

# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

December, 2014 Newsletter



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

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## Chapter Leader Notes from Toni

### Remembering Loved Ones on the Holidays

Bereaved parents and siblings have several important days each year that cause renewed periods of grief – their loved one's birthday, the date of death, and religious as well as national holidays, such as Christmas and Thanksgiving. The absence of your child is more glaring and painful on these occasions. In our Compassionate Friends "sharing and caring" group meetings, we have often discussed what we can do as families to cope with holidays and anniversary dates.

A little different twist on the question of handling the holidays is "how do we remember our loved one on the holidays"? We would probably all agree that when our child is remembered it is a healing moment for us.

The following is an abbreviated list of fairly simple ideas on how to create a remembrance of your loved one from author Nancy Copeland-Payton\*:

**Light A Candle:** Begin a ritual of lighting a candle at the dinner table or a special place in your home signifying your remembrance of your loved one and the important place they still hold in your heart. Attend a candle lighting ceremony with The Compassionate Friends or at your local church or temple.

**Finish Your Conversation:** Often, after a loved dies, there are unfinished conversations. Sit near a picture of your loved one in a quiet place and tell them what you are thinking and feeling and what their death has meant to you.

**Explore the Loss:** As you grieve for your child or sibling or grandchild, you learn that there are layers to your loss. Some people lose their identity when their child dies or their future seems impossible without that special person. Writing about your feelings and what you miss most about your loved one will help focus your grief and stimulate memories. It may also provide you with a "measuring stick" to return to months or years later so that you can compare your feelings and see how you have learned to manage your grief.

**Find Meaningful Items:** Gather a few of your child's or sibling's personal items and place them in a special

place to help you reminisce about your time together. You could even ask family members to bring items that belonged to or remind them of your loved one so a conversation can begin about that special person whose absence is so painful.

**Make A Dedication:** The memory of your child can be kept alive through something as tangible as dedicating a park bench, at providing a scholarship in their name, or organizing a fundraiser. You could make a less public dedication by writing a poem or creating a painting or volunteering for an organization that helps you or was of interest to your loved one.

**Plant A Seed:** Create a garden or plant bushes, trees or flowers to celebrate your loved one's life. Plant seeds and express gratitude for the gift of life – your life and the lives of those around you. As you care for the plants, reminisce about your child or sibling.

**Smell, Taste & Remember:** You or various members of the family can prepare a dish or a whole meal of your child's favorite foods. The preparation and sharing of the meal can help initiate sharing of stories and memories about your child.

**Collect Memories:** Memories can be collected in a book with photos and poems, scraps of fabric or t-shirts, letters and cards. The book could be in scrapbook form or a book of photographs of objects, rooms, clothing, toys, and cars as well as writings and lists of favorite things. The photographs could be printed by an on-line print company like Snapfish or tinyprints.com. in a hard-cover book.

**Create a Gratitude Ritual:** When you finally are ready to let go of some of your child's or sibling's possessions, make it a ritual of gratitude for their life. Very intentionally, give thanksgiving for their

(Continued on page 2)



## 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 Rebecca Wolf for her donation  
in loving memory of  
**Anthony Clemente**

Thanks to Elizabeth & Dan Spannraft for their  
donation in loving memory of  
**David Spannraft**

Thanks to Rebecca Wolf for sponsoring the  
newsletter in loving memory of  
**Anthony Clemente**

"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

**Northern Illinois Chapter - TCF**  
**December 18 – 7:30 p.m.**  
Millburn Congregational Church  
Grass Lake Road & Rt. 45, Millburn, IL  
Open discussion

**Waukegan meeting**  
**January 8** 6pm to 9pm  
Holy Family Church  
450 Keller Street, Waukegan, IL  
Open discussion

### (Chapter Leader Notes continued from page 1)

life and when you give something, share a story or remembrance with the recipient.

#### \*The Losses of Our Lives: The Sacred Gifts of Renewal in Everyday Loss

There is no single act or ritual that can relieve parents or siblings of their grief, especially during the

holiday season. But it is worth trying some of the suggestions to see if they will work for you.



The following is a little prayer that came from a Hallmark Thanksgiving Day card that I put in the mail to my brother and his family on Nov 15, 2005. They were living in China at the time. This simple little blessing took on new meaning after my daughter died on Nov 15, 2005. We now use it as a prayer on holidays.

**Blessed be the table  
And every chair.  
Blessed be the family  
Sitting there.**

**Blessed be the talk  
And blessed be the laughter.  
Blessed be the memories  
Kept thereafter.**

**May every blessing that can be, be yours.**  
Wishing you happiness and healing and good health,  
TONI

### National Children's Memorial Day Candle Lighting - Ceremony



The 2014 candle lighting will be held at Millburn Congregational Church, on the corner of Grass Lake Road and Route 45 in Millburn, Illinois on December 14th, at 6:30 p.m.

We invite all people who grieve the loss of a child of any age to join in this moving tribute realizing they are not alone and that their child, grandchild, sibling, or friend is remembered during the difficult holiday season.

To contact the Northern Lake County Illinois Chapter of The Compassionate Friends, e-mail or call Chapter Leader: Toni Nesheim, [tonin@sbcglobal.net](mailto:tonin@sbcglobal.net), 847-223-7353 or Vicki Szech at [vszech@comcast.net](mailto:vszech@comcast.net).



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

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>Hugh Andrew Mathis</i>	<b>December 7</b>	Son of Richard & Helen Mathis
<i>Alexander Rettinger</i>	<b>December 9</b>	Son of Kathleen Rettinger
<i>Joey Frase</i>	<b>December 11</b>	Son of Cathy Frase
<i>Anthony Clemente</i>	<b>December 12</b>	Son of Becky Wolf
<i>Ryan James Nichols</i>	<b>December 12</b>	Son of Jackie & Jim Nichols
<i>Rasheed Mariano</i>	<b>December 15</b>	Son of Joan Mariano
<i>Zack A Maslanich</i>	<b>December 18</b>	Son of Karen Zimmerman
<i>Mark Yates</i>	<b>December 20</b>	Son of Linda Hegg
<i>Barry J Grazier</i>	<b>December 22</b>	Son of Robert & Mary Ann Grazier
<i>Raphael E Vidal</i>	<b>December 24</b>	Son of Raphael & Mirtha Vidal
<i>Mitchell Carlson</i>	<b>January 1</b>	Son of Tina Carlson Grandson of Larry & Cheryl Armstron
<i>Anna Smith Miller</i>	<b>January 3</b>	Daughter of Carol Semple
<i>Michael Lee Brandon Frederick Hamilton</i>	<b>January 13</b>	Son of Jan Frederick Grandson of Sharon Frederick
<i>Brain Scott Engle</i>	<b>January 19</b>	Son of Louise Engle
<i>Justin Ortega</i>	<b>January 20</b>	Son of Susie Meggs
<i>Marissa Pederson</i>	<b>January 30</b>	Daughter of Debbie & John Pederson
<i>Sandra Elena Varela</i>	<b>January 31</b>	Daughter of Sandra Prez

### ANNIVERSARIES

<i>Mike Reardon</i>	<b>December 6</b>	Son of Sonia & Jim Reardon
<i>Andrew Muno</i>	<b>December 15</b>	Son of Darlene Muno
<i>Scott Ewing</i>	<b>December 16</b>	Son of Alan & Renee Ewing
<i>David Quade</i>	<b>December 23</b>	Son of Pat & Dave Quade
<i>Rachel Elizabeth Szech</i>	<b>January 2</b>	Daughter of Chester & Vicki Szech
<i>Lea Ann (Heise) Knuth</i>	<b>January 16</b>	Daughter of Leslie & Shirley Heise
<i>Joey Frase</i>	<b>January 20</b>	Son of Cathy Frase
<i>Alyssa Carranza</i>	<b>January 22</b>	Daughter of Luz Barera Granddaughter of Angel & Raquel Gasco
<i>Miguel Gonzalez</i>	<b>January 22</b>	Son of Julia Llanos
<i>Hugh Andrew Mathis</i>	<b>January 26</b>	Son of Richard & Helen Mathis
<i>Renee Rochelle Powell</i>	<b>January 30</b>	Daughter of Terry & Jeanette Powel

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



## Looking for Your Gift

Bereaved families often face the holidays with fear and trepidation. Just the fact, holidays continue to go on, can cause outrage. Our sadness is monumental, and causes our bodies to resist moving on. We need to be gentle with ourselves; we are going through an emotional rehabilitation. Holidays often renew our grief, even if we are a distance from fresh grief.

We need to selectively choose what traditions are important to our family. If we over commit, we set our selves up for a let down when we cannot meet our goals. If you have some traditions that are very important and you are not physically up to doing them, you will find friends and extended family will feel honored if you ask for their help. Most people want to help you get through the holidays, but don't know what to do. Give them the opportunity to feel they are helpful in your healing.

Grieving cannot be put on the shelf until the holidays are over. We need to take time to feel our grief, and express our sadness. We also need to take time to try and put a bit of normality in our lives. We must remember it is not disrespectful to laugh. I'm sure our loved one would want us to surround ourselves with caring people who can help us through the holidays. A caring supportive person is one who encourages us to be the best we can be, not one who expects us to be as we used to be.

Our healing will eventually cause our pain to move out and make room for our loved ones memories. We learn to make a new life for ourselves. Holidays get better and we learn how to live again.

We tend to think of life's richest moments as being the joyous, fun filled, carefree days prior to losing our children and siblings. But, as I search for the most meaningful things that have given me strength and a real appreciation for life, they certainly do include the pain, overcoming my despair, losing my son, grandson, and six siblings. We cherish the friendships that doesn't always demand a smiling face, and those with the warm touch that says, "share your pain, let me be a part of your grief, don't worry about making us uneasy with tears, we have all been there." Much healing can take place through sharing as we learn to be very honest and courageous with our feelings, which helps us to find hope. Hope helps to restore our love for life, and gives us the strength to survive.

This holiday we will all miss our loved ones, who are no longer with us. Though it has been through much pain, you probably have never been so close to your child or sibling, or shared such a large part of your life with them. We hope the memories that ache with pain, can also bring you thoughts of love. For those of

us who are further removed from our early grief, who can look back and appreciate the strength for our struggle, the compassion from seeing other's pain, wanting to become functional human beings again so we can contribute to making a better world, are gifts our children and siblings have given to us for our survival. These gifts are greater than any fancy bow tied box can contain. Look for your gifts and cherish them.

Marie Hofmockel TCF Valley Forge, PA –  
Borrowed from The Compassionate Friends of the Grater Kankakee Area Newsletter VOLUME 13, NUMBER 12, DECEMBER 2014 ©

### NEW SUBSCRIPTIONS - RENEWALS - CHANGE FORM - DONATIONS

The newsletter is sent without charge to any person interested in receiving it. Each year, in order to be sure we are sending it only to those who truly want to be on our mailing list, we ask that everyone who wants the newsletter to return the form on page 8 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). There is a date at the bottom of your mailing label with the date you last renewed your subscription.

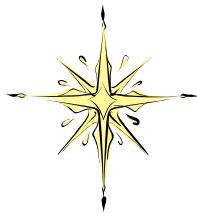
### About Christmas

For those who think that Christmas and Chanukah are just nice days to give and get presents, bereaved parents have another message. Mixed with the joy is the knowledge of sadness. With the hope of birth comes the threat of death. We should not try to cover up our sadness in front of people, for we have a lesson to teach them.

But the holidays have a lesson for us, too. Yes there is death. Yes, there is a great bitterness in life. There is darkness. But there is hope. There is birth. There is light.

In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

Dennis Klass TCF St. Louis, MO



Kylie Rayne Albeck  
Rusty Anderson - Amy Jo Baldwin  
Aaron Barrera - Joshua Bowman  
Liam Budill - Roman Gabriel Cano  
Bryan Cantafio - Mike Cantafio - Carlos Cantu  
Mitchell Carlson - Alyssa Carranza - Charles Clark  
Anthony Clemente - Edward G Davis III - Brian Scott Engel  
Ryder Erickson - Scott Ewing - Elizabeth Mary Foresta - Joey Frase  
Michael Lee Brandon Hamilton Frederick  
Eric Friedle - Amy Fry-Pitzen - Johnny Garcia - Daniel Garza  
Marleea Gerfen - Kyle Glueck - Miguel Gonzales  
Jeremy M Govekar - Megan Candice Grace - Barry J Grazier  
James Grazier - Maria Guadalupe - Jammi Shonlei Hui  
Christopher Jackson - Brian Keough - Donette Klawonn - Kelly Klawonn  
Michael Klopp - Lea Ann (Heise) Knuth - Adam Michael Laufer  
Rogelio Lopez Jr - Brian Scott Ludlow  
Tony Malic - Rasheed Mariano - Bryan Casaca Martinez  
Selene Martinez - Zach Maslanich - Hugh Mathis  
Kathy Mazur - Shannon McCarty - Pressley Suzanne McHugh  
Mary Margaret "Maggie" Miles - Anna Smith Miller - Aaron R. Moore  
Andrew Muno - Ryan James Nichols - J Daniel ( Danny) O' Connor - Jim O' Connor  
Justin Cody Ortega - Blake Logan Palmer - Nicole Parfill - Eric Pederson  
Marissa Pederson - Andrew C Perkins - Rob Petit - Kevin Pomianek  
Renee' Rochelle Powell - David Quade - Douglas Ramsay - Mike Reardon  
Sven Christian Reinhard - Alexander Rettinger - Lisa Roseman - Adam Rubin  
Lila Ruffolo - Mark Sailor - Rachel Salomonson - Alexandria (Alex) Scarbro  
Ashley Seay - Roger Alan Segebarth - Carrie Seger - David Sloop - Steven Sostre  
David Spannraft - Michael Stice - Josh Summers - Rachel Elizabeth Szech - Zachary Taylor  
Anne Thomson  
Sandra Elena Varela  
Raphael Vidal  
Edgar O Villareal  
Karli Brooke Weidenhagen  
Mark Yates

## The Mantel of Suffering

I fear I do not wear the mantle of suffering well. Few take on such a mantle willingly. Some wear it with grace, dignity, and courage. I might wish I were one.

I seem to wear it more with resentment, with self-pity, with bitterness, with demolished faith, and with awkwardness.

While our focus at The Compassionate Friends is on those who have lost a child, sibling, or grandchild, there are other mantles of suffering. I admire Morrie Schwartz, the professor whose endurance of ALS inspired the book *Tuesdays with Morrie*. I admire Elizabeth Edwards, who courageously coped with the death of a treasured son, breast cancer, and a colossally and publicly unfaithful husband. I admire J. R. Martinez, the soldier in Iraq who suffered serious burn injuries and went on to win Dancing with the Stars.

There are many people it has been my privilege to meet through TCF who I admire. Mothers and fathers who have lost their treasured children and who have found ways to create different lives, but ones still filled with meaning and purpose. They may write books or conduct workshops or sing songs or lead groups or simply offer a comforting embrace to others suffering similarly.

Those are the people who tell me, "Be easy on yourself. Be gentle. Give yourself time. You just have to endure the pre-sent." I hope they are right. Because, right now, I am not wearing the mantle of suffering well.

Peggi Johnson TCF Arlington, VA  
Borrowed from The Compassionate Friends of the Grater Kankakee Area Newsletter VOLUME 13, NUMBER 12, DECEMBER 2014 ©



Dear Friends,

The company, Things Remembered, is offering two winter scene candle holders as a way to show support

for The Compassionate Friends. From December 5 thru December 14, Things Remembered will donate \$2.00 to The Compassionate Friends, for each candle holder that is sold.



If you are interested in making a purchase or are just curious, you can go on-line to the Things Remembered website or you can go to the national Compassionate Friends website. There is a Link to the things remembered website with more information and photos.

The candle holders are currently being offered at a reduced price of \$12.99. They are silver and glass. A name or personal message can be etched into the glass for an extra charge of approximately \$6. *and up* depending on the number of words.

As some of you know, this offering from Things Remembered, is the result of the work of Mike and Shannon Seay, bereaved parents from our chapter, who had a very traumatic experience of having their daughter, Ashley's, information shared with another company. In order to make the companies accountable, the Seays asked that reparations be made, not to themselves, but to The Compassionate Friends so that other bereaved parents can find help and companionship in their darkest hours.

We want to thank Mike and Shannon Seay for their generosity of spirit and thinking of others at a time when no one would have that expectation of them. Ashley's light will shine on . . .

Wishing you healing and warm memories,

Toni

### A Holiday Wish

May the spirit of the holidays  
Touch and warm your heart.  
May the spirit of your child  
Help you to feel this warmth.  
And may this warmth, as your love,  
Remain forever within.  
Hardin County, Ohio TCF

## Making It Through The Holidays

Both the Sacramento and Yolo Compassionate Friends discussed the upcoming holidays at their October chapter meetings. Prior to the death of a child, most holidays are intended to be a time of joy, community, gift giving, and thankfulness. When a family loses a child, holidays often become challenging times to "get through". Helpful information shared by a Hospice counselor and the chapter members included:

### Setting Limits For Yourself

It's okay to say no, when you don't feel up to something. It's okay to say yes, too. "Look to simplify rather than overwhelm yourself. Do only as much as you can manage emotionally and physically."

### Express Your Feelings

Sharing your feelings with those close to you regarding the upcoming holidays often helps. Writing feelings down through journaling, simple note taking, listening to special music, and creating art that expresses feelings have been helpful for many people.

### Making Plans

Planning in advance often helps to lessen the pressure on grieving families and individuals as the holidays approach. A plan can be as sophisticated or simple as you choose. Giving yourself permission to change plans at the last minute is important, too. Sometimes you might plan to go to Aunt Sal's for Thanksgiving, then find yourself not feeling up to it. It's okay to change your mind. One professional speaker offered suggestions regarding holiday gatherings, including replying to invitations "We would like to come, and we'll try to, but we're not really sure how we'll feel on that day", giving yourself permission to leave early, it's okay to order out, it's okay to plan something totally different.

### Ask For What You Need

Oftentimes people want to help, but don't know how to. Communicate what you need. Ask for help with entertaining, shopping, cooking, and cleaning.

### Resist Isolation

While in grief, oftentimes we do not feel up to being around large groups. Sometimes we find that the support and enjoyment of being with people who love you can help to nourish and heal.

### Avoiding the Holiday?

While avoiding the holiday sounds like an interesting idea, the holiday won't care! Every time you leave the house between now and first of the year, you will likely see some holiday reminder. A speaker suggested that "It often feels better to at least

acknowledge your loss and your loved one in some special and meaningful way" than to try to skip the holiday entirely.

### Breaking Traditions

Especially in the first years, traditions that emphasize the absence of your child may not be appropriate. If you do keep with traditions allow for changes, such as location or guest list.

### New Traditions

Creating new rituals has been healing for many families. Involving family and friends may help their grief, too. Saving a place at the table for the child who has died, mentioning the child's name, taking a moment to acknowledge their absence, sharing a memory, lighting a candle in their memory, and visiting the grave site sometime during the day are just a few ideas that families have shared as helpful.

### It's Okay to Change Things, and It's Okay To Change Back

What feels right the first or second year, may not in subsequent years. Many families find that deviating from their traditional holiday events is appropriate early on, but that returning to tradition is right for them several years down the line. It's okay to change things... temporarily or permanently. I know that I wanted to be away for Thanksgiving the year that my son died, so I went to a place that was warm, where no turkey was served, and there were beaches. For several years, my daughter-in-law did the holiday cooking. This year will be the 6th Thanksgiving without my son, Max. This is the first year that our family will return to our traditional gathering at my house, with me cooking.

Submitted by Cecilia Gabrielli, - Yolo Compassionate Friends and Sacramento Valley TCF  
~shared by Cathy Seehuetter, Newsletter Editor  
~reprinted from St. Paul, MN Chapter, November/December 2007/January 2008 Newsletter



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** Forest Anderson 847-838-0567 [forest.anderson@att.net](mailto:forest.anderson@att.net) *Rusty Anderson* Age 15 – Osteosarcoma

**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

Mary Ann Grazier 847-336-0539 *Barry Grazier* Age 27 – Auto Accident

Maggie McGaughey 224-406-6644 [maggieg00@hotmail.com](mailto:maggieg00@hotmail.com) *Jeremy Govekar* Age 22 – Hit by train

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

## 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).