



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

September 2022 Newsletter



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

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## Chapter Leader Notes from Susan

Dear Friends,

Summer is coming to an end and the next season of autumn colors will be upon us very soon. I hope your summer was blessed and your vacations were memorable. I do my best to keep myself in a good place and not to fall away to feeling my sorrow, but sometimes it just happens. My sorrow sits with me, always. It is my missing of my son, Westley so much. It has eased a little, but it's a part of me now and forever, my sorrow. I push myself to be my best and to live a life that Westley would have been proud of me and all that I do. Westley is such a part of our lives, his brother's, his sister's, and his father's. We keep him present in our daily lives and in our memories. I came across this thought of words, and I shared it in our August Zoom meeting.

"sometimes, you'll have a couple of good days. and then then it hits you. everything. it hurts to talk, to love, to be.

Existing is so difficult at times but no one wants to hear that. no one wants to know about the days you spend crying or curled up in a corner somewhere or wishing you

could be anywhere but here. we all have our ways of coping with it. we all have our very own acts of survival. our ways of staying alive when we're in too much pain for feel anything at all. i get it. this isn't life anymore.

this is just about getting through the day. i hope that one day it'll be something more than that."

### MORE THAN THAT/RE.S.

It seems grief is a journey, and it is your journey that you care for, and find a way to be ok. It's a different ok, not like before. I hope you all find your place with this journey, be gentle with yourself, rest, and care for your health. Remembering all our children who have gone too soon.

Your Friend,

Susan  
Westley's mom

Grief is the essence of bittersweet. The sorrow is bitter beyond words. But the love relationship that created the grief in the first place was indeed sweet.

Both are true. Both are real

~ Ashley Davis Bush

### 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.



### Upcoming events for our Chapter.

**Thursday September 15, 2022** – 7:00 pm – 8:30 pm. *The HeART Remembers*. We will create art in memory of our loved ones. We will have our Compassionate Friends meeting and during the meeting we will complete art project(s) that you may take home with you. Family and friends are invited to join us this evening.

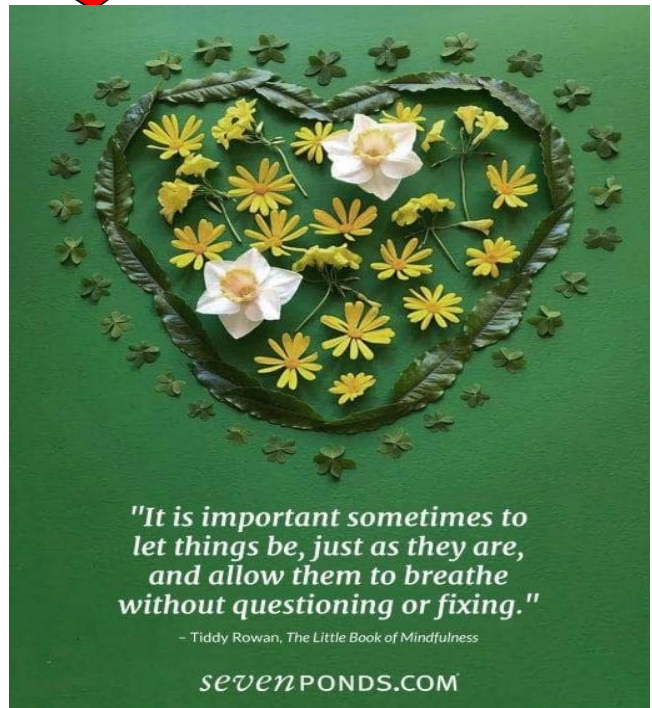
**Saturday October 8** - Adopt a Highway Clean – up, rain date Saturday October 15.

**Sunday December 11, 2022** - Annual Candle Lighting Ceremony; The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December 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. *More information will be shared to our members.*

If you have any questions about the mentioned events, please call, email, or text Susan at 847.366.9375 or Lan-wesmar@comcast.net



### 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.



## **OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED SEPTEMBER & OCTOBER**

*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>Chris Houchin</b>	<b>September 3</b>	<b>Son of Scott Houchin &amp; Heather McDonald</b>
<b>Shannon McCarty</b>	<b>September 5</b>	<b>Daughter of Kevin McCarty &amp; Pat Hayes</b>
<b>Mary Margaret (Maggie) Miles</b>	<b>September 5</b>	<b>Daughter of Jim &amp; Mary Lou Miles</b>
<b>Kevin Lopez</b>	<b>September 13</b>	<b>Son of Diahnn Estes Lopez</b>
<b>Anthony Alexander Sosa</b>	<b>September 16</b>	<b>Son of Yvette Sosa</b>
<b>Shane Betar</b>	<b>September 21</b>	<b>Son of Leia Betar</b>
<b>José De Jesús Hernández</b>	<b>September 24</b>	<b>Son of Jesús and Virginia Hernández</b>
<b>Donette Klawonn</b>	<b>September 30</b>	<b>Daughter of Raymond &amp; Dorothy Klawonn</b>
<b>Tony Trejo</b>	<b>September 30</b>	<b>Son of Martina Williamson &amp; Victor Trejo</b>
<b>Levi Nichols</b>	<b>October 4</b>	<b>Son of Bambi Nichols</b>
<b>Mark Sailors</b>	<b>October 9</b>	<b>Son of Michelle Sailors</b>
<b>Susan Allbee</b>	<b>October 11</b>	<b>Sister of Toni Nesheim</b>
<b>Marc Hawkinson</b>	<b>October 11</b>	<b>Son of Mary Kay Clark</b>
<b>Marleea Gerfen</b>	<b>October 12</b>	<b>Daughter of Marsha &amp; Lee Bell</b>
<b>Alexandria (Alex) Scarbro</b>	<b>October 15</b>	<b>Daughter of David Scarbro</b>
<b>Timmothy James Pitzen</b>	<b>October 18</b>	<b>Grandson of Alana Anderson</b>
<b>Brian Keough</b>	<b>October 20</b>	<b>Son of Kathleen Keough</b>
<b>Donyel Prather</b>	<b>October 22</b>	<b>Son of Donna Prather</b>
<b>Kelly Klawonn</b>	<b>October 23</b>	<b>Son of Raymond &amp; Dorothy Klawonn</b>
<b>Alyssa Burnstine</b>	<b>October 23</b>	<b>Granddaughter of Judi &amp; Stan Veouka</b>
<b>Aaron R Moore</b>	<b>October 24</b>	<b>Son of Rob &amp; Sherry Moore</b>
<b>Colin Henderson</b>	<b>October 27</b>	<b>Son of Lisa Henderson</b>
<b>John "Jake" Mosansky</b>	<b>October 31</b>	<b>Son of Darlene &amp; John Mosansky</b> <b>Sister of Veronica Steif</b>

### **ANNIVERSARIES**

<b>Brian Scott Ludlow</b>	<b>September 1</b>	<b>Son of Ronald &amp; Karen Zaylik</b>
<b>Donyel Prather</b>	<b>September 1</b>	<b>Son of Donna Prather</b>
<b>Levi Nichols</b>	<b>September 5</b>	<b>Son of Bambi Nichols</b>
<b>Anthony Alexander Sosa</b>	<b>September 12</b>	<b>Son of Yvette Sosa</b>
<b>Marleea Gerfen</b>	<b>September 13</b>	<b>Daughter of Marsha &amp; Lee Bell</b>
<b>Heidi Anne Herrmann</b>	<b>September 14</b>	<b>Daughter of Bonnie Brackus</b>
<b>Mike Curtis</b>	<b>September 17</b>	<b>Son of Sonya Curtis</b>
<b>Victoria Pickett</b>	<b>September 17</b>	<b>Daughter of Rose Hernandez</b>
<b>Aaron R Moore</b>	<b>September 19</b>	<b>Son of Rob &amp; Sherry Moore</b>
<b>Joshua William Bowman</b>	<b>September 26</b>	<b>Son of Robin Bray</b> <b>Nephew of Kimberlee Christensen</b>
<b>Kelsey Heaps</b>	<b>September 26</b>	<b>Son of Dawn Heaps</b> <b>Brother of Steven Heaps</b>
<b>Sharon Beth Gray</b>	<b>October 4</b>	<b>Daughter of Pam Gray</b>
<b>Elora Jane Montgomery</b>	<b>October 11</b>	<b>Daughter of Linda &amp; Christopher Montgomery</b>
<b>Tracie Musich</b>	<b>October 19</b>	<b>Daughter of Trisha Musich</b>
<b>Kerrin Fleming</b>	<b>October 21</b>	<b>Daughter of Barbara Fleming</b>
<b>Heather Donnelly</b>	<b>October 23</b>	<b>Daughter of Daniel Donnelly</b>

## ***20 TIPS FOR HEALING ALONGSIDE YOUR CHILD***

By Nikki Elliott

Cry scream, yell, cuss, sleep, repeat. Over and over as the waves roll in. Purge pain.

Be open to any and all healing tools even if they're not what you're used to

Know that your grief DOES NOT keep you connected to your child. At some point admit that your grief is not the depth of love for your child... your HEALING is.

Find your child. They are not lost. They aren't gone. They have not left. They are different now but very real. In a new way.

Be open and fluid in your beliefs.

Let go of any painful beliefs that no longer serve you. (Even... My child is dead or that they are a forever age)

Recognize your truth by the peace it brings (example... there is physical death only and my child is more alive now without a dense body vs my child is dead and gone. Peace equals truth)

Seek knowledge and guidance for expansion, growth and understanding

Find the others. Like minded folk who travel with you.

Recognize when you're stuck and reach out for help from those who walk with you.

Establish a new spirit to spirit relationship with your child.

Recognize where you are... the early days? The waiting room? The reentry?

Identify your pain to peace shifts and practice them

Be still.

Let go of who you used to be. A new authentic you will emerge from this. This is our rebirth to our truest self

Focus on the found.

Gratitude, gratitude, gratitude.

Eliminate toxic people from your daily life. Protect your peace

Stand strong in your truths. Regardless of what the outside world says

Vow to make the rest of your life the best of your life. That is how we honor our kids and it makes them so proud and gives them huge purpose.

... Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXvII No. 3, Summer 2022, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

## ***SUMMERTIME***

By Sascha Wagner From ALIVE ALONE

**It sounds so easy. A soft, warm word— time to run barefoot, time to leave windows open all night. Summertime. Somehow it seems, doesn't it, that it's especially meant for children. Children on beaches, children on swings, children in large pools, children in tiny tubs.**

**We, who do not have all of our children with us, may feel the summertime in two ways. One is to remember shared events and adventures, there were so many, long rides in a hot car or a nap in the back seat. The famous question, "Are we there yet?" Every- thing from a heat rash to ice cream cones and sandcastles.**

(Continued on page 6)



# ON GUILT AND SHAME

by  
*Lexi Behrndt*

[www.scribblesandcrumbs.com/](http://www.scribblesandcrumbs.com/)

“When am I going to stop blaming myself?”

She was desperate for relief from the weight of guilt. Her son died the year before and the “whys” and “what ifs” played like a constant movie reel in her mind.

The question wasn’t a new one to me, and yet, I still felt incapable of providing an adequate answer.

Who was I to say anything when I didn’t even have the answer myself? Who was I to say, “Don’t feel this way,” when I’m convinced that

in varying degrees, guilt simply comes with the territory of being a human and experiencing suffering? Who was I to answer when I still have moments of questioning what I should have done, could have done, in all my life circumstances to prevent negative outcomes— loss, heartbreak, devastation? Who am I to tell anyone not to blame themselves and not to spend expend their weary heart carrying that weight, when I myself don’t have the solution?

But maybe that’s the key.

In the face of pain and complexity, when we look into your own hearts, the answers become simple.

So, I came to her, not as anyone who had superior knowledge or wisdom, and not as anyone who thought that my answer could absolve the guilt she was feeling. I came maybe as I always should, a friend, another heart, broken for her with love and compassion, knowing that there is nothing anyone can do or say to take away this kind of pain, saying the words I know my own heart has needed.



Friend,

*The burden of guilt is far too weighty to carry, especially when you’re already weary and worn down. I’d be lying if I told you that you carried it alone. Guilt and shame have a funny way of digging in their claws when we least expect it.*

*It shouldn’t be this way. You shouldn’t have to hurt this badly.*

*This isn’t a burden for you to hold. Guilt loves to latch on, taking captive our broken hearts.*

*But realize this, and say it to yourself over and over if you have to... This is not punishment. This is not something you did. This is not consequence for bad actions. Do not blame yourself. Do not carry that. Do not hang your head in shame or guilt. Try not to think of all the things you could have, would have, should have done to prevent this— all the things you could have done to stop the pain. All the things you wish were different, and then maybe life would be just right.*

*It wasn’t your fault. Don’t blame yourself. Don’t hold on to that. It will only serve to tear you down, and they would not want that at all for you. You know that.*

*You know they would want you to live freely and love fully. They, of all people to walk this earth, know the power and depth of your love, and they wouldn’t want you to hide it away.*

*I know your heart is broken. I’m so sorry it is. There truly are no words for this kind of pain, and it’s not a kind that heals with only a scar. It’s a life-long wound, one that we’ll brush against every day for the rest of our lives. I think we’re learning, over time, it’s not as harsh. It’s just something that just is and always will be. But I think, given a choice, we would both choose, hands down, to feel them, whether with pain or joy, for the rest of our lives than to ever wake up one day and realize that we’ve forgotten them entirely.*

(Continued on page 6)

## (On Guilt and Shame continued from page 5)

*I know the guilt, because I've been there. I know it, because sometimes I still am there. So, when the voice of guilt and shame become all you can hear, let the voice of love be louder.*

*You are good. You are worthy. You are brave. Your broken heart still has so much to give. You can rise with love.*

*I look at you, and I see strength and love. That's who you are, not guilt and shame. You are a heart who has known pain, but also a heart who has known the richest love.*

*Let that love echo in your heart and drown out all the rest. I'm here learning right beside you.*

... Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXVII No. 3, Summer 2022, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org))

(Summertime continued from page 4)

For us, another way to feel summer-time is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children? Even when there's nothing to remember, we are reminded of the children's absence.

We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, perhaps. Or all of their children died. And

here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature, trying to deal with our children's absence with all of the grace of which we are capable. Often we do not want to burden others with our grief or we may be convinced that others don't want to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel.

Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after

our loss. But, we were also taught to be honest. And, when you feel the hurt, when you seem almost to be lost in the shadows of this golden summer-time, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet your deepest feelings, unexpressed, can burn into your existence with harmful force.

You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief. And revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that, after you have expressed the painful sorrow you once kept hidden and find yourself, finally smiling at the memories and the blessings of past summer times.

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XIV No. 3, Summer 2009, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org))



## VACATIONS

By Betty Ewart, Editor Adapted from a former article

There is not a lot written about vacation time even though this can be a very difficult time. I remember so well the first July vacation we took after Ruthie's death in April. I could not face going and leaving her and going to all the places we had been in the past with her. That is one of the firsts— here are some hints that may help if you are dreading vacation time. By the way, there is never a time that you don't think of vacations past but the memories get less painful and you begin to force new memories.

# CHASING AFTER CLOSURE

By Amy Florian Hoffman Estates, IL

I have kept reading in the newspapers about survivors of tragedy or death seeking "closure." Yet no one really defines what closure means, whether it is possible or how to get there.

For many in our society, closure means leaving grief behind, a milestone usually expected within a matter of weeks or months. Closure means being "normal," getting back to your old self, no longer crying or being affected by the death. It means "moving on with life" and leaving the past behind, even to the extent of forgetting it or ignoring it. For we who have experienced death, this kind of closure is not only impossible but, indeed, undesirable.

Closure, if one even chooses to use the term, is actually more a process than a defined moment. The initial part of closure is accepting the reality. At first, we keep hoping or wishing that it weren't true. We expect our loved ones to walk through the door. We wait for someone to tell us it was all a huge mistake. We just can't accept that this person has died, that we will never physically see them again on earth, that we will not hear their voices, feel their hugs, or get their input on a tough decision.

Usually it takes weeks or even months for the reality to finally sink in. We come to know, in both our heads and our hearts, that our loved one has died and is not coming back. We still don't like it, but we accept it as true.

As the reality sinks in, we can more actively heal. We begin making decisions and start to envision a life different from what we had planned before, a life in which we no longer expect our loved one to be there. We grow, struggle, cry and change. We form fresh goals. We face our loneliness. We feel the pain and loss, but except for short periods of time, we are not crippled by it. We also make a shift in memory. Memories of our loved ones, rather than being painful as they were at first, sometimes make us smile or even laugh.

This healing phase takes a very long time and involves a lot of back-and-forthing. We alternate between tears and joy, fears and confidence, despair and hope. We take two steps forward and one step back. We wonder whether we'll ever be truly happy again and often doubt that we will.

Eventually we realize we are taking the past, with all its pain and pleasure, into a new tomorrow. We never forget and, in fact, we carry our beloved with us; he or she is forever a cherished part of who we are. We are changed by the experience of having loved this person, by the knowledge of life's transience and by grief itself. We become different and hopefully better, more compassionate, more appreciative, more tolerant people. We fully embrace life again, connecting, laughing and loving with a full heart.

Still, there is no point of "final closure," no point at which we can say, "Ah, now I have finally completed my grief." Or, "Yes, now I have healed." There is no point at which we will never cry again, although, as time goes on, the tears are bitter-sweet and less common. Healing is a lifelong process, one in which we often don't even realize we are healing until we look back and see how far we have come.

"Closure?" I don't think so. Acceptance—yes. Peace—yes. Hope—definitely. But putting a period behind the final sentence and closing the book on it? No! Life and love are much too complex for that. The story does not end; instead, it awaits the next chapter.

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XIV No. 3, Summer 2009, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)



**(Vacations continued from page 6)**

**WHERE DO WE GO?** There is no answer to that. Yes, if you go where you have always gone on vacations, memories will flood in. But if you choose a totally new place, you will find that you will just wonder how she/he would have liked it there, what would she/he have done, etc. So, you take your choice and expect the feelings and plan for them!

**WHAT DO WE DO IF WE VISIT RELATIVES?** Talk to them. Tell them that it is hard and that it is all right to talk about your child—when they see

that you welcome hearing the name and having them share memories they have, everyone can relax.

**WILL I FORGET HER/HIM?:** Don't fear! You can never forget the experiences or him or her just because you are away from memories. Don't be afraid to talk about him/her and let them be a part of your vacation still.

**WILL I HAVE GRIEF AS A TRAVELING COMPANION?:** Remember that you cannot really leave your grief at home when you go anywhere. It will always go with you. Plan for it and pack for it. Don't over schedule the days and activities — you won't feel like doing as much, perhaps, as usual and you may tire more easily. Take along some reading material — perhaps on grief but some light reading is good too.

Remember that bereaved families and people need a respite from the daily stresses of work and of life and grief. Know also that often the, vacation, etc.— is often worse than the actual event. If you have been through Christmas, a birthday or death anniversary, you may remember that the weeks and days before may have been worrisome and you may not have been sure how you would get through the time but, suddenly,

the day is there and over and it wasn't as bad as you expected it to be.

So, decide when and where the vacation will be. Then make plans for what you will do. Then Go. Allow yourself to enjoy it! Often we feel guilty if we are having a good time.

Remember how much your child enjoyed trips and life and vacation times. Know that she or he would want you to do the same.



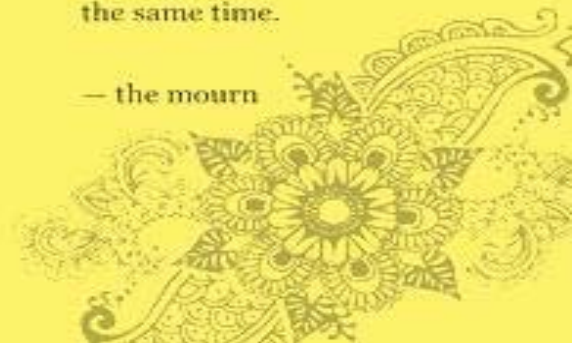
*It has been said that time heals all wounds. I do not agree. The wounds remain. In time the mind, protecting its sanity, covers them with scar tissue and the pain lessens, but it's never gone.*



- Rose Kennedy

i am trying to remember you  
and  
let you go  
at  
the same time.

— the mourn







# THE HEART REMEMBERS

## Expressions of Love Through Our Hands

You are invited to attend The HeArt Remembers memorial "make and take" event for parents, grandparents, siblings, family members and friends. Each person may choose a simple craft project and create a very personal memorial of your loved one for you to take home.

**WHAT:** Make your own memorial to your loved one by painting an inspirational rock, planting a small terrarium, or creating a memory charm cable.

**WHEN:** THURSDAY, September 15, 2022 7:00 p.m. - 8:30 p.m.

**WHERE:** Millburn Congregational Church  
19073 W Old Town Court  
Lake Villa/Old Mill Creek, Illinois 60046

**WHO:** Susan Banks and the steering committee will facilitate the activities. The Northern Lake Co IL Chapter of The Compassionate Friends

We hope you will join us for conversation, creativity and community as we remember our loved ones ♥

Questions? Contact Susan Banks at [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) or 847.366.9375



***The Compassionate Friends***

*Northern Lake County Chapter*  
Supporting Family After a Child Dies

[www.iltcf.org](http://www.iltcf.org)

**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**

**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/>