



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

October 2019 Newsletter



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

Chapter Leader Notes



UPCOMING EVENTS

Changes to HWY 45 and Grass Lake Road

The construction on Hwy 45 is almost completed and it has caused a few changes for those driving north from Gurnee or Grayslake. Be careful when driving to the Millburn meeting place in Lake Villa. Also, a new Grass Lake Road was constructed and is now Grass Lake Road and the road that we turn on to is now called **Old Grass Lake Road** and is a dead end after the church's property.

We Remember Them - Candle Lighting

The air is cool and the leaves are changing. It reminds us that the holidays are around the corner. The approaching time of year is fraught with emotional pitfalls for the bereaved. Many people have difficulty deciding what to do and how to recognize and include their loved ones that are absent.

This is why The Compassionate Friends organization holds annual candle lighting ceremonies, at the chapter level, all around the world - to remember those who have gone too soon. This is when our chapter provides a setting and ceremony for grievors to come together and have a shared experience of honoring, remembering and devoting time to

our children, siblings, and grandchildren who have died.

This year the candle lighting is on **Sunday, Dec 8, 2019 at 6:30 p.m.** It will be at **the Millburn Congregational Church of Christ, 19073 W Old Grass Lake Rd, Lake Villa.**

We will be offering luminaries for purchase. A more detailed mailing will be sent out at a later date.

Adopt-A-Highway Program

Our chapter has been notified that we have been accepted as a sponsor of a stretch of highway in northern Lake County. We will find out which stretch of road will be our responsibility by November 1.

The HeART Remembers Event

It has been generally decided after discussions with members that the "make & take" art/craft event was a success. We plan to continue with it as an annual event in lieu of balloon releases. Thanks again, to Kathleen Rettinger, Susan Banks & Tammie Barrera for making the events so pleasant and meaningful.

Be Kind to Yourself,

Toni



GIFTS OF LOVE

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

Thanks to Barbara Fleming
For her donation
in memory of her daughter
Kerrin Lee Fleming

"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.

Meetings

Lake Villa Meeting
Northern Illinois Chapter TCF
October 17 - 7:00 p.m. to 8:45 p.m.
Millburn Congregational Church
19073 W Old Grass Lake Rd
(Corner of Old Grass Lake Road & Rt. 45
Lake Villa, IL 60046

Holy Family Church
November 7
7 p.m. to 8:30 p.m.
450 Keller Street, Waukegan, IL 60085
Meeting in Room 4
Open discussion
Enter by church office then down the hall to
Room 4 on right.

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

Open Discussion

(OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN OCTOBER & NOVEMBER CONTINUED FORM PAGE 3)

Keegan Cray
November 22
Son of Kristin & Ken Willis

Sven Christian Reinhard
November 22
Son of Astrid Reinhard

Kevin Lopez
November 22
Son of Diahnn Estes Lopez

Camden Frisby
November 23
Son of Kris Frisby

Rachel Elaine Robertson
November 23
Daughter of Regan Robertson

Alexandria (Alex) Scarbro
November 24
Daughter of David Scarbro

Mark Yates
November 24
Son of Richard & Linda Hegg

Zack Maslanich
November 30
Son of Karen Zimmerman

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

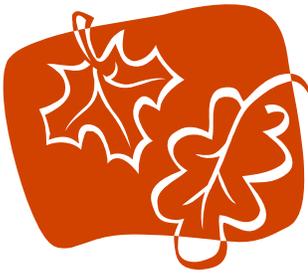
What is a Memory?

It is the faculty of beholding the golden rays of the sunset after the night has fallen.

It is the ability to bear in mind the sweet melody after the instruments have ceased playing.

It is a conversation with someone who can no longer speak and seeing a smile on a face no longer here.

By Karen Russell, National Grief Support Services
help@griefsupportservices.org &
www.griefsupportservices.org



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

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

Levi Nichols	October 4	Son of Bambi Nichols
Mark Sailors	October 9	Son of Michelle Sailors
Susan Allbee	October 11	Sister of Toni Nesheim
Marc Hawkinson	October 11	Son of Mary Kay Clark
Marleea Gerfen	October 12	Daughter of Marsha & Lee Bell
Alexandria (Alex) Scarbro	October 15	Daughter of David Scarbro
Brian Keough	October 20	Son of Kathleen Keough
Kelly Klawonn	October 23	Son of Raymond & Dorothy Klawonn
Alyssa Burnstine	October 23	Granddaughter of Judi & Stan Veouka
Aaron R Moore	October 24	Son of Rob & Sherry Moore
Colin Henderson	October 27	Son of Lisa Henderson
John "Jake" Mosansky	October 31	Son of Darlene & John Mosansky
Heidi Anne Hermann	November 2	Sister of Veronica Steif
Nick Battis	November 3	Daughter of Bonnie Brackus
Jeremy M Govekar	November 12	Son of Susan Battis
Lisa Rosemann	November 16	Son of Maggie McGaughey
Stephanie Andrea Zamarron	November 16	Daughter of Pat & Craig Rosemann
		Daughter of Vicky Zamarron & Juan Mungula
		Granddaughter of Alejandra Rodriquez & César Rojas
Nathan Clyde	November 17	Son of Valerie Clyde
		Sister of Michaela Clyde
Douglas Ramsay	November 17	Son of Carlene Ramsay
James McClintock	November 18	Son of Charles "Chip" & b Louise Knoll
Marcia Castillo	November 19	Daughter of Sissy & Arthur Castillo
Amy Jo Baldwin	November 21	Daughter of Mike & Sheila Baldwin
Amanda Lauren Cecchi	November 22	Daughter of Kim & Steve Cecchi
Mitchell Rodefer	November 24	Son of Dennis & Susan Rodefer
Zachary Taylor	November 30	Son of Mike Taylor & Karen Adams-Taylor

ANNIVERSARIES

Sharon Beth Gray	October 4	Daughter of Pam Gray
Mark Sailors	October 10	Son of Michelle Sailors
Tracie Musich	October 19	Daughter of Trisha Musich
Kerrin Fleming	October 21	Daughter of Barbara Fleming
Heather Donnelly	October 23	Daughter of Daniel Donnelly
Lila Ruffolo	November 1	Daughter of Jenny & Rick Selle
Andrew C Perkins	November 3	Son of Richard & Thelma Perkin
Rachel Salomonson	November 15	Daughter of Toni Nesheim & Denny Salomonson
Erin Dinklenburg	November 16	Daughter of Kelli Brooks
Kyle Glueck	November 17	Dolores Krason
Aaron Barrera	November 18	Son of Tammie & Ernie Barrera
Megan Candice Grace	November 18	Daughter of Tim & Marilyn Grace
Nicole Parfitt	November 19	Daughter of Robin Parfitt

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23RD ANNUAL WORLDWIDE CANDLE LIGHTING DECEMBER 8



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the 23rd annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

From Safe Passage - Words to Help the Grieving Hold Fast and Let Go by Molly Fumia

What is the etiquette of mourning?

There isn't one. After all the attempts to comfort, the suggestions shared out of love and helplessness, each mourner says his own good-byes, feels her own feelings, and moves uneasily and unevenly toward healing.

In the end, each struggling spirit, alone in the company of a few dear friends, somehow finds a way.



Halloween

The witches and hobgoblins
Were on the loose that night.
Our entryway eerily decorated
To present a gruesome sight.

Six-foot teenager dressed as Captain Hook,
Pegleg thumping on the tile,
Eye patch covering a freckled face
Accentuating a mischievous smile.

Popcorn balls concocted with delight
Lusciously snuggled in a plastic hump
Disguising a tape of wicked laughter
Guaranteed to cause a terrified jump.

Once, my darling son, this memory
of Halloween past was a time of despair.
Now, looking back, on the love you gave,
What pride I feel in a boy so fair.

The neighborhood hero to the younger set,
Adults viewed, skeptically, the pranks you played
Never in bad taste.... just good clean fun...
They will never forget the genius you displayed.

Though the tears have come,
Don't feel sorry for me.
It's just that I miss you
Oh, so desperately!

Jean Lipson, Grand Junction, CO
~reprinted from Bereaved Parents Central Savannah
River Area Chapters
October 2002 Newsletter

My Grief the Enemy



To begin with, each of us has learned that this path is horrible, it is deadly, and it is the most devastating thing any parent should have to live through. There are no magic pills, or ways of dealing with this. There are no instructions, no owner's manual, and no real things for a person to do when this strikes your family. Sure many offer advise, ideas, compassion, and even uneducated answers like " You'll Get Over It!" Which seems to be the most asinine statement on this issue. No person ever gets over the death of a child. It is impossible. That would mean forgetting all you had or did with that child. Surely the world does not want us to forget our child! Do they?

My point in that statement is this. So many who are family members of the parent who lost the child, want desperately to help and make it right. That is impossible. Especially at the time it occurs. Grief is part of the cycle we must learn to deal with and heal from. Not get over it. Grief comes in many forms. It has many different parts to heal from. There are no time limits and our society in general thinks this should be over in a matter of a few days or weeks. How can a happen, I mean how can you just turn your emotions on like a light switch? That is basically what you're asking them to do when you say "Get Over It!" So before you read more, ask yourself this. Are you willing to help heal, or just want to stop the pain? There is a difference. I am praying this article will help with both.

Healing takes time, and there are no limits on how long it may take. Also each person experiencing grief handles it differently just likes any other emotion. If you asked a counselor, how to handle emotions they too will explain each of us does it differently. So why should this emotion be any different. It is Not! I urge anyone reading this to stop and think, before you speak to those who have lost a child. So many who have not experienced this, immediately want to fix it. God only knows that is impossible. In order for it to be fixable, it would mean bring back our lost child from the hands of death. That too is impossible. So there is NO quick fix, for this emotion. So that means all you can do is allow them to heal. This too takes time, and again each of us does it so differently. My point is there is not right or wrong way in healing. But we do heal, just differently and in a different amount of time. Each of us needs to go with the cycle of grief. That is my next point.

The cycles of grief, are many: blame, anger, fault, guilt, pain, helplessness, far too many to express properly to the world at large. The circumstances of this death too play a large factor in our healing process. Each of us has come to the point of no return when this happens.

Our lives are shattered, and yet the world is saying, Hey keep moving! How can that possibly be right? Once again I refer to no right or wrong way to deal with all of this. Just as in cycles of life, we are and should allow ourselves to follow our own set of cycles in grief. The one thing I have learned and try very hard to express to the world is. Hiding from these emotions, leads too much deeper and longer lasting pain. Running from them increases our pain as well. So many think, I have to keep going, for many reasons. Be it other children in the home, jobs that require your attention, other family members or other people involved in the death of this child, other circumstances surrounding the death of this child. All of these things demand our attention; yet hinder our process or cycles of grief. So allow your family member time. Yes lots of time. Do not expect them to continue to move as if nothing has happened. It has, this death has changed your family member beyond your comprehension. Compassion is all you can give. Nothing more nothing less. There is no fixing this, so please do not try.

Giving the family time. This seems like something we all have; yet in this instance it means something completely different. Time stops, time has no meaning, time will not erase, time will not fix, time will not do anything except allow the parent to heal. Once again I say Heal. To me this is part of the societies biggest problem with this grief, our enemy. They want to rush it, they want to fix it, they want it to hurry and go away. Yes! we know it pains you to see us like this. Yes! we know it is hard to see us fall like this. Yes! we know you want to help. But, as I stated only time, heals us.

I write this article at nine years into my grief. My grief is for not for one child, but two. Yes! I said two son's. Loosing them only seven months apart all but destroyed me. It has changed me. It has given me pain in which no other human be-



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(My Grief the Enemy continued from page 5)

ing could possibly understand. Only another parent experiencing this could even comprehend this pain. So today I was asked to verbalize my feelings and thoughts on this topic. I sat for some time and decided to title this article "My Grief the Enemy" to me it is the enemy. It was hard enough to lose them, even harder to bury them. But to live after them is next to impossible. I consider myself a survivor, not just a grieving parent. I will always be grieving. But to get to this point, means I have survived not just the deaths of my boys, but the world around me who, had good and bad to deal with. I am forever changed. I am forever the non-functioning Mom. But I am their Mom, Kevin's & Kurt's. I will forever miss them, I will forever want them, but I will wait until the Lord allows me to be reunited with them in heaven.

I pray this article helps someone. That has been my goal since this first happened. I help others daily. I offer my online help to those who are new to this pain. All in the name of Kevin & Kurt. All in the fight of the enemy, Grief.

Written by Patricia McDougale
Proud Mom to Kevin Connelly & Kurt Miller
September 8, 2007

Please Pray For Our Troops
In Honor of My Angels In Heaven
Kevin 10-20-70 to 4-20-99 & Kurt 1-21-78 to 10-6-98

<http://inmemoryofkevinandkurt.homestead.com/OurAngelsInHeavenIndex.html>

Love N Hugs Pat
BRATMUS@aol.com

The Grief of Older Parents

By: Mary Cleckley
Atlanta, GA



It is difficult for society to understand the complexity of the loss of a child, no matter the age. Probably the two least understood losses are those at either end of the spectrum: the unsuccessful pregnancy, stillbirth or death shortly after birth, and the loss of an adult child. In the first case, they wonder why you grieve for someone they feel you didn't know, and in the sec-

ond case they think that because the son or daughter no longer lives at home and was no longer a part of your everyday life, with a family of his or her own, perhaps, that the pain of the death shouldn't be so bad. They seem not to understand that your children are a part of your life, for all of your life, no matter how far away they may be.

Someone has reminded us that we do not love our children anymore because they have lived long enough for the parents to watch them grow and develop. It is also important to realize that the older children aren't loved any less. You continue to love them and to develop new relationships with them. It is frustrating for older parents to have poured all that time, effort and love into rearing and shaping a child, to have done a good job and had the time to see the end result; to have been able to love and enjoy the decent, worthwhile adult who has emerged, and who is now a part of two relationships, that of parent/child and friend/friend, and now to have lost both of those relationships.

Even if the older child had turned out to be not all the parents had hoped for, who has caused unhappiness with, for example, his alcoholism, the parents are still very much involved in this child's problems and escapades. Worrying about him and being a part of his support system becomes a way of life, and if this child dies, suddenly they are at a loss for a center in their life. They love him, no matter what his shortcomings are, and they grieve for his loss as well.

As parents age, role reversals often develop between them and their children. After years of being responsible, in-charge people, as they go from "What will happen to my children if something happens to me?" to "What will happen to me if something happens to my children?" The child becomes a large part of the older parents; security blanket, and they rely on them for comfort. The parents are reassured, thinking that when either of them dies, a child will be there to care for the one who is left. Imagine a situation where the mother,

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(The Grief of Older Parents continued from page 6)

who is widowed and in her 60's or 70's, and who now relies on her son, in his 40's or 50's, to help with her financial decisions, the upkeep of her home, any problems she may have with her car, among other things. If she has health problems, he will see that she gets the proper medical care and financial assistance if he is able. He may have assured her of a place in his home should the need arise.

Suddenly this child dies. Fear and insecurity become a real part of the mother's life, as though she were a helpless, young child, who parents have died.

Some adult children never leave home. Older, retired parents now find their daily life revolves around the routine comings and goings of this adult child. When he dies, the parents are cast adrift with no anchor, just as surely as parents of younger terminally ill children, after the death. What do you do with all of your time now that the hub of your universe is no longer there? All reasons for functioning seem to disappear.

If there are grandchildren left from this adult child who dies, the grandparents now have to try to maintain a good relationship with the surviving in-law, with the hope that efforts on the part of the son-in-law or daughter-in-law to begin a new life won't include cutting off all relationship with the old life.

Keeping in touch, but not intruding, can be tricky, particularly if there was not an especially good relationship between the grandparents and the in-law before the death. If the grandparents are denied access to their grandchildren they experience another great loss. Most parents, no matter what age, will tell you they would have gladly taken their child's place in death, but older parents have inordinate amounts of "survivor guilt" to deal with. "What right do they, who have lived a long, full life, have to be alive when their child is dead?" "It should be me" they will tell you with great sadness.

A large part of survival after the death of a child is being able to motivate yourself to reinvest in life.

If you aren't able to accomplish this after an appropriate length of time, you don't fare as well as those who can. If most of your life is behind you, as is the case of older parents, they have other losses of family and friends staring them in the face, as well as having to deal with their own mortality. Some of these parents, with age, aren't as mobile as they once were, so it is difficult for them to take advantage of any new interests that are available to them in their effort to survive. Motivation, then, though not impossible, certainly becomes more difficult. Older parents, like younger parents, are told that time will

heal. The older parents answer, "But I don't have that much time." Therein lies the larger part of the problem of adjustment and reinvestment.

As you begin to understand the enormity of the loss of older parents, it is once again brought home that there is no good way or ago to lose a child - just different ways and different ages and all of them are hard.

Old Grief

It is a milder storm
and not so dark.

It lets you see the
shore where life goes
on.

Old grief finds words of peace, and brings us
gifts of memories and joys from treasured living.

But nothing takes away the emptiness

Of all those years, of all those haunted nights, of
all those lost embraces.

It is a milder storm, but just as grave.

Old grief does hover over soul and mind: A heart-
break song of timeless disappointment.

~Sascha

~reprinted from TCF Atlanta Newsletter Sept/Oct
2000

<http://www.tcfatlanta.org/SeptOct2000.htm>



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** Julyson2@gmail.com

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

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive
TCF National Office, P.O. Box 3696, Oak Brook, IL 60522 3696 - PH 877-969-0010 - Fax: 630-990-0246

The Compassionate Friends home page can be found at www.compassionatefriends.org
There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

CHAPTER LEADERSHIP Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net *Rachel Salomonson* Age 19 – Auto accident

TREASURER/COMMUNITY OUTREACH Tammie Barrera 847-872-9684 Julyson2@gmail.com *Aaron Barrera* Age 29 – Auto accident due to Diabetes

SECRETARY Bambi Nichols 262-220-9323 lcbtsec@aol.com Levi Nichols Age 19 - Accidental death

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 *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 COORDINATOR Christine Pado 847-455-6642 chpado@gmail.com Lindsay Wilcynski Age 29 - PULMONARY EMBOLISM

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

Charon Sloop 847-623-2264 charronsloop@AOL.com *David Sloop* Age 33 – Motor Cycles accident

Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal vidal1027@yahoo.com, Raphael, age 17, suicide