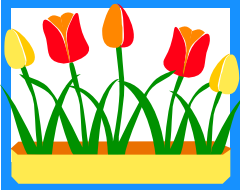
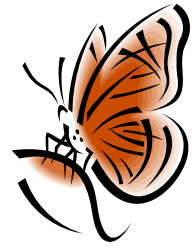


The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

April, 2012 Newsletter

A self-help organization offering friendship and understanding to bereaved parents



Celebrate Spring

The ancient Greeks explained the seasons through the loss of a child. Nature's daughter was forced to spend half the year in Hades. Winter reflects the mother's pain. Barren, cold, hopeless winter.

Immediately after our children's death we exist rather than live, we hibernate rather than engage, we survive rather than thrive. Our world is empty and bleak, lacking even a hint of hope. We stumble blindly from task to task unable to focus, unable to plan, unable to imagine a better time. Pain and Death reign supreme.

But....Nature's daughter came home in spring. The mother's joy is reflected in blossoms, buds and rebirth. What was once barren now thrives.

I'm not crazy. Matt only walks through the door in my dreams. But with hard work and the support of friends Matt is a positive, joyous part of my everyday life. Others have walked this path before and found a way to celebrate their child's life. Their success can be copied.

I think other Bereaved Parents are the key to my celebrating Matt's life rather than living in that endless winter of despair. Oh, winter still comes. I still slip on the ice and fall into that bottomless pit, but I know spring is coming. I know that no matter how harsh the day is, it too will pass. Children are a gift. Our lives changed with their birth. It is only natural that our lives change with their death. Now Matt can come to me (at 2 or 10 or 20), always laughing, always excited, always happy.

With him comes spring and joy and hope. It is spring and I open my arms wide as I can to embrace all that

is coming. If I ride a bike, pick some flowers, fish in a creek or walk through the park, I know Matt is with me and I celebrate. Invite your child to share their favorite activities this spring. Using faith, hope and love, they will rush back to your arms and the whole world will celebrate spring.

Keith Swett Seymour, WI

Borrowed from the national Newsletter of BP/USA. A JOURNEY TOGETHER Volume XVII No. 2 Spring 2012 www.bereavedparentsusa.org.

From: **Losing Jonathan**

by Robert and Linda Waxler
(See Book Review on page 5)

They say that couples, like branches on a family tree, often break apart after the death of a child. I have looked closely at the statistics, and the numbers do not support this belief. It is apparently an urban legend of sorts. But it's true we grieve deeply and alone in so many ways, and our grief can so weight us down that we do not pay adequate attention to our loved ones.

I have also read that we mirror the sorrow of our spouse, sharply reflecting the pain, forcing us to look away. I don't believe this is true either. I saw Linda's pain. I wanted to reach out to her in any way I could. Her pain was mine.

Fortunately Linda's confidence continued to grow during the fifth year. Rooted in her own struggle, she was now convinced she should create a survival kit for others, orderly, tucked in, numbered. She was right. And she did. Here it is.

How have I survived? I often wonder about that. I stand outside myself and say, "How is this person still living and breathing?" I am amazed it is me that has gone through this excruciating trauma and come out on the other end, a changed but whole person. Here are some reasons that come to mind.

I am sure Jonathan would not forgive me if I stayed in that place of constant sorrow and deep pain. He

(Continued on page 2)



GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the Compassionate Friends. It is usually in memory of a child who has died, but donations can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of your chapters. Love gifts are acknowledged each month in the newsletter.

Loving Gifts

Thanks to Judy Ruff for her donation in loving memory of her son, Geoffrey Ruff.

Thanks to Leslie & Shirley Heise for sponsoring the April newsletter in loving memory of her daughter, Lea Ann (Heise) Knuth

"Gifts of Love" in remembering our children and siblings help to pay for Newsletters, Postage, Books for our Lending Libraries and Resources, Memorial Services, Candle Lightings, Telephone and Outreach, and Dues to the National TCF Office. Thank you.

(From "Losing Jonathan continued from page 1)

loved life and wanted everyone around him to love life with him. My reentry into life has been with Jonathan by my side, coaxing me slowly but surely.

I must go on and do things that keep Jonathan's memory alive. It gives me pleasure to give a social justice scholarship in his name at the university, to work on the board of an organization that battles addiction or simply to help newly bereaved parents in our support group. It gives me pleasure to remember Jonathan and to think about all the wonderful times. All of this keeps his memory alive.

I am still a mother and must show Jeremy that our lives, though changed, will go on and be productive and happy. He too will help keep Jonathan's memory alive and will carry the happy memories of his brother with him forever.

Parental grieving is hard work and takes a very long time. It is a job forever. It zaps your energy and strength and makes you think you are going crazy. The world goes on but you are outside of it and for you, the world has stopped. I changed. I felt like I was in

a foreign country. But life pulls you back in and you find yourself feeling some of those old feelings of joy. Maybe they are not as intense as before but they are there.

Before Jonathan's death, things just seemed to work out. Our life was on a good path, we were lucky. When something was particularly worrisome, it seemed to turn out ok. I looked around me and saw tragedy hitting other families, but I was sure it would not hit ours. After Jonathan's death, things are different - I am different. Certainly, my priorities have changed. I understand that much of life is out of my control and I do not worry as much. Other things are just not that important and must be addressed with much less thought. I think I am a more compassionate and less judgmental person. I am more patient. I know if I am feeling sad and stuck, this will change and get better. When I was at the beginning of my journey in this new life, I did not think I would ever come out of the darkness.

Time does help. Our pain gets less intense and more manageable. We learn how to manage the bad times and take advantage of the good. We learn to accept the sadness of holidays and special occasions and how to appreciate the gift when we are surprised by joy. We learn how to put the pain and sorrow away and take it out in small pieces rather than all at once, we learn how to remember the wonderful times with our children and to smile when we are thinking about them. The bitterness and anger begin to fade, perhaps to return again and again but with less intensity and for shorter periods of time. Our sorrow will never go away and we will never stop missing our children, but they are as much a part of our new lives as they were of the old, but in a different way.

TCF 2012 National/
International
Conference



The Compassionate Friends/USA is pleased to announce that, in conjunction with the 35th National Conference, it will also be hosting The Compassionate Friends 5th International Gathering. The combined conference will be held July 20-22, 2012 in beautiful Costa Mesa, California.

<http://www.compassionatefriends.org/>



OUR CHILDREN LOVED, MISSED AND REMEMBERED IN APRIL & MAY

Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, as long as we remember them and celebrate their lives.

BIRTHDAYS

Lea Ann (Heise) Knuth
April 2

Daughter of Leslie & Shirley Heise

Mike Reardon
April 10

Son of Sonia & Jim Reardon

Scott Ewing
April 11

Son of Renee Ewing

Miguel Gonzales
April 11

Son of Julia Llanos

Jammi Hui
April 25

Daughter of William & Joyce Hui

Bryan Cantafio
April 29

Son of Jerry Cantafio

Rachel Salomonson
May 2

Daughter of Toni Nesheim & Denny Salomonson

Amy Fry-Pitzen
May 3

Daughter of Alana Anderson

Carlos Cantu
May 18

Son of Mateo & Lucy Cantu

Rachel Elizabeth Szech
May 9

Daughter of Chester & Vicki Szech

Rob Petit
May 15

Son of Nancy Ervin

Melinda (Mindy) Lynn Morell
May 21

Daughter of Sheryl Morell

Phillip J (PJ) Ryan Phillips
May 23

Son of Dawn & Robert McCarty

Sven Christian Reinhard
May 28

Son of Astrid Reinhard

ANNIVERSARIES

Mike Cantafio
April 1

Son of Jerry Cantafio

Jim O'Connor
April 7

Son of Kay O'Connor

Selene Martinez
April 8

Daughter of Manuel & Lidia Martinez

Karli Brooke Weidenhagen
April 17

Daughter of Jim & Adrienne Weidenhagen

Shannon McCarty
April 18

Daughter of Kevin McCarty & Pat Hays

Anne Thomson
April 25

Daughter of Nancy & Tom Thomson

Lisa Rosemann
April 25

Daughter of Pat Rosemann

Edward G Davis III
April 28

Son of Edward G Davis, Jr.

Donette Klawonn
May 1

Daughter of Raymond & Dorothy Klawonn

Carlos Cantu
May 3

Son of Mateo & Lucy Cantu
(Continued on page 4)

(OUR CHILDREN LOVED, MISSED AND REMEMBERED IN APRIL & MAY CONTINUED FROM PAGE 3)

Josh Summers
May 3

Son of Tina Carlson
Grandson of Larry & Cheryl Armstrong

Phillip J (PJ) Ryan Phillips
May 4

Son of Dawn & Robert McCarty

Roger Alan Segebarth
May 6

Son of Reuben & Joanne Segebarth

Amy Fry-Pitzen
May 15

Daughter of Alana Anderson

Dan Rowe
May 16

Son of Kim Fremaux & Tim Sweet

Anthoney (Tony) Clemente
May 16

Son of Becky Wolf

Steven Anthony Sostre
May 19

Son of Jorge Sostre

Roman Gabriel Cano
May 21

Son of Simona & Daniel Rhodes

Melinda (Mindy) Lynn Morell
May 21

Daughter of Sheryl Morrell

Rusty Anderson
May 30

Son of Forest & Christine Anderson

Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how important it is to bereaved families to have their children remembered.
vszech@comcast.net - 847-573-1055



Strange Bedfellows: Humor and Grief

By Cathy Seehuetter

At the opening ceremony of TCF's National Conference held in Atlanta on July 4, 2003, Maria Housden, author of the marvelous book, *Hannah's Gift*, was the featured speaker. She began by telling how that morning she had conversed with a man she met on the elevator. When he asked her why she was staying in Atlanta she told him that she was there as a speaker for The Compassionate Friends, an organization offering support and hope for parents, siblings and grandparents who had suffered the death of a child. As oftentimes happens when hearing what TCF is, the man suddenly was at a loss for words. As he got off the hotel elevator he broke the silence by turning to Ms. Housden and saying, "Well, knock em' dead!"

Of course, the man was mortified after he realized what he had just said; his inadvertent remark was simply a common phrase often used as a send-off to someone about to tackle an audience. Unfortunately, not exactly a well-timed or good choice of words considering the situation, but certainly not intentional!

It was easy to tell which people attending the opening ceremony were still quite fresh in their grief and which were the seasoned griever (those further down the grief road from their child's death) solely by their reaction to Ms. Housden's attention-grabbing opening to her speech. As I looked around at the faces of those sitting near me, it was quite obvious who was who.

I thought back to my own early grief. I had always considered myself someone with a fairly good sense of humor, but the days and months following her death I couldn't imagine finding humor in ANY situation EVER again. I remember witnessing

(Continued on page 5)

(Strange Bedfellows: Humor and Grief continued from page 4)

the laughter of strangers and thinking, "Don't they know my daughter was dead? Hasn't their world been shattered into a zillion fragments like mine has? Why are they laughing?"

My first experience with someone trying to mix a little humor with grief was renowned and much loved speaker, Darcie Sims, a grief psychologist. I saw her at a conference for bereaved parents held in Minneapolis barely a year after my daughter's death. I was shocked at how someone could make me laugh out loud and then bring me to tears in almost the same breath. At first I was uncomfortable with my own laughter. But I think it helped that Darcie was herself a bereaved parent and therefore she had "been there" too. Just as I had seen the more seasoned griever in my TCF group enjoy laughter again, Darcie's humorous, yet poignant speech gave me hope that I, too, would one day hear the sound of my own laughter—something I thought was an impossibility.

There is, of course disgustingly unsuitable "humor" where grief is concerned. I am repeatedly appalled at what I see and hear from the so-called comedians on late-night TV, who seem to find hilarity in the most inappropriate topics: I have heard jokes made about drunk drivers, cancer, suicide, and AIDS with alarming regularity. Obviously, these same "comedians" have never felt the sting of death of someone they loved. My oldest daughter is an actor and used to perform for what are called Murder Mystery Dinner Theaters. For example, one of the advertisements read: "Where Murder is Always on the Menu!" She admitted that until her sister Nina died, she didn't really think about how, though seemingly innocent, these plays could be hurtful to those whose loved ones had suffered such an atrocity and how personally painful this mockery of death had become to her after the loss of her little sister.

I know what I, in my early grief, thought about laughter—truthfully, I didn't care if I laughed again or not. I remember a dear friend telling me how she was so tired of hearing from other non-bereaved. "Your daughter wouldn't want you to be so sad. She would want to hear you laugh." To which my friend sternly replied, "No she wouldn't—she would want me to hurt." This was early grief talking. The misconception here is that we often-times feel that by laughing, we are somehow dishonoring our children, by appearing as if our renewed interest in some enjoyment of life meant we stopped caring about and loving them. But we all know deep down that could never be true; we know it is possible to find

some humor in unison with our intense and forever love of our children, no matter how much we miss them. I know that the aforementioned friend, who is now a "seasoned" griever, would agree. And though you may not be ready to hear it now, eventually, somewhere down the road (remember: there are no timetables in grief—our grief experience is as individual as we are), you will remember a funny story from your child's life and it will feel good to remember with laughter. And I truly believe your child will smile and laugh along with you.

Cathy Seehuetter's daughter, Nina, died on her birthday, May 11, 1995, the victim of a car accident caused by an alcohol-impaired driver while they were vacationing in Florida. Cathy has been a Regional Coordinator for Minnesota, and served on TCF's Board of Directors for six years. She was the chairperson of last year's national conference in Minneapolis/St. Paul Minnesota. Darcie Sims, mentioned in this article, is a keynote speaker at this July's 2012 TCF National Conference/5th International Gathering in Costa Mesa, CA July 20-22 and will be featured as the Friday night entertainment, "An Evening with Darcie Sims."

Autumn 2003

Borrowed from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends.
Copyright 2003-2012



BOOK REVIEW

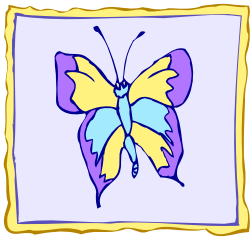
Losing Jonathan

Robert and Linda Waxler
Spinner Publications, Inc.
2003

Losing Jonathan is a hard book to read. The Waxler's take us with them as they find themselves in uncharted territory watching their son struggle with, and eventually lose the battle to, drug addiction. The emotional and physical strain on each of them, on their family and on their relationship is told with the style and detail one might expect from an English professor. You are cheering with them when Jonathan is in recovery; you stand with them when he falters; you are there when the phone rings for the final time.

After their son dies they are racked with grief and

(Continued on page 7)



Ask Dr. Paulson- April 2012

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appeared in TCF's national magazine, *We Need Not Walk Alone* (and previously TCF's National Newsletter) for 15 years. She has now retired from writing this column and Dr. Heidi Horsley, licensed psychologist, social worker, and bereaved sibling will continue answering sibling related questions in *We Need Not Walk Alone*. We will continue to run past columns from Dr. Paulson in the national e-newsletter. Thank you to Dr. Paulson for her dedication in support of bereaved siblings.

Q. I lost my baby brother, Lance, very suddenly at the young age of 35. He was killed in a motorcycle accident. He was a safety advocate for motorcycles and cars. What makes this so much harder is the fact that we lost our mom when she was only 51 to cancer, and she was not only an angel, but the glue to our family. My dad is emotionally not strong and has never been. So, when my mom passed away, instead of trying to keep our family together, he drifted into someone else's arms. I am married with two wonderful children, but this has been so painful for my brothers and me. We just lost our mom and then, basically, my dad too. My other brother is severely dyslexic. Lance became the strength to all of us at the young age of 21. He was in college when my mom passed—the only one from my family to achieve that goal. Unfortunately, my mom passed about eight weeks before he graduated. This devastated Lance. After graduation he moved back home to help with my other brother. Lance's passion for life was amazing. He and I were in the room when my mom took her last breath. It was at that moment Lance realized he was not going to let a disease take his life without living it to the fullest.

At the age of 31 he took up motorcycle racing and quickly became one of the best riders in the country. He was ranked in an elite group of racers in the NASEB racing group. He

didn't really enjoy riding on the streets because of the uncertainties of road conditions and other drivers. He was right. On November 26, 2006, Lance decided to take what was supposed to be a 10-minute ride just to run the engine before putting his bike in storage. He was coming around a sharp turn at about 30 miles an hour when we believe a car came across the line and hit him. He died instantly. I cannot come to terms with this. My heart is broken. I am seven years older than he was; his big sister. I feel like I could have done more to protect him. When Mom died and my dad emotionally was not there, I felt it was my job to hold this family together. I feel like I failed. At the time my mom was dying my son was diagnosed with EVANS syndrome, a blood autoimmune disorder. This required us to spend a lot of time at Children's Hospital. I didn't know which way to turn. Since my brother's death, I can't get out of this depression. I need to for my children.

A. It sounds like you have experienced multiple losses over the years, and they have overlapped in a way that has made it difficult for you to get your feet back under you before the next one hit. You have described yourself as a caretaker and as an individual who has the ability to attach deeply to others. This is a wonderful combination, both for you and for those you love. However, that also means that you may have a tendency to give to others more than you actually have left to give! I wish that I had a magic answer for you, but I think what you must realize is that the most important ingredient of your recovery is going to be TIME. As you have already stated, with young children (especially medically fragile, young children), you do not have the "luxury" of shutting down and allowing time to begin to heal. What I do recommend is that you allow yourself the "luxury" of an objective third-party sounding board—a good counselor or therapist—who is not emotionally tied into all that is happening in your family circle right now. I do believe that time will help; sleep will help; friends can help; moments of absolute silence spread across the course of the day will help; and, taking time to do the things that you find both nurturing and energizing will help—but I believe at this point accessing a supportive professional will help speed the process and reduce your distress. You are not alone in your belief that you did not do enough to protect your brother. That is a common theme among older siblings who experienced the death of their younger brother or sister. Part of the process of healing is

(Continued on page 7)

**Ask Dr. Paulson-April 2012 continued
from page 6)**

sorting out what is ours and what isn't. We can assume responsibility for what is ours, ask for forgiveness, and do what is possible to repair what we can however, being responsible for holding diverging or fractured relationships together is never one person's job or responsibility! Also, you cannot be responsible at any age for your sibling's choices, decisions, or actions. We must all let go of the "should-haves," "could-haves," "would-haves"! We cannot go back, and torturing ourselves on what might have been or what should have been only robs us of the energy and resource, we need to face what is happening in the here and now. Part of the healing process is seeking peace; seeking energy to move forward, and eventually searching for and finding meaning in pain and a sense of purpose. Your brother and mother will always be a part of who you are, and you will always carry with you the memories you shared with them. That is the gift that your love gave each of you and that you will hold forever. (Summer 2007)

Borrowed from *We Need Not Walk Alone*, the national magazine of The Compassionate Friends. Copyright 2007-2012.

GAME SHOW

On the same day, recently, my two closest friends were struck with family traumas. One found out his thirty-six year old daughter (married, mother of three) was diagnosed with breast cancer and was facing radical surgery and treatment. My other friend's twenty-five year old son broke nine ribs and other bones and had serious internal injuries from a skiing accident that landed him in the hospital's critical care unit.

As I related these events to my family at dinner that evening my oldest son quipped, "You still got them beat, dad." His comment gave me pause. In the ten years since Brad died have I been an unwilling contestant on some macabre TV game show in an alternate universe where winning is measured by how tragic one's life is? How many times have I wanted to scream at other parents when they told me how upset they were because their child failed his math test, wrecked the car,



or came home with a tattoo, piercing or odd colored hair?

Have I developed a disdain for those who do not know my pain?

Or, have I finally begun to understand that life continues; that those around us must deal with the day-to-day successes and setbacks and expect us (if we're going to be a part of their lives) to cheer or commiserate along with them? Is this acceptance?

I hope, of course, that my friends' children recover. When they want to talk about their kids, I will listen with genuine interest and I won't be thinking, while they talk, that I would gladly take Brad back, no matter how flawed or broken. And maybe, just maybe, I can turn off the TV.

Borrowed from the national Newsletter of BP/USA. A JOURNEY TOGETHER Volume XVII No. 2 Spring 2012 www.bereavedparentsusa.org.

**(Book Review - Losing Jonathan continued
from page 5)**

guilt: "Why weren't we better equipped to handle this disease, this addiction?" After five years they are able to look back and find some answers. Some questions, they now understand, will never be answered. Most of the book was penned by Professor Waxler, but Linda's thoughts are interspersed throughout and give a compelling picture of the difference between the two of them. It is perhaps a fair look at the difference between the way fathers and mothers grieve the death of a child.

Probably *Losing Jonathan* is not a good choice for the newly bereaved, but if you are a little further along on your grief journey you will find this effort well worth reading.

**We quickly find there are no
words to describe the experience
of losing a child.**

**For those who have not lost a
child, no explanation will do.**

**For those who have,
no explanation is necessary.**

~Mary Lingle

PLEASE CHECK YOUR MAILING LABEL TO SEE WHEN YOUR SUBSCRIPTION EXPIRES.

NEW SUBSCRIPTIONS - RENEWALS - CHANGE FORM - DONATIONS

The newsletter is sent without charge to any person interested in receiving it. Each year, in order to be sure we are sending it only to those who truly want to be on our mailing list, we ask that everyone who wants the newsletter return this form. We also accept LOVE GIFTS to pay for some of the chapter's expenses. Your voluntary, tax-deductible donations make it possible for us to mail out the monthly newsletter, contact newly bereaved parents, purchase brochures and other grief materials, continue our participation in the TCF/National organization and meet other chapter expenses. Perhaps you would like to make a gift in memory of your child's birthday or remembrance day. It is a meaningful way to honor our children and we are grateful to members who are able to support us with their contributions. Please make the check payable to The Compassionate Friends. Return to Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048 or call 847-573-1055 or send an email to vszech@comcast.net.

I/We are () bereaved parents () grandparents () siblings

Please () keep sending the monthly newsletter. Please () add to the mailing list. Please () remove from mailing list.

NAME _____ PHONE _____

ADDRESS _____

CITY _____ ZIP _____

Remember my () child(ren) () sibling () grandchild on special days

(You do not have to list the cause of death. We list this only so that parents whose children have died in similar ways may reach out to one another.)

NAME OF CHILD:	Date of Birth	Date of Death	Cause of Death
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

LOVE GIFTS

Enclosed in a check in the amount of _____ to be used as follows (check all that apply):

In memory of _____

In honor of _____

Sponsor the newsletter for _____ (month) (\$25 pays ½ monthly cost)

Pay for a book for the chapter's Lending Library _____

It is important for our children to be remembered. Please understand that in order for your child to be included in the "special days" list each month in the newsletter, you must fill out this form that gives us permission to list this information.

Bereaved Parents of the USA

2012 National

Gathering

Wyndham Tampa

Westshore Hotel Tampa, FL

June 29-July1, 2012

Featuring: Alan Pedersen, Bruce Murakami, Darcie Sims, Alice Wisler, Jan Howard, Becky Russell, & Donna Corrigan

For more information visit the National BP/USA Website:

www.bereavedparentsusa.org

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always welcome. Please include author of any written works. Send your items for the newsletter to Vicki Szech at vszech@comcast.net or 31023 Prairie Ridge Road, Libertyville, IL 60048.

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive. Founded in England in 1969, the

first U.S. chapter was organized in 1972. Presently there are 579 chapters in America. Northern Lake County Chapter was formed in 1976. TCF National Office P.O. Box 3696 Oak Brook, IL 60522 3696 PH 877-969-0010 Fax: 630-990-0246 Regional Coordinator, Mary Seibert PH: 773-721-7810 nationaloffice@compassionatefriends.org The Compassionate Friends home page can be found at www.compassionatefriends.org There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

The Northern Lake County, IL chapter usually meets on the third Thursday of each month at 7:30 p.m. at the Millburn Congregational Church, Rt. 45 & Grass Lake Rd in Millburn.

CHAPTER LEADERSHIP

Toni Nesheim
847-223-7353
tonin@sbcglobal.net
Rachel Salomonson
Age 18 - Auto accident

TREASURER

Forest Anderson
847-838-0567
forest.anderson@att.net
Rusty Anderson
Age 15 - Osteosarcoma

SECRETARY

Jenny & Rick Selle
847-249-4776
jennyselle@yahoo.com
Lila Ruffolo
Age 24 - Auto Accident

REMEMBRANCE SECRETARY

Thelma Perkins
262-279-6178
Andrew C Perkins
Age 17 - Auto Accident

LIBRARIAN

Toni Nesheim

847-223-7353
tonin@sbcglobal.net
Rachel Salomonson
Age 18 - Auto accident

NEWSLETTER EDITOR

Vicki Szech
847-573-1055
vszech@comcast.net
Rachel Szech
Age 16 - Horseback-riding Accident

NEWSLETTER PRINTING & MAILING

Mary Foresta
847-362-8977
Elizabeth Foresta
Age 11 - Septic Shock, Heart/Lung failure

PUBLICITY

Kari McHugh
262-862-6880
kismchugh@hotmail.com
Pressley McHugh
Age 46 days
Hypoplastic left heart syndrome

STEERING COMMITTEE

Marilyn Grace
847-395-8597
grace.marilyn@gmail.com
Megan Grace
Age 15 - Hypertrophic Cardiomyopathy

Mary Ann Grazier
847-336-0539
Barry Grazier
Age 27 - Auto Accident

Maggie McGaughey
224-406-6644 maggieg00@hotmail.com
Jeremy Govekar
Age 22 - Hit by train

Charron Sloop
847-623-2264
charronsloop@AOL.com
David Sloop
Age 33 - Motorcycle Accident



Losing An Adult Child

Parents who lose adult children can suffer discrimination that is different from that suffered by other bereaved parents. With the loss of an adult child the focus of attention usually centers around that child's spouse and children. Because the deceased is an adult, concern is directed towards her/his own immediate family. Frequently, there is little appreciation that this individual, possibly a parent themselves, is still a child to his or her own parents. Consequently, bereaved parents of adult children are left with a lack of validation and sometimes excluded.

This exclusion many times leaves them missing the crucial support they need. It may leave them omitted from important activities after the death, that could help them cope with their grief. The focus is simply not on them, as it would be if the child were younger.

The relationship between the adult child and parent has a number of characteristics that can make the child's death much more difficult. It frequently complicates the bereavement process. Family, friends and caregivers must recognize these issues in order to effectively and lovingly comfort this overlooked population of bereaved parents.

Therese A Rando/Parental Loss of A Child

Borrowed from GREATER KANKAKEE AREA THE COMPASSIONATE FRIENDS NEWSLETTER - Volume 8 Number 3

QuickTime™ and a
decompressor
are needed to see this picture.

3 31023 Prairie Ridge Road
Libertyville, IL 60048

Meetings

April 19, 2012 - 7:30 p.m.
Millburn Congregational Church
Grass Lake Road & Rt. 45, Millburn, IL
Open discussion

Waukegan meeting
May 3, 2012 - 7:00
Holy Family Church
450 Keller Street, Waukegan, IL
Open discussion