



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

March 2022 Newsletter



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

---



## *Chapter Leader Notes from Susan*

Dear friends,

I am not new, and I am not old to this feeling of waking up in memory of the loved one we have lost. Every day and as I awake to the reality of the loss of my son, Westley, the memories rush at me. The first hours, days, months were so awful, that I physically jolted out of bed and quickly went downstairs to the kitchen, opening every curtain and blind on the way. I would then stand at the back sliding door and stare outside. If it was a warm weather season, I would open the door, if not - I would just stand there and look outside. Next, I would gather myself, make coffee and begin my day, a school workday, or a weekend. It has been 4 years 11 months since Westley left us. I can now sleep a little longer and there are many mornings I do not panic when I awake. The sorrow absorbs me at a slower rate, not an acute unbearable shock.

I found this poem and it is how I describe my journey...

Missing you has settled into my bones.  
What once was fierce has softened.  
Like a constant melody, your name,  
pouring through my mind- on repeat.  
Your memory, the undercurrent of my  
days.

LEXI BEHRNDT

I think of each of you and your journey when you share your stories at our meetings, and as you share your loved one's names, hopes, dreams and memories. I hope you know we all are listening and thank you for sharing your loved one with us.

Your friend,  
Susan  
Westley's mom

## **Dates to Remember**

**May 7, 2022, at 9:00am is our Adopt-A-Highway spring clean-up. The rain date is Saturday May 14, 2022, at 9:00am. Our chapter adopted a section of road that begins at the corner of Deep Lake Road and IL route 173 going north on Deep Lake Road to the County line. It is approximately 2.02 mile. There is a sign with our group name identifying the location. More information in the April newsletter.**

## Lake Villa Meeting Northern Illinois Chapter TCF

**The third Thursday of the month** meeting will remain as an in-person only meeting. The location is at the:

Millburn Congregational Church  
19073 West Old Town Court  
Lake Villa, IL 60046.

Park in the parking lot behind the church, enter through the double glass doors.

## Holy Family Church

**The first Thursday of the month meeting** will remain a Zoom meeting only. This will change to in-person the date is to be announced.

## Understanding Grief

By Jane E. Brody

Although many of us are able to speak frankly about death, we still have a lot to learn about dealing wisely with its aftermath: grief, the natural reaction to loss of a loved one.

Relatively few of us know what to say or do that can be truly helpful to a relative, friend or acquaintance who is grieving. In fact, relatively few who have suffered a painful loss know how to be most helpful to themselves.

Two new books by psychotherapists who have worked extensively in the field of loss and grief are replete with stories and guidance that can help both those in mourning and the people they encounter avoid many of the common pitfalls and misunderstandings associated with grief. Both books attempt to correct false assumptions about how and how long grief might be experienced.

One book, "It's OK That You're Not OK," by Megan Devine of Portland, Ore., has the telling subtitle "Meeting Grief and Loss in a Culture That Doesn't Understand." It grew out of the tragic loss of her beloved



Paul Rogers

partner, who drowned at age 39 while the couple was on vacation. The other book, especially illuminating in its coverage of how people cope with different kinds of losses, is "Grief Works: Stories of Life, Death and Surviving," by Julia Samuel, who works with bereaved families both in private practice and at England's National Health Service, at St. Mary's hospital, Paddington.

The books share a most telling message: As Ms. Samuel put it, "There is no right or wrong in grief; we need to accept whatever form it takes, both in ourselves and in others." Recognizing loss as a universal experience, Ms. Devine hopes that "if we can start to understand the true nature of grief, we can have a more helpful, loving, supportive culture."

Both authors emphasize that grief is not a problem to be solved or resolved. Rather, it's a process to be tended and lived through in whatever form and however long it may take.

"The process cannot be hurried by friends and family," however well-meaning their desire to relieve the griever's anguish, Ms. Samuel wrote. "Recovery and adjustment can take much longer than most people realize. We need to accept whatever form it takes, both in ourselves and in others."

We can all benefit from learning how to respond

(Continued on page 4)



**YOUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN FEBRUARY & MARCH**

*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**

<b>Camden Frisby</b>	<b>March 1</b>	Son of Kris Frisby
<b>Griffin Schumow</b>	<b>March 2</b>	Son of Jeff & Krista Schumow
<b>Kyle Glueck</b>	<b>March 4</b>	Son of Dolores Krason
<b>Justin Perez</b>	<b>March 9</b>	Son of Traci & Carlos Perez Brother of Samantha (Perez) Przybylski
<b>David Sloop</b>	<b>March 9</b>	Son of Charron Sloop
<b>Rusty Anderson</b>	<b>March 11</b>	Son of Forest & Christine Anderson
<b>David Spannraft</b>	<b>March 18</b>	Son of Elizabeth & Dan Spannraft
<b>Adam Rubin</b>	<b>March 28</b>	Son of Linda Rubin Brother of Nicole Rubin
<b>Lea Ann (Heise) Knuth</b>	<b>April 2</b>	Daughter of Leslie & Shirley Heise
<b>Michael Sean Gaede</b>	<b>April 8</b>	Son of Maureen Gaede
<b>Mike Reardon</b>	<b>April 10</b>	Son of Sonia & Jim Reardon
<b>Scott Ewing</b>	<b>April 11</b>	Son of Alan & Renee Ewing
<b>Qua'Shawn Wade</b>	<b>April 12</b>	Son of June Andrejewski
<b>Adrien Gonzales</b>	<b>April 21</b>	Son of Lauren Gonzales
<b>Jammi Hui</b>	<b>April 25</b>	Daughter of William & Joyce Hui
<b>Sean Jones</b>	<b>April 26</b>	Son of Octavine Jones
<b>Timothy Reece</b>	<b>April 27</b>	Son of Joanne Pihoda-Reece

**ANNIVERSARIES**

<b>Edgar Villareal</b>	<b>March 1</b>	Oziel & Guadalupe Villareal
<b>Jeremy Govekar</b>	<b>March 2</b>	Son of Maggie McGaughey
<b>Rasheed Mariano</b>	<b>March 5</b>	Son of Joan Mariano
<b>John "Jake" Mosansky</b>	<b>March 12</b>	Son of Darlene & John Mosansky Sister of Veronica Steif
<b>Blake Logan Palmer</b>	<b>March 13</b>	Son of Amber & Brian Palmer Grandson of Lois Cooper Grandson of Gina Palmer
<b>Taylor Rydahl</b>	<b>March 14</b>	Son of Carol & Keith Rydahl
<b>Roderick Young</b>	<b>March 27</b>	Son of Scarlet Austin Grandson of "Charlie" Johnson
<b>Marc Hawkinson</b>	<b>March 28</b>	Son of Mary Kay Clark
<b>José De Jesús Hernández</b>	<b>April 1</b>	Son of Jesús & Virginia Hernández
<b>Selene Martínez</b>	<b>April 8</b>	Daughter of Manuel & Lidia Martinez
<b>Mathew Tisch</b>	<b>April 10</b>	Son of William & Barbara Tisch
<b>Stephanie Andrea Zamarron</b>	<b>April 11</b>	Daughter of Vicky Zamarron & Juan Mungula Granddaughter of Alejandra Rodriguez & Cédar Rojas
<b>Daniel Wang</b>	<b>April 13</b>	Son of Millie Yu
<b>Montana (Monti) Brown</b>	<b>April 16</b>	Son of Donna Brown
<b>Shannon McCarty</b>	<b>April 18</b>	Daughter of Kevin McCarty & Pat Hays

(Continued on page 7)

(Understanding Grief continued from page 2)

to grief in ways that don't prolong, intensify or dismiss the pain. Likewise, those trying to help need to know that grief cannot be fit into a preordained time frame or form of expression. Too often people who experience a loss are disparaged because their mourning persists longer than others think reasonable or because they remain self-contained and seem not to mourn at all.

I imagine, for example, that some adults thought my stoical response to my mother's premature death when I was 16 was "unnatural." In truth, after tending to her for a year as she suffered through an unstoppable cancer, her death was a relief. It took a year for me to shed my armor and openly mourn the incalculable loss. But 60 years later, I still treasure her most important legacy: To live each day as if it could be my last but with an eye on the future in case it's not.

Likewise, I was relieved when my husband's suffering ended six weeks after diagnosis of an incurable cancer. Though I missed him terribly, I seemed to go on with my life as if little had changed. Few outside of the immediate family knew that I was honoring his dying wish that I continue to live fully for my own sake and that of our children and grandchildren.

Just as we all love others in our own unique ways, so do we mourn their loss in ways that cannot be fit into a single mold or even a dozen different molds. Last month, James G. Robinson, director of global analytics for The New York Times, described a 37-day, 6,150-mile [therapeutic road trip](#) he took with his family following the death of his 5-year-old son, collecting commemorative objects along the way and giving each member of the family a chance to express anger and sadness about the untimely loss.

Ms. Devine maintains that most grief support offered by professionals and others takes the wrong approach by encouraging mourners to move through the pain. While family and friends naturally want you to feel better, "pain that is not allowed to be spoken or expressed turns in on itself, and creates more problems," she wrote. "Unacknowledged and unheard pain

doesn't go away. The way to survive grief is by allowing pain to exist, not in trying to cover it up or rush through it."

As a bereaved mother told Ms. Samuel, "You never 'get over it,' you 'get on with it,' and you never 'move on,' but you 'move forward.'"

Ms. Devine agrees that being "encouraged to 'get over it' is one of the biggest causes of suffering inside grief." Rather than trying to "cure" pain, the goal should be to minimize suffering, which she said "comes when we feel dismissed or unsupported in our pain, with being told there is something wrong with what you feel."

She explains that pain cannot be "fixed," that companionship, not correction, is the best way to deal with grief. She encourages those who want to be helpful to "bear witness," to offer friendship without probing questions or unsolicited advice, help if it is needed and wanted, and a listening ear no matter how often mourners wish to tell their story.

To those who grieve, she suggests finding a non-destructive way to express it. "If you can't tell your story to another human, find another way: journal, paint, make your grief into a graphic novel with a very dark story line. Or go out to the woods and tell the trees. It is an immense relief to be able to tell your story without someone trying to fix it."

She also suggests keeping a journal that records situations that either intensify or relieve suffering. "Are there times you feel more stable, more grounded, more able to breathe inside your loss? Does anything — a person, a place, an activity — add to your energy bank account? Conversely, are there activities or environments that absolutely make things worse?"

Whenever possible, to decrease suffering choose to engage in things that help and avoid those that don't.

(Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXIV No. 1, Winter 2019, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org))

## 8 REASONS WHY WINTER IS THE WORST (FOR GRIEVERS)

What's cold, icy, really uncomfortable, and sometimes makes you sad? Gosh darn winter, that's what.

You can spare me your affinity for skiing, fresh fallen snow and curling up by a warm fire because I will swiftly counter with wet socks, slush, and lack of sunlight. Sure winter has its moments, but for some its short days and bone chilling temperatures are enough to push you over the edge.

This may be especially true for many of you who have to suffer the indignities of winter while also trying to cope with your grief. Grief is an emotional tundra and then winter comes along and paints the landscape frigid and grey to match your mood. Winter can exacerbate the troubles grieverers are already vulnerable to like isolation, depression and poor self-care.

Perhaps I'm biased because I've been stuck inside the house with kids and a naughty puppy for 100 weeks, but I'm going take the next few minutes to espouse all the reasons why winter is the worst, especially for grieverers.

### 1. Lack of Sunlight

A lack of sunlight, or the length of the night in some cases, can cause an increase in melatonin and a drop in the neurotransmitter serotonin and Vitamin D. All of this can throw your mind and body out of whack and leave you feeling tired, irritable and blue.

**Tip:** Do what you can to get outside, open the blinds, and hold on until daylight savings time.

### 2. Cabin Fever

I've lived through winter in 3 out of 5 of 2015's snowiest cities. And then I lived through winter in Maryland, where the slightest threat of ice or snow shuts everything down. Winter has debilitated Baltimoreans and we have spent *a lot* of time cooped up indoors....together...with little to do...indoors...lots of togetherness.

Cabin fever is not a technical diagnosis but it is a well-documented phenomenon (think early US settlers who spent long winters alone in their cabins). Cabin fever describes a state of restlessness, depression and irritability brought on by spending time in a confined space or remote area.



Where grief is concerned, being stuck inside provides you with ample time to spend ruminating, thinking of your loved one, focused on difficult emotions, and re-playing unpleasant memories with little distraction.

### Tip:

It's okay to spend time focused on your grief, but also find constructive ways to occupy your mind like puzzles, movies, games, organizing, home repairs, calling a friend, creating art, or writing in your journal.

### 3. Social Isolation

The predisposition for grieverers to withdraw combined with cancelations, problems with transportation, and a desire to avoid the cold and snow can amplify your risk of falling into a cycle of emotional and social isolation. Isolation and loneliness can have a negative impact on your physical and emotional health.

**Tip:** Get out and go to a mall, store, support group, or place of worship. When possible, push yourself to keep plans even if it means braving the cold.

### 4. Not moving enough

You already know that **even a small amount of exercise can have a marked impact on your physical and emotional health.** Obviously in

(Continued on page 6)

## (8 REASONS WHY WINTER IS THE WORST (FOR GRIEVERS) continued from page 5)

winter your options for getting out and moving around are limited. Snowy roads, icy sidewalks, and the cold make it virtually impossible to find much opportunity for exercise.

**Tip:** Even though taking an hour long walk outside might not be possible, look for alternative opportunities to get at least 20 minutes of exercise a day. Try walking outside for shorter intervals, get an exercise DVD, plan an indoor workout routine, or join a gym.

### 5. Poor eating and weight gain

Thank goodness for bulky sweaters, am I right? **Studies show** that caloric intake tends to increase about 200 calories a day beginning in the fall. The rationale behind this increase is debatable as some researchers believe primitive impulses drive humans to stockpile calories in anticipation of short days and cold weather, while others think there's just more opportunity to indulge in the winter (holidays, time spent inside, and the nostalgic connections associated with food). Regardless of why you eat, bad food and extra pounds can leave you feeling gross on many levels.

**Tip:** Are you giving yourself permission to eat badly because you're sad? Are you eating out of boredom? Are you eating certain foods because you associate them with the cold weather or holidays? Do you rationalize that you have time to work off the weight before beach season? Be careful and be mindful of what you're eating and why.



### 6. It's cold

That's all. Being cold is torture.

### 7. You're sad

For some, the holidays present a storm of grief triggers followed by months of feeling blah (see all of the above). It's possible that the events of November and December have set you adrift on a long grief wave that won't recede until the spring thaw.

**Tip:** Believe that things will get better and check out our section on [coping with grief](#).

### 8. You're SAD

Winter onset seasonal affective disorder (SAD) is a subtype of major depression that is characterized by symptoms that emerge in fall or early winter and recede during the spring. These symptoms may start out mild and become more severe and include things like irritability, tiredness or low energy, problems getting along with others, hypersensitivity to rejection, heavy feeling in the arms or legs, oversleeping, appetite changes (craving carbs), and weight gain. It goes without saying that SAD can complicate one's ability to cope with grief and other hardship.

**Tip:** If you think you might suffer from SAD [read more about it here](#) and talk to your doctor about your concerns. [www.whatsyourgrief.com](http://www.whatsyourgrief.com)

(Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXII No. 1, Winter 2017, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org))

*A snowflake is  
winter's butterfly* 

(Your Children, Grandchildren, and Siblings Loved, Missed, and Remembered in March and April continued from page 3)

**Westley Banks**

**April 19**

**Son of Susan Banks**

**David Nesheim**

**April 24**

**Brother of Toni Nesheim**

**Lisa Rosemann**

**April 25**

**Daughter of Pat & Craig Rosemann**

**Griffin Schumow**

**April 26**

**Son of Jeff & Krista Schumow**

**Andrew Naydihor**

**April 29**

**Son of Kelly Kozel**

**Timothy Reece**

**April 29**

**Son of JoAnn Prihoda-Reece**

**Anne Thomson**

**April 30**

**Daughter of Nancy & Tom Thomson**

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](mailto:vszech@comcast.net) - 847-573-1055

## Do You Have Your Child's Pet?



When my daughter was growing up we would foster sick, injured and dying cats for a local non-profit animal league. So, it came as no surprise that when she got her first apartment, one of the first things she did was to adopt a big, loveable male tabby cat from

the local animal control facility. I was not very happy about it at the time. After all, she needed to concentrate on school and other things, but she loved "Zeke" with all her heart, so I melted and let her have her way.

One day a couple of years later she came rushing through the door with two of the dirtiest, scrawniest little kittens that I had ever seen in my life. Even the edges of their little ears were sunburned. She cried, "Mom, somebody dumped them on the side of the road in a box and I just couldn't leave them!" I said O.K., but tomorrow they go to the animal league to find homes. Well, the next day came and the shelter was full. The only other option was the pound and she refused to take them there to possibly meet an even worse fate than they had already endured. My daughter now had three cats.

When she died, I didn't know what to do with her beloved kitties. All I knew was that I had to make sure they went to wonderful homes with people who would love them as much as she did. I took the least adoptable one home with me much to the displeasure of my resident shorthaired black cat who loved people but detested other animals. "Meadow" whose name was derived from being found by an open field, was a cute short-haired tabby and white kitty with an orangey pink nose, and a tummy that looked like a kangaroo pouch due to an improper spaying that required a subsequent second surgery. My son called the shelter where we had volunteered for so many years and it was there where we received our first miracle. An older couple had just come in looking for an older male cat. They gave us their number and we called them right away. The couple rushed over to meet Zeke, fell in love with him and happily took him home.



Now there was only one kitty left to find a home for. "Boon" received her unusual name because my daughter said she was a blessing. She was a very beautiful longhaired smokey colored tabby that had big green eyes with unusual blue rings around the outside edges. A dear friend of mine who also fostered cats heard about our tragedy and told me that she would take the kitty sight unseen. It was another miracle! These

(Continued on page 8)

(Do You Have Your Child's Pet? continued from page 5)

wonderful little miracles happened within just a couple of days after my daughter's car accident.

When the police released her belongings to us, I took her purse home placed it on the bed and left it to tend to other things. When I came back a little while later Meadow was curled up in the middle of the purse where she slept soundly the rest of the day. She missed Angela.

It's been over four years now and I still get Christmas cards with pictures of her kitties from these wonderful an-gels here on earth who took them in and gave them wonderful homes with lots of love. As I am writing this, Miss Meadow is curled up on the desk chair behind me where I'm sitting, cuddled up snugly against the small of my back, sleeping and purring softly like she always does when I'm working in my office, and I wouldn't have it any other way. It gives me great comfort to care for and love this precious little cat that my daughter rescued and loved so much.

Janet G. Reyes TCF Alamo Area Chapter, TX In Memory of my daughter Angela

## THE ONGOING WORK OF COPING WITH LOSS

By Sarah Lyman Kravits, BPUSA Sibling Co-ordinator

*Would that the work of grieving were more like shoveling snow...*

This past weekend brought the biggest snow-fall of the winter so far, about 4-5 inches, for the area where I live. On Saturday afternoon I spent an hour shoveling snow off our large driveway (large because it used to serve as a medical office of a podiatrist who lived and worked in the house years ago).

Yes, it was exhausting, and snow continued to fall while I shoveled, and I came into the house damp and trembling a little from the physical exertion. However, I have to confess something: I love snow shoveling.

Many people think I'm nuts, and maybe they are right, but it doesn't change how I feel. To me there is something so refreshingly straight-



forward about snow shoveling, so simple, so satisfying. You fill the shovel with snow and dump it out to the side, repeating the action over and over, and each time you see more snow cleared away. Gradually you produce a clear walk, a clean driveway. Your steady effort brings results that make your life easier, safer, better. All in an hour or less.

I wish the work of grieving were more like snow shoveling.

Grieving is painful, relentless, daily work, and as I do this work, the hardest I've ever had to do, I look for results. However, this work doesn't necessarily bring the gratification – whether the immediate or the delayed sort – we may expect. As we do this challenging work, often unable to see how it helps, we may even feel worse at times. Then we wonder what we are doing wrong. We wonder what we are not doing that we should be doing. Life doesn't feel easier, safer, or better, and we may wonder if the work is worth it.

Perhaps the work of showing up to grief day after day, in whatever form it presents itself, more closely resembles the act of tooth brushing. Although most of us brush our teeth, we

(Continued on page 9)



(THE ONGOING WORK OF COPING WITH LOSS  
continued from page 2)

generally don't see mind-blowing results from it on a daily basis, and for that reason we may not realize how important it is. However, the importance becomes startlingly clear if we stop. Over time, dangerous mouth and gum damage can appear, bringing severe pain, unmanageable costs, and even related health crises such as heart disease. Likewise, avoiding or putting off the work of grieving can lead to all kinds of challenges – mental and physical health issues, emotional struggles, relationship difficulties.

When we can't see or feel the potential future consequences of something done or not done, we tend to lose motivation. The absence of terrible damage is not as compelling as the presence of tremendous success. But I imagine anyone who has had to suffer that terrible damage, the damage that comes from avoidance, would have a message for us. Please, brush your teeth every day, you don't want to end up in pain as I have. Please, do the work of grieving every day, you don't want to end up feeling as I do.

I guess grieving resembles snow shoveling in one particular way: There will always be another opportunity to do it. Even as I enjoy the results of this weekend's shoveling, I know that I'm only finished for a time. As long as I'm alive on this earth, there will always be another snowstorm to shovel out from, and there will always be another day without my brother, a day that brings grief work to do.

So I try to do the work. I try to meet grief every day and ask it, what's today's assignment? It's an open-ended commitment, fueled by a fragile trust that doing the work will help me more than not doing it. Even if I can't yet see and feel the results I hope for.

(Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXII No. 1, Winter 2017, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org))

"My sister will die over and over again for the rest of my life. Grief is forever. It doesn't go away; it becomes a part of you, step for step, breath for breath. I will never stop grieving Bailey because I will never stop loving her. That's just how it is. Grief and love

are conjoined, you don't get one without the other. All I can do is love her, and love the world, emulate her by living with daring and spirit and joy" - JANDY NELSON, bereaved sibling

## Separated by Suicide

When we are separated by suicide  
From someone very dear,  
The grief that consumes our life  
Is a mixture of sorrow, anger and fear.  
The sadness from so great a loss  
Equals nothing else we've known.  
We strive ourselves to learn to cope  
But, in the end, we must be shown.  
Shown just how common the anger is  
And shown that we must not hide  
From the feelings--no matter how they hurt  
When we are separated by suicide.  
We must also learn to deal with the fear  
Of losing others that we love  
And we must confront what angers us  
Even if it's directed "above."  
It's not uncommon to feel anger with God.  
"Why didn't he just intervene?"  
And stop this terrible loss we've had.  
"Where could our God have been?"  
When we are separated by suicide  
We need support from people who care  
But, most of all, we need to be  
With others who have also "been there".  
To talk and hear from their own lips  
How they might have learned to cope  
Will help to validate our feelings  
And give us a glimmer of hope.  
Hope that one day we will return  
To a life without sorrow and pain.  
Because, when we are separated by suicide  
We have to learn to live again

By Jill Wagner  
In memory of son, Daniel Yorksie,  
10-4-68 - 12-23-94

**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 Road, Winthrop Harbor, IL. 60096**

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include the author of any written works. Send your items for the newsletter to Vicki Szech at [vszech@comcast.net](mailto: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 - 48660 Pontiac Trail, #930808, Wixom, MI - 48393 PH 877-969-0010 - Fax: 630-990-0246. The Compassionate Friends home page can be found at [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Steering Committee 2021 – 2022**

**CHAPTER LEADERSHIP** Susan Banks 847-366-9375 [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) – son, Westley Banks Age 21 of suicide

**TREASURER** Tammie Barrera 847-872-9684 [julyson2@gmail.com](mailto:julyson2@gmail.com) son, Aaron Barrera Age 29 Auto accident due to Diabetes

**COMMUNITY OUTREACH** Sue Battis 847-445-7004 [suebattis@yahoo.com](mailto:suebattis@yahoo.com) son, Nick Battis Age 24 of suicide.

**HOSPITALITY** Kris Frisby 847-366-3170 [Kefrisby88@comcast.net](mailto:Kefrisby88@comcast.net) son, Camden Frisby Age 15 of suicide.

**SECRETARY / LIBRARIAN**

**REMEMBRANCE SECRETARY** Shannon Seay 224-456-2891 [Seayseven1@comcast.net](mailto:Seayseven1@comcast.net) daughter, Ashley Seay Age 17 Auto accident.

**NEWSLETTER EDITOR** Vicki Szech 847-573-1055 [vszech@comcast.net](mailto:vszech@comcast.net) daughter, Rachel Szech Age 16 Horseback-riding Accident

**NEWSLETTER PRINTING & MAILING** Toni Nesheim 847-204-7585 [tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net) & Denny Salomonson, 847-223-7353 [drdeno@sbcglobal.net](mailto:drdeno@sbcglobal.net) - daughter, Rachel Salomonson, 19 Auto accident

**WOODLAND WALK COORDINATORS** Christine Pado 847-455-6642 [chpado@gmail.com](mailto:chpado@gmail.com) - daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

**FACILITATORS AT HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. SPANISH AND ENGLISH.** Mirtha Vidal 847-293-1658 [mirthavidal1213@yahoo.com](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto:rvidal1027@yahoo.com), son Raphael Vidal age 17 of suicide. Mirtha is available by phone call or email.

**FACILITADORES EN HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL.** Española e inglés. Mirtha Vidal 847-293-1658 [mirthavidal1213@yahoo.com](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto:rvidal1027@yahoo.com), hijo Raphael Vidal de 17 años de suicidio. Mirtha está disponible por teléfono o correo electrónico.

**Northern Lake County IL Chapter #1511** <http://www.iltcf.org/index.html>

**NORTHERN LAKE COUNTY COMPASSIONATE FRIENDS FACEBOOK** page <https://www.facebook.com/cfoncil>

**Facebook Pages for Siblings - The Sounds of the Siblings:** <https://www.facebook.com/groups/21358475781/>

**TCF SIBS:** <https://www.facebook.com/groups/tcfsibs/>