

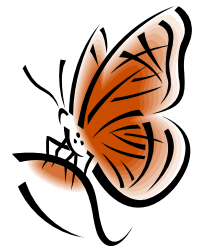


The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

June, 2018 Newsletter

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



The Statement of One Bereaved Father

Robert F. Glour, M.D. Tuscaloosa, AL
TCF



I did not choose to become bereaved.

Painful as it is, I choose to allow grief to work progressively in me.

I grieve because I loved much; my child died but my love for my child didn't.

Since I loved, and still love, very much, I expect my grief to be severe.

I realize that each person grieves differently. I accept that my wife and children will grieve differently than I do.

As a father and husband, I do have a responsibility to my children and my wife.

I can best fulfill that responsibility if I grieve and allow them to grieve.

Grief, while very real, is not rational.

I accept in others what appears irrational to me.

I am a part of my family and of humanity.

I accept the irrational in my thoughts and actions. Grief need not drive a wedge between my family and me.

I choose to allow grief to strengthen our family ties. Unresolved grief continues to produce mental and physical symptoms.

I must allow the grief process to proceed in me. Crying is a part of grief and is therapeutic; it is not unmanly to cry.

I must allow myself to cry, even openly, Grieving does not answer the question "Why?"

Since there is no acceptable answer, I must accept the unanswered question. My child was a person, is now a person and will be a person in the future.

I can never forget my child.

I cannot return to the normal that existed before my child's death.

I must go on to what is now to be normal for me. Getting on to a new normal does not mean forgetting my child.

My child remains in my thinking and my talking now and will in the future.

I cannot be grateful that my child died.

I am grateful that my child lived and I choose to express that gratitude.

I cannot forget the events surrounding the death of my child.

I choose to recall the happy memories associated with my child.

If I allow it to, by my grieving, time will produce a healing.

I realize that healing does not mean forgetting my child.

I could not control the past, which included the death of my child

I do have some control over the future as I build the future with my family. My child's death did not happen so that I might become a better person.

I choose to allow my child's death and my grief to make me a better person.

I did not understand before I joined the fellowship of the bereaved.

(Continued on page 2)

(The Statement of One Bereaved Father continued from page 1)

I choose to become more understanding, tolerant and compassionate now. My grief has created and brought out many emotional needs for me.

I can help meet those needs by meeting the similar needs of others. My spiritual beliefs did not die with my child.

I choose to use them to help me through these difficult years. Questioning those belief and values is not wrong.

I must, as a result of my questionings, strengthen my belief system.

I did not choose to become bereaved.



Meetings

Northern Illinois Chapter TCF June 21st

Millburn Congregational Church
Grass Lake Road & Rt. 45, Millburn, IL
This will be a "Show & Tell" meeting.

Waukegan meeting July 5th

- 7 p.m. to 9 p.m.
Holy Family Church
450 Keller Street, Waukegan, IL
Meeting in Room 4
Open discussion

Enter by church office then down the hall to
Room 4 on right.

"Tenemos un cuarto nuevo para las reuniones- Salon 4. Entre por la oficina de la iglesia y sigue en el pasillo al Salon

How Dad Copes

It will be four years on May 31 this year since our son Nicholas passed away. Wow. I never imagined in a million years this would happen to us. It is difficult to deal with the aching pain I still feel in my heart. Nicholas's friends are getting married and having children. Though we are happy for them, our sadness deepens with the thought of how different it could be if he were still here. The anxiety that begins to build in the latter part of April in preparation for the anniversary of Nicholas's passing gets stronger and stronger as the day comes near.

Past years were shock years. I couldn't figure out how to deal with it all. I would listen to other parents that are further along in their grief for coping strategies, but it did not seem to help. How could anyone help me heal my heart after it was broken into a trillion pieces?

I have found that speaking about Nicholas to friends, family, and new acquaintances helps me tremendously. At first it was difficult to do because it does make some people uncomfortable. The more I do it, the easier it gets, and the better I feel. Talking about my son has been like a pressure relief valve for me.

I also make time to think about Nicholas and release my emotions. This time alone to reflect and weep brings overwhelming, though temporary, relief. Dads tend to hold back tears and feelings. We like to think we can maintain control. My advice is don't try. Instead, let your feelings go in private at a time and place of your choosing.

Thinking back to the beginning of this tragic event in our lives, I should have sought counseling from a grief therapist. My wife and I both should have done this. I truly believe this would have helped us develop better coping skills. At that time I didn't think private counseling would help. I was wrong.

Finally, The Compassionate Friends (TCF) volunteers are available to us all. TCF volunteers understand your loss and the dual problem of

(Continued on page 4)



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN JUNE & JULY

June

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

<i>Edgar O Villareal</i>	June 2	Son of Guadalupe Villareal
<i>Westley Banks</i>	June 6	Son of Susan Banks
<i>Robert William Corbett</i>	June 6	Son of Mary Ann & Robert Corbett
<i>Edward G Davis III</i>	June	Son of Edward G Davis Jr.
<i>James (Jim) Grazier</i>	June 9	Son of Robert & Mary Ann Grazier
<i>Lila Ruffolo</i>	June 12	Daughter of Jenny & Rick Selle
<i>Pressley Suzanne McHugh</i>	June 20	Daughter of Kari McHugh
<i>Michael Stice</i>	July 4	Son of Dora & Gary Stice
<i>Renee' Rochelle Powell</i>	July 7	Daughter of Terry & Jeanette Powell
<i>Joshua William Bowman</i>	July 18	Son of Robin Bray Nephew of Kimberlee Christensen
<i>Brian Scott Ludlow</i>	July 19	Son of Ronald & Karen Zaylik
<i>Robert William Corbett</i>	July 20	Son of Mary Ellen & Robert Corbett
<i>Elizabeth (Liz) Willding</i>	July 27	Daughter of Gigi Wilding
<i>Darien Wilson</i>	July 27	Son of Tammy and Tim Olvera

ANNIVERSARIES

<i>Robert Corbett</i>	June 30	Son of Mary Ellen & Robert Corbett
<i>Justin Perez</i>	July 4	Son of Traci & Carlos Perez Brother of Samantha (Perez) Przybylski
<i>Anna Smith Miller</i>	July 6	Daughter of Carol Smith
<i>Elizabeth (Liz) Willding</i>	July 14	Daughter of Gigi Wilding
<i>Amy Jo Baldwin</i>	July 17	Daughter of Mike & Sheila Baldwin
<i>Eduardo Chavez-Nuño</i>	July 23	Son of Maria Del Carmen Nuño
<i>Qua'Shawn Wade</i>	July 24	Son of June Andrejewski
<i>John Thumel</i>	July 26	Son of Laura & Mike Thumel

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

GROWN □ MEN

Once I saw a grown man cry, "Wow, there goes a man with feeling," said I. He was strong, able, quite well-built, With muscles, grey hair and charm to the hilt. I moved toward him slowly and said, "What's wrong?" The look he gave me was tear-filled and long. "I cry for a child. My grandchild had died." So I sat beside him and two grown men cried.

Margaret Gerner From "For Bereaved Grandparents", Centering Corp. resource

There's a New Man in Town

By Dave Simone

Bereaved Father, Tampa, Florida

My son is dead. The moment I was told my son died in an auto accident, there was a new man in town. The old man would find a way to fix „it“ or at least make „it“ better. The new man couldn't fix a thing. Oh, he could make arrangements, settle accounts, acknowledge condolences as though he were really there but the new man was far off, living in a protective shell hardened by disbelief and shock. Yes, he did things, but he didn't feel in the old ways, he was far off being reborn. My wife's grief would bring the new man back, at least for a while. There was no fixing her, just acknowledgement of the hurt and pain and helplessness we both felt. I was there for her as she was there for me and we bonded in our grief at depths we did not know existed. My son did not die to make our marriage better or worse and his death did not change what it fundamentally was and is. There is however a new level where we meet to hurt and heal together.

When a baby is born there are pain and tears followed by profound joy. If that baby dies before his parents, there is pain and tears and a longing for peace. No man can anticipate the number of tears that will flow during his rebirth. The half hour drive to work each morning was a time of nothing but tears and pain and guardian angels to provide safety for myself and those around me. The new man was every bit the good driver the old man was, but he wasn't there, he was far off being reborn in those unstoppable tears. Peace was nowhere to be found.

I am not going into detail into the many ways I think I have changed. Believe me, I have changed and so have you fellow bereaved father. I cannot believe my son died to make me a better man. I do believe that my son's death shocked me into holding dear all that was always precious to me with the new knowledge that „it% can all end in an instant, and neither the old man nor the new man can ever fix „it.% The protective shell is fading away and real peace is finding its way into my heart and soul. But the shell will never be completely gone and the peace will never blend into complacency. We are new men with new priorities and new things to do. This does not mean we abandon all that was of the old man, the newness is in our attitudes and understanding and acceptance of vulnerability.

~reprinted from Bereaved Parents USA website
http://www.bereavedparentsusa.org/AP_Fathers.htm

(How Dad Copes continued from page 1)

“maintaining control” for the sake of our family. Our chapter newsletter lists names and telephone numbers

of other fathers and mothers ready and willing to assist us. I am one of the parents who volunteers to talk with grieving fathers. I have even become active in the administrative aspects of our chapter. Now, I tell parents, we sincerely regret the circumstance that has brought you to this group.” This is a club none of us dreamed we would ever join. I thank TCF for helping my family and me and for allowing me to help others.

Albert Tapia
 TCF-Katy Chapter

In Memory of my son, Nicholas Albert Tapia
 My new unseen friends are a lot like me,
 and they span across the globe, It's amazing how comfortable I am "chatting" with them as I sit here in my robe!

It's June

It might have been her wedding.

It was supposed to be his graduation day; his friends are there - he is not. You had always planned to take them to Disneyland, but it is too late for that, now.



When they died, they took some of your future as well; they took your dreams for them. They left a hole in your life, and you will never feel completely whole again.

Should you accept those invitations to weddings and graduations? Only you know what is comfortable for you...

Give yourself all the room you need, no matter what anyone else says. Perhaps this year, you will want to send a card or gift instead of attending the event.

A couple in our chapter went to their son's friends wedding reception and skipped the wedding ceremony, which would have been too painful for them. One mom said she left a graduation with mixed emotions. She ached for her son's place in line, getting his diploma; but she also felt

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(It's June continued from page 4)

honored to have been invited by her son's friend and proud when they brought her flowers "for Jim," and she loved hearing all the stories about her son that they shared.

What you have left is the love you feel for them, the memories that they left you - these will always be a part of you. In this way, they are a part of your future.

This is a very sad and difficult time for you, so do something nice for yourself today. Isn't that what your child would have wanted?

--L.E. Skagit Chapter, Mount Vernon, WA
~reprinted from South LA/Bay June 2001 Newsletter



The Grief of Fathers

From Parental Loss of a Child
Therese A. Rando, Editor

There are a number of male roles that negatively affect fathers in dealing with their grief. These include:

- The role of being strong, a macho man who always controls his emotions.
- The role of being the protector of family and possessions.
- The role of competing, of winning in a crisis and being the best.
- The role of family provider.
- The role of being the problem solver, fixing things or finding someone who can.
- The role of being the controller, controlling actions and the environment.
- The role of being self sufficient, standing on your own two feet.

At times these roles impede a father's successful resolution with grief.

Each of the above roles has prescribed behaviors that work against the open expression of feelings and confrontation with powerlessness and vulnerability that is an inherent part of the grief experience.

- Macho men are not supposed to express feelings.
- As a competitor, the father is defeated when his child dies.
- He has failed his role as a protector.
- As a provider, grief impairs his functioning at work.
- Whereas he could always be a successful problem solver in the past, this is one problem he cannot solve.
- He has lost the control of his life that he previously maintained; everything is out of order and control after

a child's death.

- And the man who is supposed to be self-sufficient now needs the support of others.
- With the roles that have previously defined him, a father's sense of self are severely assaulted. Guilt and a sense of failure result, which further compounds his grief.

In time, a father reacts again to his role expectations and attempts to fix his wife's grief. This usually fails, as each person must work through their own grief with their own time frame. As the pain grows worse for his wife, he feels again that things are out of control and he is helpless again. He feels the least he can do is remain strong, control what is going on inside of him, and set the example for his wife and family. This is very common and the end result is a father who postpones his grief.

A bereaved father needs to grieve just as the mother. The following are suggestions to help fathers cope:

- Lighten your load, back off on any extra activities.
- Talk to your family, share your emotions with them and explain how men grieve differently than women.
- Set aside time to think, to sort things out.
- Learn to cry, for crying is the most natural response to being hurt.
- Express your anger constructively by being mad at things, not people.
- Find a support system; search out other bereaved fathers who share your emotions, a group or a professional.



LOVE IS THE ONLY THING THAT CAN
□ BE DIVIDED WITHOUT BEING
DIMINISHED

To Cry or Not to Cry: That is the Question

by Darcie Sims, Ph.D. and Bob
Baugher, Ph.D

Are you a crier? Do your eyes begin to water when the Bambi movie first begins? And by the time Bambi's mother dies, is there a puddle of tears at your feet? Or are you the type of person who remains dry-eyed throughout such a movie and wonders why everyone around you is boo-hooing? Or are you somewhere in between?

In our professional roles we have been with hundreds of criers and noncriers alike; and there is an important lesson we learned: (drum roll please) some people cry and some don't. Amazing finding? There are two important crying questions we are often asked: "Why do some people cry and others don't?" and "How do I respond to a person whose tear levels are vastly different from my own?" Let's pay a brief visit to the amazing world of tears.

TRIGGERS

If and when you cry, what causes those tears to well up? One way to look at this is to put triggers into the categories of your five senses. That is, we cry because of things we see, hear, smell, touch and taste. As you think about the precious person in your life who is no longer with you, what are the visual triggers that bring tears: a picture, similar facial expressions, holiday sights? What about the auditory triggers such as music or a similar voice? Or touch such as a hug, a hand caress, a kiss? How about smells such as cologne, flowers, clothing? Or even tastes such as eating or drinking something that brings on a memory? Sometimes these triggers take us by surprise. Bereaved people have a word for this; it's called a grief attack. Have you had one? What was your trigger?

POWERLESSNESS

One of the interesting findings on crying is the fact that we sometimes cry because there is nothing else we can do. Think of when you learned of the death of your loved one. As the reality began to sink in, you may have experienced a feeling that, for the moment, there was nothing more to do-and you cried.

GENDER DIFFERENCES

Did you know that boys and girls on average cry about the same number of times per week (about 2.0) up until age twelve, where girls begin to show increases and boys decrease?

GENETICS

There is some beginning research suggesting that female identical twins have similar crying frequencies throughout their lives. The research for males isn't so clear. So it may be that our tendency to cry or not cry may have, at least for females, a genetic predisposition.

EXPECTATIONS

Expectations have a lot to do with crying. What we expect of ourselves plays an important role in how comfortable we are with our own tear display. What we expect of others also influences how we respond to the tear flow of others. Each family, peer group, work place and culture in general will also influence how, where and when we cry. If we believe we are expected to cry, we will either cry more easily or perhaps feel somewhat guilty if we are not crying. Expectations are a powerful influence on our comfort level with crying.

GROWING UP

We know that childhood experiences can affect crying frequency. See if these famous statements sound familiar, "If you don't stop crying, I'll give you something to cry about." "What are you crying for?" "You crybaby." "Don't cry." "That's enough out of you." These words can certainly serve to inhibit tears. But, if you've ever said them, don't worry; you're in good company. We've taken our own survey and several hundred million of us have uttered those very words.

CRYING AS A CONTAGIOUS EXPERIENCE

Have you ever cried because someone else was crying? For many people, watching a loved one cry (perhaps at a funeral or cemetery) is a trigger for tears. Some people report that, when their loved one died, the tears did not begin to flow until they began to tell other people about the death.

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(To Cry or Not to Cry: That is the Question continued from page 4)

WHEN IT'S SOMEONE ELSE'S TEARS

Now that we've examined a little of the why of tears, let's look next at suggestions for how to respond to another person's crying or not crying. One of the world's shortest poems we've even come across (by our favorite author, Anonymous) turns out to be a helpful suggestion for dealing with tears: "Let'em cry Until they're dry."

This says it all. Whether you are observing a slight moisture around the lower part of the eyes or whether tears are splashing all around you, your job is to let the person cry, cry, cry without interfering. We know it is very hard work to stand there while fluids are oozing down a person's face; but consider the alternative: What if, when the crying started, you grab the person and say, "There, there, it'll be okay." This effectively squelches the crying process. Don't get us wrong. Be there as the tears flow and perhaps offer a hug as the tears subside, but "let'em cry" okay?

Although there are some who believe you should not offer a tissue to a crying person (arguing that offering a tissue is a not-so-subtle message of "Stop your crying,") we believe that having tissues available is simply a matter of courtesy. It is not nice to have to use your sleeve (or have the crying person use your sleeve!) to wipe the nose and eyes! Please don't shove the box of tissues into the hands of the crier, but having tissues available is a nice thing to do. (And our mothers will be proud of us for being so thoughtful and polite).

FOR THE INFREQUENT OR NOT-AT-ALL CRIERS

"Wow! What's the matter with you? Don't you care!???" Infrequent criers or those who do not cry (in public or perhaps even in private) are often regarded as being "cold," "heartless" or like a "cold fish" (although we know of no research about fish either crying or not crying). For those of you who fall into this category (the infrequent or non-crier, not the cold fish) we suggest that you just relax and be who you are. You have other ways of expressing your emotions; tears just don't happen to one of your most commonly chosen methods. Try not to feel obligated to join in the flow or to allow guilt to overshadow your feelings. Crying infrequently, or not at all, is simply your style.

If you are sitting next to a non- or infrequent crier or you live with one, try not to yell at them too much or to accuse them of not caring. They do care. They just show their emotions in different ways. The number of

tears streaming down one's cheek should never be used to measure the amount of caring and love one feels.

TOO MUCH CRYING?

Is there such thing as too much crying? What about the person who cries five times a day for weeks or the person who cries for two hours straight? Isn't this too much? The only statement that we are going to make regarding "too much crying" is the following: A person's crying behavior has become unhealthy when it begins to interfere with the person's ability to complete their activities of daily living. That is, if a person's crying is interfering with a person's ability to go to work, complete their daily chores, and interact with others then he or she may need help. Otherwise, there is no such thing as "too much crying."



WHAT WE WISH FOR YOU IN YOUR GRIEF JOURNEY

If you are fine with your crying status, then it is the job of those around you to respect where you are in your responses to the joys and sorrows that come your way. Others may wish that you would "show your emotions" or "tighten up." But you will do what you need to do when it comes to crying or not crying. Learn to accept your differences from other people and ask them to do the same. We want to cherish our differences, not use them as weapons.

In our fantasy of an "ideal society," we would not have to "borrow" tissues, hide our tears or apologize if we don't cry. Crying would be as natural as children laughing and people singing. In our ideal society, we would begin to understand that, when someone "loses it" perhaps they are really "finding it" instead. It would be a real and honest and compassionate world. We hope we all find it soon.

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www.griefdigest.com

LOVE GIFTS

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

In loving 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 _____

Check here to keep receiving the newsletter _____

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. If you are making a donation please make the check payable to **The Compassionate Friends**. Return to **Tammie Barrera, 821 Roberts Way, Winthrop Harbor, IL. Julyson2@gmail.com**

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. 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
TCF National Office, P.O. Box 3696, Oak Brook, IL 60522 3696 - PH 877-969-0010 - Fax: 630-990-0246

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.

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