 28 Sep 10		David Derby
James Michael Burroughs 43 years	Sep 29 Jun 24	Cancer	Arlene & Charles Burroughs
Chris Hatfield 28 years	Sep 30 Oct 6	ATV accident	Catherine Thompson & Cathy Hatfield
Andria Dawnielle Bear 11 months	Sep 30 Sep 13	Meningitis	Dona & Tanya Flores



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2009 Newsletter

Page 4

Love Gift Donations

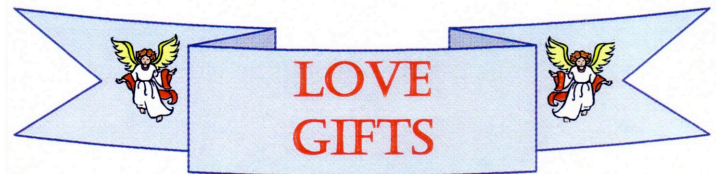
Our chapter exists entirely through your donations which are tax deductible. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate 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.



Nancy Saltzman in memory of

Adam William Herzog

DOB: October 5th - Anniversary: September 24th

Nancy Saltzman in memory of

Seth William Herzog

DOB: September 23rd - Anniversary: September 24th

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

*"Those of us who have worked through our
grief - and found there is a future -
are the ones who must meet others in the
valley of darkness and bring them to the rim
of light."*

- Rev. Simon Stephens, TCF Founder



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

August, 2009 Newsletter

Page 5

Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause</u>	<u>Compassionate Friend</u>
Lance Alan Rigby 21 years	Aug 25 Sep 1	Car accident	Deborah Rigby
Corey Reynolds 18 years	Jan 23 Sep 2	Bicycle / vehicle accident	Barb Reynolds
Patrick Roger Pennington 17 years	Nov 24 Sep 4	Rock climbing accident	Roger & Joan Pennington
Paul Ketterson 48 years	Sep 5 Sep 5	Cirrhosis of liver	Will & Betty Ketterson
Lisa Elaine Berns 2 months	Jul 6 Sep 6	SIDS	Robert (R.J.) & Lynn Berns
Genevieve Ann Derby 20 years	Sep 28 Sep 10		David Derby
Wyatt Travis Wilson 2 years	Oct 23 Sep 10	Metabolic Disorder / pneumonia	Elizabeth & Lance Wilson
Katie Kennedy 15 years	Dec 23 Sep 10	Cancer	Van & Kathy Kennedy
Wayne Allen Garrett 17 years	Mar 4 Sep 12	Airplane crash	Joyce and Greg Garrett
Andria Dawnielle Bear 11 months	Sep 30 Sep 13	Meningitis	Dona & Tanya Flores
Raul Garcia 19 years	Aug 21 Sep 17	Hit by Drunk Driver	Rena Gonzalez
Claire Palmer 21 years	Feb 12 Sep 17	Carbon monoxide poisoning	Jo & Lawrence Palmer
Ryan Thompson 2 years	Jul 1 Sep 17	Swimming pool accident	Yvette & Bob Thompson
Robert Beynon 28 years	Jun 25 Sep 18	Cancer	Bill & Donna Beynon
Joanna Lyn Terry 18 years	Sep 8 Sep 20	Cancer	Jack & Joyce Terry
Jeffrey Russell Schumaker 31 years	May 23 Sep 20	Auto accident	John & Vera Schumaker
Zachary Nathaniel James 17 years	Dec 9 Sep 21	Drunk driver	Gloria & James Olsen
James Russell Kempa 15 years	Aug 4 Sep 22	Heart attack	Russell & Gayle Kempa
Paul Orcutt			Ann Blasingame
Clayton Neal Brehm 26 years	Sep 22 Sep 23	Accidental drug overdose	Ramona Atkinson
Seth Herzog 11 years	Sep 23 Sep 24	Plane crash	Nancy Saltzman
Adam Herzog 12 years	Oct 5 Sep 24	Plane crash	Nancy Saltzman
Jacob Hunter Smathers 9 years	May 14 Sep 24	Go-cart / auto accident	Patty, Becky & Renee Smathers
Jamie Jackman 9 years	Jan 5 Sep 25	Croup	Sherry Jackman & Knelson Spooner
Davey Christopher Hoffman 18 years	Dec 24 Sep 25		Elaine Hoffman
Margaret McKean 39 years	Oct 18 Sep 26		Lilo McKean
Brian Hartzell 33 years	Oct 18 Sep 27	Motorcycle accident	Fawn Batista
Robyn Kulas 8 years	May 2 Sep 28	Car accident	Patty Kulas
John Doles 29 years	Jun 6 Sep 30	Sniper	James & Susan Appleman



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

August, 2009 Newsletter

Page 6

TCF CANDLELIGHT MEMORIAL

Now is the time to be thinking about submitting your photos and dedications for our annual TCF Candlelight Memorial on December 13th.

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 5th, 2009

Join us for
The Compassionate Friends
Worldwide Candle Lighting
December 13, 2009!!



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 ☐



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

August, 2009 Newsletter

Page 7

MEET OUR STEERING COMMITTEE MEMBERS

We would like to introduce you to the people "behind the scenes" at the Pikes Peak Chapter of TCF. In the following months, we will try to spotlight a member of the Steering Committee, giving you the opportunity to put a face to a name.



Jane and Steve Gabriel came to Compassionate Friends in September 1991, 2 months after their son Jonathan died of leukemia at the age of 5. When the Steering Committee was formed 16 years ago, they were asked to be members. They agreed...and have been serving the Pikes Peak TCF Chapter ever since! Currently, Steve maintains the database for our Chapter, keeping parent contact info up-to-date, child birthday and anniversary dates accurate, and running labels for the few newsletters that we still mail out.

Jane enjoys doing Chapter outreach as a Steering Committee member, but her main job has been readying the mailing labels and coordinating the preparation of each month's 350+ newsletter mailing. Now that we have gone electronic with our newsletter, the monthly mailings will take much less time, and Jane can transition into another job on the Committee. She's looking forward to that, as she has been mailing coordinator for 12+ years!

"In addition to being on the Steering Committee, we try to facilitate one Chapter meeting a year and to be on hand for most of the adjunct Chapter events. These volunteer activities and our service on the Steering Committee are done in loving memory of our sweet Jonathan and as a way to "pay it forward." People were there to help us when we were newly bereaved...now it's our turn to reach out and do the same for other bereaved parents."

The Gabriels live in Briargate with their dog Bailey and occasionally Jonathan's younger brother Jason, who is 20 and a junior in college in Massachusetts.

*****If your contact info changes or your child's info on the birthday/anniversary lists is incorrect or missing, please let Jane & Steve know at 719-282-1924 or jsgabriel@pcisys.net***

In Response to a message "One Balloon."

I too, have wondered who finds the balloons we send to our children. We released balloons last year for Melanie's first birthday in Heaven. But this year, being her 21st birthday we, Melanie's best friend Lisa and I, wanted to do something special to honor her. So, like last year we sent up balloons but I borrowed an idea from another parent. Each balloon carried inside Forget-Me-Not flower seeds. I like to think that when the balloons burst that the seeds dropped to earth and Forget-Me-Not flowers will soon grow in memory of Melanie.

Then I remembered something that my oldest daughter had done when she was in the 2nd grade. Her class had a balloon send off with notes attached. The notes asked the person, who found the balloon, to please send it back to the student. The school wanted to see how far the balloons would travel and how many they would get back. I don't know how many were found, but about a year and a half later Trinity's was returned. It had been found by a farmer plowing his field.

So we attached notes, with a return address label, to each of the balloons. I was eager to find out if anyone would find one of our balloons.

About a week later, I received one of the balloons in the mail. It had been found the next day in a neighboring state. A bank president found it in his parking space. At first he said he thought it was just trash but discovered it was my balloon. He took the time out to mail, even the balloon, back to me with a very nice letter. He wrote that he took the note into the bank and shared the message with his co-workers. He said after reading the note that there wasn't a dry eye left in the house. That everyone had been moved by the message and what it stood for. He had just recently lost his father and was dealing with his own pain and grief. He said he had a young daughter and understood some of what I was feeling. So I hope in some small way that finding Melanie's message might have brought him some- small- comfort. And I gained some comfort knowing that my balloons were not sent up in vain. That they had reached out to someone else in pain. Kathy Thompson (Melanie's Mama) Atlanta TCF



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

August, 2009 Newsletter

Page 8

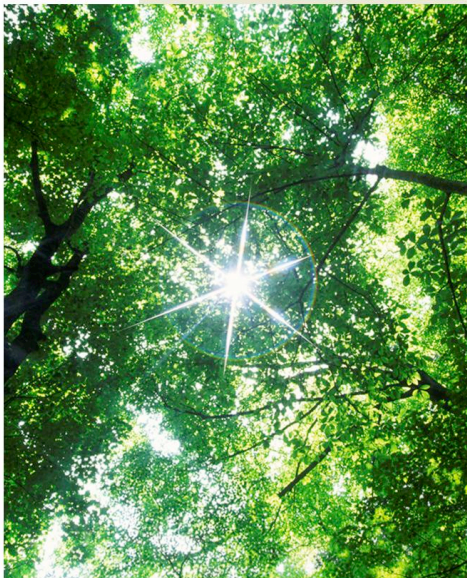
ORGANIZATIONAL CONTACTS

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 Springs - www.tcfcolorado.org/coloradosprings

Birthday Celebration

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 we sing "Happy Birthday" you may show pictures, a slide show or anything that you'd like to share with the group to help you celebrate your child's special day. Please contact our chair person in advance so we can plan enough time for your celebration.

SUIDS Family Support Group



Time: 6:30-8:30pm
Day: 3rd Monday of each month beginning 3/16/09
Location: St. Francis
825 E. Pikes Peak
5th Floor
Summit Room

This group offers grief support for parents, families, friends & caregivers who have been affected by the sudden, unexpected loss of an infant or toddler.

Angel Eyes: (888) 285-7437

Tena@angeleyes.com

St. Francis: Leslie Schwender (719) 776-5855

The meeting will be facilitated by Susan Backus Ph.D.
This meeting is for adults only.
No child care will be provided.

Just an Infant

We had a fine discussion, you and I, talking about those who don't understand our loss and how we feel; peers in grief. And then you asked my son's age at death, and I could see your change of attitude as I replied "three months." Our talk was over. Having lost an older child, you decided that what we both felt couldn't be the same, for your child was with you longer, and my child was just an infant. But our loss and our pain are not that different, for through the death of our children, we have lost the same thing: dreams of the future. Yes, you have more memories than I, but we have both lost the tomorrows of our children, and that pain knows no minimum age. God, it hurts. All of the things we've wished for our child, with no regard to age, now will not come to pass; that future is gone. Yes, my son was an infant, but that does not lessen the love that I have, as the age of your child does not affect your love. Love is an ageless emotion. And when my young son died, he carried away in his little hands as many dreams, hopes, and love as your child did when he left. I miss you Alex.

Doug Hughes TCF, Cincinnati, OH



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

August, 2009 Newsletter

Page 9

Identity theft can victimize the dead

Identity thieves can strike even after death. An identity thief's use of a deceased person's Social Security number may create problems for family members. This type of identity theft also victimizes merchants, banks, and other businesses that provide goods and services to the thief.

What happens to your Social Security number after you die? The Social Security Administration (SSA) maintains a national file of reported deaths for the purpose of paying appropriate benefits. The file contains the following information: Social Security number, name, date of birth, date of death, state of last known residence, and zip code of last lump sum payment.

The SSA generally receives reports of death from a family member or a funeral home. Sometimes delays in reporting can provide time for identity thieves to collect enough personal information to open credit accounts or take other fraudulent actions using the deceased's information. To prevent this from happening, a surviving spouse or other authorized individual, such as an executor, can notify the credit bureaus. This will ensure that the deceased's files are flagged with a "deceased" notation.

Signs of possible identity theft include calls from a creditor or collection agency on an account opened or used in the deceased's name after death. If you discover such signs, contact the affected creditor or collection agency in writing, explaining that the account was opened or used fraudulently.

Notifying the Social Security Administration

In most cases, a funeral director will report the person's death to SSA. To ensure the death is reported promptly, a family member can make a report directly to an SSA representative by calling SSA toll-free, 1-800-772-1213 (TTY 1-800-325-0778), between the hours of 7:00 a.m. and 7:00 p.m. Monday through Friday. For more information, visit SSA online at www.ssa.gov/ww&os1.htm.

Notifying the credit bureaus

To flag the credit files of a person who is deceased, the surviving spouse or executor needs to notify the three national credit bureaus in writing. The surviving spouse or executor must include the following specific information along with the alert request: 1) a copy of death certificate, and 2) proof of executorship or marriage. Then mail the notification documents to the credit bureaus.

http://www.oispp.ca.gov/consumer_privacy/consumer/documents/pdf/cis3cenglish.pdf (7/23/09)



The Compassionate Friends of the Pikes Peak Region



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

September 2009

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