



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

May 2022 Newsletter



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



Chapter Leader Notes from Susan

Dear Friends,

It is the month of May. It sure has been a chilly start to spring, but the weather will improve, and signs of spring will be everywhere. I see my gardens are just starting to sprout and I see pops of spring flower colors in my neighbors' gardens. I hope you have an opportunity to go outside and participate in the all the activities you might enjoy.

Every year on the first Sunday in May, International Bereaved Mother's Day honors mothers who have lost a child. It's also a day to recognize women who cannot be a mother due to infertility or other health reasons. One of the hardest days for many women around the world is Mother's Day. This day can be very difficult because they have lost a child. The loss of a child is one of the worst traumas a human being can experience. When a child dies, a mother loses a piece of her own heart. Not only that, but she also loses all that she looked forward to in seeing that child fulfill their potential. Bereaved Mother's Day gives us a moment to share about our children who have gone too soon, in a world that often would rather we didn't. Wishing a Gentle Bereaved Mother's Day to all the mothers who can only hold their child in their hearts.

On Sunday May 8, 2022, will be Mother's Day all around the world. My first Mother's Day without my son, Westley was so very bittersweet. I shared the day with my son, Landan and my daughter, Marillys. They were so kind and gentle with the day. As the years have passed, each Mother's Day has a unique signature. Because each year since Westley

died has its own unique signature as I mourn the loss of him.

My wish to you and from all who love you ~

I want you to know...

That you are a beautiful gift to so many. I hope you know how much you are appreciated ~ today and every day. And that you are being wished a beautiful day, a year filled with all you hope for ~ And all the happiness you deserve.

Jason Blume

Be gentle with yourself, enjoy the loved ones who gather around you and those away from home. I know we will be remembering and thinking of the child who has gone too soon. We begin to remember not just that you died, but that you lived ~ And that your life gave us memories too beautiful to forget.

May you find the peace you need to have a Happy Mother's Day. And I wish you a heartwarming and delightful month of May.

Your friend,
Susan
Westley's mom

Dates to Remember

Mother's Day weekend is May 7 and 8th. I am moving our Adopt a Highway Clean-up to the next weekend Saturday May 14, 2022, at 9:00 am for our spring clean-up. The rain date is Saturday May 21, 2022, at 9:00 am. More information on page 9.



GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the passionate 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.

Thanks to Charles & Diana Laufer
For their gift of love
In memory of their son
Adam Michael Laufer

"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.

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.



~ PRACTICAL ADVICE ~

Getting Through the First Anniversary of Your Loved One's Death

You have gotten through one year of those "awful firsts." For example, your first birthday without your loved one being present, or the first Thanksgiving, Mother's Day, Father's Day, Valentine's Day, your wedding anniversary, or some special day that was unique for both of you. Getting through the first year is hard, and each of these first occasions may bring up the sadness of living without your loved one. After these special days have passed, you may feel that the worst is behind you. But these feelings may continue to arise in future years on special days.

You cannot know what is in store for you during your grief journey. It is different for each of us. After making it through the "year of firsts," you begin to see and know that you will survive. You made it through the funeral or memorial service, read all the condolence notes, and took a flood of calls. Then the quiet times settled in, when the calls and the notes stop coming, and the visits from well-wishers are fewer and farther apart. You have faced some of the difficult milestones. You have gotten this far with courage and perseverance. Now you may be asking yourself, "Isn't this enough?" Unfortunately, grieving does not "turn off" after one year. Time does not erase the past, but it does provide the space to think about your loved one, heal from the loss and find meaning. Anniversaries and other reminders, although painful at first, do become easier. These important dates can become opportunities to revisit the happy memories that made your loved one special, and to create memorial traditions.

(Continued on page 7)



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN MAY & 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>Erin Dinklenburg</i>	<i>May 1</i>	Daughter of Kelli Brooks
<i>Rachel Salomonson</i>	<i>May 2</i>	Daughter of Toni Nesheim & Denny Salomonson
<i>Amy Fry-Pitzen</i>	<i>May 3</i>	Daughter of Alana Anderson
<i>John Francis Thumel</i>	<i>May 6</i>	Son of Laura & Mike Thumel
<i>Rachel Elizabeth Szech</i>	<i>May 9</i>	Daughter of Vicki Szech Sister of Andrew Szech
<i>Carlos Cantu</i>	<i>May 18</i>	Son of Mateo & Lucy Cantu
<i>Rachel Elaine Robertson</i>	<i>May 21</i>	Daughter of Regan Robertson
<i>Jacilynn Wright</i>	<i>May 26</i>	Daughter of Michell Wright Niece of Susan Banks
<i>Sven Christian Reinhard</i>	<i>May 28</i>	Son of Astrid Reinhard
<i>Tony Trevithick</i>	<i>May 28</i>	Son of Tony Trevithick Jr.
<i>Adam Michael Laufer</i>	<i>May 30</i>	Son of Charles & Diana Laufer
<i>Raegan Lee Migacz</i>	<i>May 31</i>	Daughter of Dan & Callen Migacz
<i>Edgar O Villareal</i>	<i>June 2</i>	Son of Guadalupe Villareal
<i>Sage Cue</i>	<i>June 3</i>	Daughter of Ben Cue & Jennifer Peterson-Cue
<i>Brian Langevin</i>	<i>June 4</i>	Son of Claudia Smith
<i>Westley Banks</i>	<i>June 6</i>	Son of Susan Banks
<i>Robert William Corbett</i>	<i>June 6</i>	Son of Mary Ann & Robert Corbett
<i>.James (Jim) Grazier</i>	<i>June 9</i>	Son of Robert & Mary Ann Grazier
<i>Brandon Reif</i>	<i>June 10</i>	Son of Marcy Reif
<i>Lila Ruffolo</i>	<i>June 12</i>	Daughter of Jenny & Rick Selle
<i>Jose A Barrera</i>	<i>June 17</i>	Son of Lorena Alcala & Orsy Barrera
<i>Elora Montgomery</i>	<i>June 17</i>	Daughter of Linda & Christopher Montgomery
<i>Pressley Suzanne McHugh</i>	<i>June 20</i>	Daughter of Kari McHugh
<i>David Nesheim</i>	<i>June 22</i>	Brother of Toni Nesheim
<i>Heather Donnelly</i>	<i>June 26</i>	Daughter of Daniel Donnelly
<i>Luis F Reyes</i>	<i>June 30</i>	Son of Felipe & Margarita Reyes

ANNIVERSARIES

<i>Donette Klawonn</i>	<i>May 1</i>	Daughter of Raymond & Dorothy Klawonn
<i>Josh Summers</i>	<i>May 3</i>	Son of Tina VanderMeer Grandson of Larry & Cheryl Armstrong
<i>Carlos Cantu</i>	<i>May 3</i>	Son of Mateo & Lucy Cantu
<i>Colin Henderson</i>	<i>May 6</i>	Son of Lisa Henderson
<i>Jeff Stirnichuk</i>	<i>May 9</i>	Son of Mary Wagner
<i>Amanda Lauren Cecchi</i>	<i>May 10</i>	Daughter of Kim & Steve Cecchi
<i>Alina Mejdouli</i>	<i>May 12</i>	Daughter of Amada Booras
<i>Timothy James Pitzen</i>	<i>May 13</i>	Missing grandson of Alana Anderson
<i>Amy Fry-Pitzen</i>	<i>May 14</i>	Daughter of Alana Anderson
<i>Adam Michael Laufer</i>	<i>May 19</i>	Son of Charles & Diana Laufer
<i>Rusty Anderson</i>	<i>May 30</i>	Son of Forest & Christine Anderson
<i>Scott Levin</i>	<i>June 1</i>	Son of Lynda Levin
<i>Brian Langevin</i>	<i>June 3</i>	Son of Claudia Smith
<i>Raegan Lee Migacz</i>	<i>June 4</i>	Daughter of Dan & Callen Migacz
<i>Marcia Castillo</i>	<i>June 8</i>	Daughter of Sissy & Arthur Castillo
<i>Josephine Stewart</i>	<i>June 9</i>	Sister of Mary (Angel) Barrera
<i>Ruthie Johnson</i>	<i>June 17</i>	Sister of Paula Ali
<i>Robert Corbett</i>	<i>June 30</i>	Son of Mary Ellen & Robert Corbett



When you listen to those who've lost a loved one it doesn't take long before you begin to hear the sad retelling of friendships lost or damaged and complaints of feeling isolated by family members. The unfortunate result, for the person who is grieving, is a deepening sadness and bewilderment wondering...

Why are the people I thought would always be there for me unable to stand by me?

One Word Answer: Vulnerability

Your loss, of a child, (spouse, parent or friend,) makes other people feel weak, defenseless & helpless. It challenges their sense of control and makes them face their own greatest fears of losing a loved one. For them to stand with your pain, they must touch a place in themselves they don't want to go to.

You were most likely this same person prior to your loss. I know I was and I'm sure I didn't show up in the best way possible for friends who needed me. Because back then, like your friends now, I had a choice. But now, like you, I don't get to choose the amount of vulnerability I expose myself to – the death of a loved one mandates that we step into vulnerability. And I'm not talking putting our toe in the water – it's a

cannon ball type of immersion into vulnerability!

There lies the difference between you and them – **They get to choose** to walk away from those feelings, protect themselves and take shelter from the raw, vulnerable, burn of an unexpected death. They get to slather up with Vulnerability Protection Factor 50 (VPF50) and go on with their lives. Appropriately protected from the damaging effects of feeling too deeply.

You don't/didn't get to choose and you can no longer slather yourself in VPF50 and pretend that the universal laws of life and death don't apply to you. You, my friend, are raw and opened up to all of life's most scary realities... and it burns hotter when we reach out for support and don't get what we need.

Brene Brown (my girl crush) has the best **TED talk on vulnerability** and it will change the way you see the healing potential of embracing this tough emotion.

It's Not Personal & It's Not Intentional

Most of our friends and family mean well and are doing the best they know how with the skills they have. The skills we have at any given moment are a culmination of our lives' experiences. Let go of wondering why they can't just say and do the perfect thing, they might not have the experiences you need them to have to do that.

(Continued on page 5)

(Why We Lose Friends after the Death of a Loved One continued from page 4)

One reason we lose friends after a loved one dies is that we expect them to know what we need using our life experience as the reference point. The perfect example of using our own life to scale others' experiences is the comment, "I know how you feel, I lost my: dog, cat, goldfish, great-aunt, teddy bear(fill in the blank with something you perceive to be less than your loss here)." The person is trying to connect with you based on his/her own experience and that's the best they can do... whether you like it or not.

Just as you wouldn't go to your dentist to deliver a baby, be realistic about what your friend's strengths are and how they can support you. Perhaps you have a dear friend who sucks at hearing your stories of sadness, but she is great at bringing home baked cookies unannounced. She is showing up in the best way she can, honor that in her and don't make her the bad guy when she can't do what she doesn't know/can't do.

How do I make my friends get it?

You don't.

Your job is to continue to do the hard work of healing fully and reap the benefits of doing the work.

Your job is NOT to make your grief journey about what or how other people respond to you. If you want to make it about how other people are reacting, then do that by your own actions. Your authenticity and truth about what heals you and owning your journey will make people take notice – in a positive, cultural paradigm shifting way.

Being angry, resentful, bitter and complaining that people don't act the way you want does two things: It prevents you from healing. It perpetuates the exact problem you are complaining about.

Demonstrate how vulnerability can create deeper empathy for others suffering by embracing your healing. As Mahatma Ghandi said, "Be the change you wish to see in the world". Your journey isn't about changing other people, it's about changing yourself for the better. Working to become a better, more compassionate citizen of the world because of your loss.

Yours is a sacred journey, not a Disneyland vacation. Choose your companions wisely.

You could go to Disneyland with just about anyone and everything would be ponies & rainbows. The sacred journey of deep healing decrees that we carefully select our cohorts. For these types of journeys, it's better to have a small group of fierce healing warriors in the arena with you than a thousand fans cheering you on from the stands. (truth is we need both)

I am not suggesting that you 'unfriend' people who aren't able to stand in the fire with you. Rather cast the characters in your life story in the roles they can best play. We need all types of people in our world! Most importantly, seek to surround yourself with those who can

(Continued on page 6)

(Why We Lose Friends after the Death of a Loved One continued from page 5)

stand in the fire with you. Join a support group, an online community, attend a retreat or whatever you need to do to cast the other roles that your current friends and family can't fill.

*Paula Stephens www.crazygoodgrief.com
Paula was a past Keynote Speaker and workshop presenter at the BPUSA Gathering Conference.*

(Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXVI No. 2, SPRING 2021, www.bereavedparentsusa.org)

I see you.

This Mother's Day won't be easy for you,
And your sorrow is not overlooked.
I'm grieving alongside you
And holding you tenderly in my heart.



I



The 45th TCF National Conference August 5-7, 2022 in Houston, TX.

We are very pleased to welcome back TCF's annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly under

stand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves. Conference registration will open in mid-March.

This year's conference will be held at the Marriott Marquis Houston. Reservations can now be made at: <https://book.passkey.com/event/50293231/owner/14793349/home> at TCF's dedicated reservation link. TCF's discounted room rate with Marriott is \$149 per night plus tax. Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

A BEREAVED MOTHER'S LOVE By Jessi Snapp

There is a love so pure, so tender, so strong. A love that spans over a lifetime and pours in and out of other realms. It is higher than the stars that fill the moonlit skies. Wider than the earth itself. It is deeper than the most forbidding places of the ocean. A love that radiates brighter than the sun and pulls just as mercilessly as a black hole. A love that is insurmountable in all regards. It is a love that transcends time and is completely unrestrained. It is free.

There is a love so sacred, so cherished, and true. A love that is incomprehensible to the world around. A love that can exist where others think it wouldn't. A love so perfectly intertwined deep within your heart, your soul. A love that makes the because it's beauty and depth is it sheds beauty upon the earth

Nothing compares to this love.

(Continued on page 7)

(A BEREAVED MOTHER'S LOVE)

This love – it does exist. It exists can exist even though unseen. remaining, it still survives. But More and more each day this love wildflowers in an untouched never run dry and the gusts of its

The depth and intensity of such about in fairy tales and happily something far from that. This love grounds. It lingers in silent tears the most isolated place. It lives to longer. This love rests in the irrecoverable pieces of our souls and the gaping wounds of our shattered hearts. It sways elegantly with joy in the darkest places of desolation and despair. For even in darkness it continues to grow and rejoice.

It is beauty and chaos released in the same breath.

This love – this unchanging, unwavering, unbreakable love – is that of a broken heart.



This love belongs to the bereaved mother. For even in death, she loves endlessly. For even in darkness, her love is scintillating. Not even death could extinguish this love, for it is a love like no other. Unmatched and

unparalleled – it is truly one of a kind.

The beautiful love of mother and child – put to the ultimate test and stretched far past the breaking point. Yet it remains untouched – only to grow stronger with each pull. The world stands idly by waiting for the bond to break. For the bereaved mother to let it go –

to give up. Little do they know, they will wait for an eternity.

The love of a bereaved mother is a force to be reckoned with. A force so powerful that nothing can stand in its way. Time nor death can change it. Sorrow nor pain can break it.

This love – it is our love. It survives where they are not. It is the love that occupies the space in our hearts and in our lives where they once were. This love saves a sacred space for them. It exists only because they lived. It remains even though they left. It is neither theory nor fiction – it is an incredible, powerful truth.

The love of a bereaved mother is an implausible, fierce, interminable love that defies all odds.

This love is what has taken root in every single cell of my body and pulses through my veins with purpose and meaning. This love has wiped my soul clean. It has changed my very being. This love lightens the burden of loss. For it is this love that makes the pain more bearable. Perhaps, even worthwhile.

Death does not define me – it is life and this love that defines me. It is this love that has changed the course of my life and has separated me from the rest of the world. This love – it is my love. And for the life of me – I will never let it go. It is the one thing that binds my broken soul. This love – it is what keeps me going. It is the echo that ripples from all that I do. And all that I am.

No matter the distance, no matter the time – this love is prevailing. And it is mine.

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXI No. 2, SPRING 2016, www.bereavedparentsusa.org)



LOSING A SIBLING: A DIFFERENT KIND OF GRIEF

From Science Care

A child's loss of a parent or a parent's loss of a child leads to immeasurable grief over generational loss. Loss of a sibling creates a particular kind of "horizontal" grief in which shared histories and futures are fractured, creating uncertainties and insecurities that are often unacknowledged or misunderstood. As a result, surviving siblings may suffer from long-term depression. Because of this, surviving siblings are often called "forgotten mourners."

When an adult loses a sibling, especially one who lives far away, the surviving sibling is often left to mourn alone with much of the support directed towards the grieving spouse, children and parents.

When a senior citizen loses a sibling, there is often a lack of good support as society accepts death easier when it comes at an older age. But sibling loss is painful at any age. A senior who has lost a sibling is likely revisiting feelings of other losses including parents, spouses and friends, and likely has fewer family members to offer comfort and support.

Common Feelings for Adult Survivors of Sibling

Survivor guilt. Surviving siblings can suffer from feelings of failure to protect their sibling, or failure to be supportive of the sibling in life.

Guilt over a rocky childhood. Siblings commonly outgrow childhood rivalries, but guilt over past tensions can surface even when the adult sibling relationship has been strong.

Anger. A surviving sibling may feel stress or even anger over roles that he is now expected to fulfill such as caring for the nieces, nephews or aging parents.

Distress. The decisions at time of death often fall onto surviving siblings who must agree on arrangements such as burial or cremation, whole body donation, organ donation, and memorial services. Funeral expenses can be very expensive and surviving siblings are often accountable for the financial burden of these arrangements.

Fear. A surviving sibling may become fearful of the end of life and have anxiety of how their own families will manage without them.

Getting over the Loss, or Allowing Yourself Not to

Siblings can try to stay connected through shared memories, in family discussions, and in memorials. Journaling or sharing your thoughts with others you do not know can also help healing. Blog spots such as <http://losing-a-sibling.blogspot.com> have become a place for individuals to share grief with others who have lost siblings. Remembering your sibling does not have to be sorrowful. Laugh at the memory of the time your sister tried to pierce your ears, or when your brother tried to teach you how to ride a bike.



A Change of date for the Adopt a Highway Clean-up.

Mother's Day weekend is May 7 and 8th. I am moving our Adopt a Highway Clean-up to the next weekend Saturday May 14, 2022, at 9:00am for our spring clean-up. The rain date is Saturday May 21, 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.

Our fifth Adopt a Highway event for our Northern Lake County IL chapter of The Compassionate Friends is SATURDAY May 14. Meet at 8:45 am to review rules and safety guidelines. (Walmart parking lot on the garden side).

According to the rules we will need to begin on one side of the road, cleaning as we walk, cross the road at the end and walk back, cleaning as we walk to where we started. We can organize with more detail at the site on the May 14th. The section of road we have adopted 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 miles. There is a sign with our group name identifying the location. A few things to know for the cleanup: Masks are optional, and we will socially distance. No children under 10 are allowed. Wear long sleeves, long pants, a hat, and gloves that are water- proof. Bring water, bug spray and sunscreen. Bring a "grabber" if you have one or we have grabbers to share.

Please review the video for your information before joining us at our event.

<https://lakecountyil.new.swagit.com/videos/16309>

(Losing a Sibling: A Different Kind of Grief)

Society often encourages bereaved individuals to feel guilty for grieving too long. There is no magic technique that will make the grief go

away. There is no defined right way to grieve in the length of time that one is expected to move on.

Moving on with your life does not have to mean forgetting your lost loved one. In fact, allowing yourself to hold your grief in a special place in your heart can help you to be okay to move on with your life.

In this moving video, Billy Bob Thornton talks about why it is okay to allow grief in your life. <https://www.youtube.com/watch?v=4Pn3y7S5FAw>

There are many ways to create a living memorial by turning grief into something positive, including continuing charitable work your sibling did, establishing a fund in honor of your sibling, and being a good listener for another person going through a similar loss. Remember your sibling by pursuing the happiness your sibling would want you to have.

(Borrowed from A Journey Together, National Newsletter of the Bereaved Parents of USA Spring 2016 Volume XXI No. 2)



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 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

Steering Committee 2021 – 2022

CHAPTER LEADERSHIP Susan Banks 847-366-9375 lanwesmar@comcast.net – son, Westley Banks Age 21 of suicide

TREASURER Tammie Barrera 847-872-9684 julyson2@gmail.com son, Aaron Barrera Age 29 Auto accident due to Diabetes

COMMUNITY OUTREACH Sue Battis 847-445-7004 suebattis@yahoo.com son, Nick Battis Age 24 of suicide.

HOSPITALITY Kris Frisby 847-366-3170 Kefrisby88@comcast.net son, Camden Frisby Age 15 of suicide.

SECRETARY / LIBRARIAN

REMEMBRANCE SECRETARY Shannon Seay 224-456-2891 Seayseven1@comcast.net daughter, Ashley Seay Age 17 Auto accident.

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

NEWSLETTER PRINTING & MAILING Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net & Denny Salomonson, 847-223-7353 drdeno@sbcglobal.net - daughter, Rachel Salomonson, 19 Auto accident

WOODLAND WALK COORDINATORS Christine Pado 847-455-6642 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 & Raphael Vidal 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 & Raphael Vidal 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/>