



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

November, 2015 Newsletter



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



## Chapter Leader Notes from Toni

Thankful for what ...?

About two years after my daughter died at age 19, I was asked what good had come or what had I learned from her death. I thought and thought and responded, "I can't think of any good thing that has come about because of my daughter's death. I can't think of anything that I have learned from her death except deep, debilitating grief."

So now we fast-forward and it has been 10 years since my daughter's death on November 15, 2005. I still don't have quick answers to the questions posed to me years ago. I still can't think of any **good** thing that came as a result of my daughter's death. Not one thing. The lessons I have learned are lessons I could have successfully lived my life without ever learning. Sounds cynical? Maybe.

The one abiding thing I have learned in the wake of my daughter, Rachel's death, is to be thankful. I haven't necessarily become good at voicing or demonstrating my thankfulness to those around me but I have become thankful, grateful and more appreciative of people, family, friends, nature and the small things in life.

My thankfulness may be something of a strategy for self-preservation given to me by genetics or from a power greater than me. It doesn't matter. It is a positive in my life that helps me through each day.

As we enter the season of family and thanksgiving, I have found some authors who have made statements about gratitude that rang true for me and perhaps will ring true for you as well:

***"Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts."***

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."*

***"Say not in grief that she is no more but say in thankfulness that she was. A death is not the extinguishing of a light, but the putting out of the lamp because the dawn has come."*** - R. Tagore

***"I am not a perfect person. I make a lot of mistakes. But I really appreciate those people who stay with me after knowing how I really am."*** - Anonymous



***Wishing you comfort and gentleness this Thanksgiving.***

### PHOTOS OF LOVED ONES

### FOR CANDLE LIGHTING CEREMONY

This year, we plan to include a photo presentation of our loved ones, at our annual candle lighting ceremony. We are inviting you to mail or electronically send 1-2 photos of your loved one so that we can compose a power point/slide show to be shown at the candle lighting ceremony on Sunday, December 13<sup>th</sup>.

Please send the photos to either of the following addresses:

Remember to include the person's name and date of birth and date of death.

Toni Nesheim

Compassionate Friends

374 Clarewood Circle Grayslake IL 60030

Email and attach a photo to:

[tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net)

If you have any questions, please call Toni at  
847-204-7585



## GIFTS OF LOVE

A love gift is a gift of money or of time given \* 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.

Thanks to the Mary Ann ad Robert Grazier  
for their donation  
in loving memory of  
Barry J Grazier & James R Grazier

"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.



It's been almost two years now, another holiday season rolls around. The second Thanksgiving without you is this week. It's just a stupid day, a day where people eat Turkey and watch football why should I care?

There is no one to visit me this year; there is no one here who cares. The numbness is creeping in. The pain so deep, I can't breathe, I can't think, I can't stand it. All day long I think of you, but why? Why is today any different than any other day?

Is it holiday traditions lost? Is it knowing millions of parents everywhere will be with their children this week but I won't be with you? Is it remembering the closeness and laughter on this day throughout the years? Why do the tears fill my eyes and my heart hurt so?

Maybe somewhere deep down inside I am asking myself what am I thankful for and this question is so very hard since you are gone. When someone first told me to be thankful for the years I spent with you or to be thankful I had you in my life I wanted to punch them and scream leave me alone you don't understand!

But now I understand because I am eternally grateful for those years. Today almost two years since you left this place, my second Thanksgiving without you here I am thankful for all the love we shared. I am thankful for the gift of Motherhood you each gave me, the greatest gift of all.

On the good days now, which two years since you left this place there are more good days than not, but on the good days, I can't begin to count how many things I am thankful for. But if I had to pick just one thing on Thursday as I say my prayers, I would have to say I am most grateful for each day I spend with both of you tucked safely in my heart!

Deana L. Martin In Memory of my children,  
Amanda Suzanne Mills and Logan Robert Mills

(Borrowed from TCF of the Greater Kankakee Area Newsletter, Nov. 2015)

## Meetings

### Northern Illinois Chapter TCF December 19 – 7:30 p.m.

Millburn Congregational Church  
Grass Lake Road & Rt. 45, Millburn, IL  
Open discussion & Show & Tell

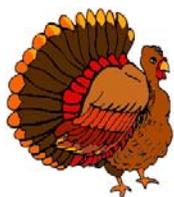
"Bring any memento, photo, toy,  
artwork, writings, etc. of your loved one  
and share it and its significance to you  
with the group"

### Waukegan meeting

January 2 – 7 p.m. to 9 p.m.  
Holy Family Church  
450 Keller Street, Waukegan, IL  
Meeting room Room 4.

Entrance 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 4.



## OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN NOVEMBER & DECEMBER

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. 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

### BIRTHDAYS

|                            |                    |   |
|----------------------------|--------------------|---|
| <b>Selene Martinez</b>     | <b>November 1</b>  | Daughter of Manuel & Lidia Martinez     |
| <b>Christopher Jackson</b> | <b>November 6</b>  | Son of Pamela Burt & Jeff Jackson       |
| <b>Carrie Seger</b>        | <b>November 10</b> | Daughter of Sandy Seger                 |
| <b>Jeremy M Govekar</b>    | <b>November 12</b> | Son of Maggie McGaughey                 |
| <b>Lisa Rosemann</b>       | <b>November 16</b> | Daughter of Pat & Craig Rosemann        |
| <b>Douglas Ramsay</b>      | <b>November 17</b> | Son of Carlene Ramsay                   |
| <b>Eric Friedle</b>        | <b>November 19</b> | Son of Dennis & Diane Friedle           |
| <b>Amy Jo Baldwin</b>      | <b>November 21</b> | Daughter of Mike & Sheila Baldwin       |
| <b>Zachary Taylor</b>      | <b>November 30</b> | Son of Mike Taylor & Karen Adams-Taylor |
| <b>Joey Frase</b>          | <b>December 11</b> | Son of Cathy Frase                      |
| <b>Anthony Clemente</b>    | <b>December 12</b> | Son of Becky Wolf                       |
| <b>Ryan James Nichols</b>  | <b>December 12</b> | Son of Jackie & Jim Nichols             |
| <b>Kerrin Fleming</b>      | <b>December 16</b> | Son of Barbara Fleming                  |
| <b>Zack A Maslanich</b>    | <b>December 18</b> | Son of Karen Zimmerman                  |
| <b>Mark Yates</b>          | <b>December 20</b> | Son of Linda Hegg                       |
| <b>Barry J Grazier</b>     | <b>December 22</b> | Son of Robert & Mary Ann Grazier        |

### ANNIVERSARIES

|                                  |                    |   |
|----------------------------------|--------------------|---|
| <b>Lila Ruffolo</b>              | <b>November 1</b>  | Daughter of Jenny & Rick Selle              |
| <b>Tony Malic</b>                | <b>November 1</b>  | Son of Julia Markich                        |
|                                  |                    | Brother of Mary Lund                        |
| <b>Andrew C Perkins</b>          | <b>November 3</b>  | Son of Richard & Thelma Perkin              |
| <b>Christopher Jackson</b>       | <b>November 5</b>  | Son of Pamela Burt & Jeff Jackson           |
| <b>Rachel Salomonson</b>         | <b>November 15</b> | Daughter of Toni Nesheim & Denny Salomonson |
| <b>Kyle Glueck</b>               | <b>November 17</b> | Dolores Krason                              |
| <b>Aaron Barrera</b>             | <b>November 18</b> | Son of Tammie & Ernie Barrera               |
| <b>Megan Candice Grace</b>       | <b>November 18</b> | Daughter of Tim & Marilyn Grace             |
| <b>Nicole Parfill</b>            | <b>November 19</b> | Daughter of Robin Parfitt                   |
| <b>Sven Christian Reinhard</b>   | <b>November 22</b> | Son of Astrid Reinhard                      |
| <b>Rachel Elaine Robertson</b>   | <b>November 23</b> | Daughter of Regan Robertson                 |
| <b>Alexandria (Alex) Scarbro</b> | <b>November 24</b> | Daughter of David Scarbro                   |
| <b>Mark Yates</b>                | <b>November 24</b> | Son of Richard & Linda Hegg                 |
| <b>Elizabeth Mary Foresta</b>    | <b>November 28</b> | Daughter of Al & Mary Foresta               |
| <b>Zack Maslanich</b>            | <b>November 30</b> | Son of Karen Zimmerman                      |
| <b>Rachel Elizabeth Szech</b>    | <b>January 2</b>   | Daughter of Chester & Vicki Szech           |
| <b>Mike Reardon</b>              | <b>December 6</b>  | Son of Sonia & Jim Reardon                  |
| <b>Andrew Muno</b>               | <b>December 15</b> | Son of Darlene Muno                         |
| <b>Scott Ewing</b>               | <b>December 16</b> | Son of Alan & Renee Ewing                   |

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

## *Practical Advice*

by Paula Stephens

### What I Wish More People Understood About Losing A Child

Four and half years after the death of my oldest son, I finally went to a grief support group for parents who have lost children. I went to support a friend who recently lost her son. I'm not sure I would've gone except that when I was in her shoes, four years ago, I wish I would've had a friend to go with me. Losing a child is the loneliest, most desolate journey a person can take and the only people who can come close to appreciating it are those who share the experience.

The meeting was a local support group chapter, an organization solely dedicated to providing support for those who have lost children, grandchildren or siblings. The facilitator was a tall gentleman who had lost his 17 year-old son eight years ago. He opened the meeting by saying that dues to belong to the club are more than anyone would ever want to pay. Well, he couldn't be more correct: no one wants to belong to this group.

The group of incredible survivors included parents whose children had been murdered, or killed by drunk drivers, accidental overdose, alcoholism, suicide and freak accidents. The children's ages ranged from 6-38 years old. When hearing the stories, I had a visceral reaction to being part of this "club," but was also humbled by the greatness of these mothers and fathers. Most of what I share in this article came from this meeting, but also from my own experience of having lost a child and being four years into that lifelong journey of healing from deep grief. The following five tips can be your compass to help you navigate how to give support to grieving parents on a sacred journey they never wanted to take.

#### 1. Remember our children.

The loss of children is a pain all bereaved parents share, and it is a degree of suffering that is impossible to grasp without experiencing it first hand. Often, when we know someone else is experiencing grief, our discomfort keeps us from approaching it head on. But we want the world to remember our child or children, no matter how young or old our child was. If you see something that reminds you of my child, tell me. If you are reminded at the holidays or on his birthday that I am missing my son, please tell me you remember him. And when I speak his name or relive memories relive them with me, don't shrink away. If you never met my son, don't be afraid to ask about him. One of my greatest joys is talking about Brandon.

#### 2. Accept that you can't "fix" us.

An out-of-order death such as child loss breaks a person (especially a parent) in a way that is not fixable or solvable — ever! We will learn to pick up the pieces and move forward, but our lives will never be the same. Every grieving parent must find a way to continue to live with loss, and it's a solitary journey. We appreciate your support and hope you can be patient with us as we find our way.

Please: don't tell us it's time to get back to life, that's it's been long enough, or that time heals all wounds. We welcome your support and love, and we know sometimes it hard to watch, but our sense of brokenness isn't going to go away. It is something to observe, recognize, accept.

#### 3. Know that there are at least two days a year we need a time out.

We still count birthdays and fantasize what our child would be like if he/she were still living. Birthdays are especially hard for us. Our hearts ache to celebrate our child's arrival into this world, but we are left becoming intensely aware of the hole in our hearts instead. Some parents create rituals or have parties while others prefer solitude. Either way, we are likely going to need time to process the marking of another year without our child.

Then there's the anniversary of the date our child became an angel. This is a remarkable process similar to a parent of a newborn, first counting the days, then months then the one-year anniversary, marking the time on the other side of that crevasse in our lives. No matter how many years go by, the anniversary date of when our child died brings back deeply emotional memories and painful feelings (particularly if there is trauma associated with the child's death). The days leading up to that day can feel like impending doom or like it's hard to breathe. We may or may not share with you what's happening.

This is where the process of remembrance will help. If you have heard me speak of my child or

(Continued on page 5)

(What I Wish More People Understood About Losing A Child continued from page 4)

supported me in remembering him/her, you will be able to put the pieces together and know when these tough days are approaching.

4. Realize that we struggle every day with happiness.

It's an ongoing battle to balance the pain and guilt of outliving your child with the desire to live in a way that honors them and their time on this earth.

I remember going on a family cruise eighteen months after Brandon died. On the first day, I stood at the back of the ship and bawled that I wasn't sharing this experience with him. Then I had to steady myself, and recognize that I was also creating memories with my surviving sons, and enjoying the time with them in the present moment.

As bereaved parents, we are constantly balancing holding grief in one hand and a happy life after loss in the other. You might observe this when you are with us at a wedding, graduation or other milestone celebration. Don't walk away — witness it with us and be part of our process.

Practical Advice 5. Accept the fact that our loss might make you uncomfortable.

Our loss is unnatural, out-of-order; it challenges your sense of safety. You may not know what to say or do, and you're afraid you might make us lose it. We've learned all of this as part of what we're learning about grief.

We will never forget our child. And in fact, our loss is always right under the surface of other emotions, even happiness. We would rather lose it because you spoke his/her name and remembered our child, than try and shield ourselves from the pain and live in denial. Grief is the pendulum swing of love. The stronger and deeper the love the more grief will be created on the other side. Consider it a sacred opportunity to stand shoulder to shoulder with someone who have endured one of life's most frightening events. Rise up with us.

Borrowed from A JOURNEY TOGETHER, National Newsletter of the Bereaved Parents of the USA, Volume XX No. 4 Fall 2015 – [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

## SURVIVING THE HOLIDAYS

By Mary Cleckley,  
Former member of the Board of



### Directors of BP/USA

If this is our first year at surviving the holidays since your child died, it is important that you accept that there are no magic words to get you through November, December and January. I'm sure you already know these months will not be the fun days you have experienced in the past. Rather than fun days, let's try to at least make them no worse. Give yourself permission during these months to fall apart when you need to and you'll probably need to! That person you lost is very important and you have that right. Better still, you have that need.

Let's talk first about tears. When you need to cry, do it! Tears are healthy. They are a sign that you are doing well, for you are allowing your grief, rather than denying it. You can't move ahead through the grief process until you've become well acquainted with the normal signs of grief. The people who care about you may feel uncomfortable when you are obviously grieving. If they haven't experienced this loss themselves, they don't understand your needs now, any more than the old proverbial man on the street. Remember how unprepared you were for the deep pain of grief? It's important that you let those caring people know that you are profoundly changed by this tragedy.

It's the time of year when friends and neighbors plan parties. Some may invite you no matter if it's the last thing on your mind. If you do decide to attend, please leave the back door open in case you need to escape. Some may mistakenly think it's possible to keep you so busy that you'll forget that your child died. You know that's impossible. No matter how well intended these plans are, they are the wrong plans for your family. Don't worry about the impact on your friends.

Thanksgiving can cause problems if you aren't ready to sit around a turkey trying to act thankful! It probably is going to be awhile before you have that ability again. You may consider having pizza that day and just pretend it's just another day.

(Continued on page 6)

(Surviving the Holidays continued from page 5)



Grief can make you do strange things! You may find you need to change lots of things that have been the ways you have observed the holidays in the past. For instance, you may decide not to have a Christmas tree this year. Some will see this as weird, but those of us who have made that same decision think it makes perfect sense. Maybe you'll ignore the holidays and run away to places where holidays aren't uppermost in most minds—maybe the beaches in Florida or California or the skiing in Colorado or a cabin in North Georgia. Maybe this is a good time to explore the treasures of New York City, Washington, D.D. or New Orleans.

You will survive the holidays better if you take control of them. Some think they have no control of anything but, if you feel that way, you probably haven't explored the possibilities that are available to you. Your brain is very curious.

If someone suggests things that are different, it rushes around madly trying to come up with a few. Here's a plan for you. First, get input from your family members for their suggestions. You already know that small children don't take too kindly to changing anything. Maybe they'll be happy about seeing what Santa brought. Afterwards, go to a nearby skating rink. Have hot dogs for all later. Also, consider some of the things in the previous paragraph.

Maybe your needs keep you at home. If so, plan to do it the easiest way. Can another member of your family have the meal? Can others bring favorite items of food to help with the meal? If not, can you have the meal on Christmas Eve. Some people do that instead of having it on Christmas Day. It leaves Christmas Day itself not so rushed. Any change seems to help. Go to a different place of worship. It's okay to cry. Sit in the back so you can either cry in peace or, if you feel a need to, you can leave.

If you feel Christmas cards are needed this year or a very few presents, could a relative or friend help with the addressing and shopping?

If you must shop yourself, select a place where there is less atmosphere such as music and decorations. Take advantage of the discount stores. Things don't have to be perfect. Give up perfections this year. Everyone will understand. Don't over do. You're already tired. Grieving is exhausting. Next year or the one after that or when- ever, you'll be ready to resume some of the old traditions. Maybe not! Some traditions may never be done again. It's up to your family.

Take care of yourself physically. If you are in a de-

pressed state, don't make it worse by overdrinking or overeating or too much caffeine. Take time for you. Read in a quiet place. Exercise by running, walking or swimming. Rest. Eat nourishing food. Establish priorities and make a list of them. Check them off as you accomplish them. This helps to maintain control. Seek help if you need it. Call one of the telephone friends listed in your newsletter or call one of your friends. Seek professional help if you feel you need it. Whatever you do, don't isolate yourself! Withdrawal is not the answer. It's important to know that you are not alone. Others out here care and understand. I am one of them. We do not have to walk this lonely road alone.

Your attitude is important. You can/will survive. You have greater strength than you know. You have already survived the worse thing that can happen. Stay flexible. If the plans you made don't seem right now, dump them! Do something on the spur of the moment that does seem right. Care not if other people don't agree or that your brain isn't too excited about it. Outsmart them all!

The New Year is ahead. Let's hope for better days. The holidays will come again and one of these days you and your family will have figured out how to survive the holidays now that things have changed for the better. Know that there will be more peaceful days ahead for you and your family. Take it as a promise!



Borrowed from A JOURNEY TOGETHER, National Newsletter of the Bereaved Parents of the USA, – [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

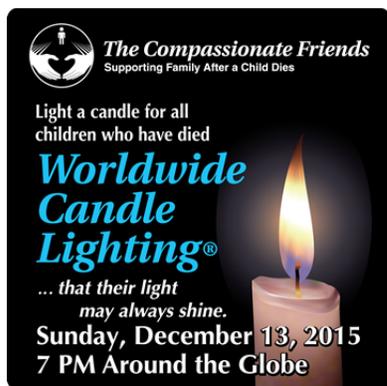
If I Can Concentrate

If I can concentrate  on the moral and spiritual side of the holidays I can make it through.

If I can absorb  the love and warmth that was the beginnings, I can give love back.

If I can share  the grief and the love that is in me  through these holidays, I can start a new year.

Tom Spray, TCF, Simi Valley, CA



## 2015 Worldwide Candle Lighting in Memory of All Children

Please mark your calendars. The 2015 Worldwide Candle Lighting will be held on December 13 at 6:30 p.m. at Millburn Congregational Church. The church is located at the intersection of Rte. 45 and Grass Lake Road, Millburn, Illinois. The Candle Lighting is open to anyone grieving the loss of a child of any age. We welcome all family members and friends to join us. Candles are provided to all. For more information you can go to our website at [www.iltcf.org](http://www.iltcf.org) or you can call Toni Nesheim at 847-204-7585.

## AN ATTITUDE OF GRATITUDE

By Martha Honn, Chapter Leader, So. IL BP/USA  
Chapter Written 11/06

(Martha and her husband Gene and their chapter were co-chairs of the 2008 Gathering in St. Louis.)

As Thanksgiving approaches, I find myself thinking of people, events, feelings and things I am grateful for. However, the first Thanksgiving after my son died I cannot say I possessed an attitude of gratitude. My 16-year-old son, Cameron, died in an automobile accident on June 4, 1999. That first Thanksgiving after he died, all I could think of was the things he didn't get to experience, the places he never got to go, items I never got to buy for him, subjects we never got to discuss, arguments I wished we hadn't had, finding out how his life would have unfolded, what he would have become, who he would have married, how many children he would have had, where he would have lived, etc., etc., etc.

If you are newly bereaved, I know you can relate to those thoughts. My head was so full of the thoughts of what death cheated Cameron out of. I felt singled out and alone. Life wasn't fair and I felt cheated. I was hurt, angry and in pain. But, along the way, I was blessed to find fellow travelers on the journey through grief. I found out that it was normal to have these thoughts. I

feared that I would forget some of Cameron's ways and mannerisms that made him so unique. I have gained strength, insight and hope from other bereaved parents. I encourage you to go to support groups for bereaved parents, siblings and grandparents and just talk. Tell your story as many times as you need to. Listen as others share their experience, strength and hope. I promise you that, if you do the grief work, and, yes, it's probably the hardest work you'll ever do, you will reach a point in time when you too can have an attitude of gratitude.



**As Thanksgiving approaches I would like to thank our Compassionate Friends for all the work they do for your chapter:**

**Toni Nesheim & Denny Salomonson  
Tammie Barrera  
Jenny & Rick Selle  
Forest & Christine Anderson  
Thelma Perkins  
Mary Foresta  
Kathleen Rettinger  
Marilyn Grace  
Charron Sloop  
Mirtha & Raphael Vidal**

The only cure for grief is to grieve.

Emotions in grief are as different as snowflakes or fingerprints. Each person mourns in a different way. There is no timetable for recovery.

Rabbi Earl Grollman

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](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, P.O. Box 3696, Oak Brook, IL 60522 3696 - PH 877-969-0010 - Fax: 630-990-0246  
Regional Coordinator, Mary Seibert PH: 815-468-6443 [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)  
The Compassionate Friends home page can be found at [www.compassionatefriends.org](http://www.compassionatefriends.org)  
There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

**CHAPTER LEADERSHIP** Toni Nesheim 847-204-7585 [tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net) *Rachel Salomonson* Age 19 – Auto accident

**TREASURER** Tammie Barrera 847-872-9684 [Julyson2@gmail.com](mailto:Julyson2@gmail.com) *Aaron Barrera* Age 29 – Auto accident due to Diabetes

**SECRETARY** Jenny & Rick Selle 847-249-4776 [jennyselle@yahoo.com](mailto:jennyselle@yahoo.com) *Lila Ruffolo* Age 24 – Auto Accident

**REMEMBRANCE SECRETARY** Thelma Perkins 262-279-6178 *Andrew C Perkins* Age 17 – Auto Accident

**LIBRARIAN** Kathleen Rettinger 847-922-7456 *Alexander Rettinger* Age 18 – Of suicide

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

**NEWSLETTER PRINTING & MAILING** Mary Foresta 847-986-4133 *Elizabeth Foresta* Age 11 – Septic Shock, Heart/Lung failure

**OUTREACH/INFORMATION** Tammie Barrera 847-872-9684 [julyson2@gmail.com](mailto:julyson2@gmail.com) *Aaron Barrera*, age 29 - insulin reaction subsequent auto accident

**STEERING COMMITTEE** Marilyn Grace 847-395-8597 [grace.marilyn@gmail.com](mailto:grace.marilyn@gmail.com) *Megan Grace* Age 15 – Hypertrophic Cardiomyopathy

Charon Sloop 847-623-2264 [charronsloop@AOL.com](mailto:charronsloop@AOL.com) *David Sloop* Age 33 – Motor Cycles accident

Mirtha Vidal 847-293-1658 [mirthavidal1213@yahoo.com](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto:rvidal1027@yahoo.com), Raphael, age 17, suicide

## 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 **Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048** or call **847-573-1055** or send an email to [vszech@comcast.net](mailto:vszech@comcast.net).