



February - March 2010

A Journey Together: Hinsdale Chapter Bereaved Parents of the USA

www.bpusahinsdale.org

Meetings are generally held the first Friday of every month. Doors open at 7:00 PM for greeting and fellowship.

*Redeemer Lutheran Church, 139 East First Street, Hinsdale, Illinois
(One block east of Garfield Street & one block south of the railroad tracks)
Donna Corrigan, Chapter Leader 630-279-6148 or 630-841-7056 (cell)*

Winter

By Donna Corrigan

I really don't like winter. You would think that having spent my whole life in the Midwest, I would have come to terms with the cold, often slushy, gray months of January and February. Each year I promise myself I will work on the negative attitude and follow it up with positive actions. Sometimes I succeed.

One of my constructive cold weather activities is driving through the Arboretum. Today the hills and valleys are covered with a blanket of snow, it has literally become a winter wonderland. Although the trees are bare of leaves, they don't seem barren... Wrapped in a snowy covering of white; they don't seem lonely or cold. Instead of stark and forlorn, they seem almost snug and comfy.

Gradually, I realized that before me is not a sweeping valley at all, it is a frozen pond. On warmer days the sun would be reflecting on water and there would be fish and frogs and lily pads and all sorts of underwater growth. The peaceful scene I am experiencing is fleeting; beneath the snow is an entirely different countryside. Which encounter would best describe the landscape?

Circumstances may force us to temporarily surround our broken hearts with a happy countenance. Sometimes our jobs, our lives, our responsibilities, demand an upbeat appearance. We can manage it, in the short term, but underneath the thin veil of pleasantness is a hurting bereaved parent, struggling to survive. There is a danger when we (and others) mistakenly assume this veneer is the outward sign of inner healing.

You may have already discovered that many

UPCOMING MEETINGS & EVENTS:

Friday, February 5 - Monthly Chapter Meeting:

7:30 PM to 9:30 PM - We will be working on the chapter scrapbook and chapter picture board. Bring COPIES of your children's pictures and any printed material to create 2 pages in our Chapter Scrapbook.

Wednesday, February 10 - Men's Group:

Meet at Kappy's in Villa Park at 6:30 P.M. RSVP to Jerry Schulman 630-205-4552

Friday, March 5 - Monthly Chapter Meeting:

7:30 PM to 9:30 PM - "I Can't Believe You Said That" - Share comments heard after our child died and our reactions to those comments - Words can hurt as well as heal

Wednesday, March 10 - Ladies' Night Out:

Meet at Bailey's in Westmont at 6:30 PM

Monday, March 15 - Steering Committee Meeting: 6:30 PM at Redeemer Lutheran

Friday, April 9 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Butterfly Gardening - Growing Hope - Donna Corrigan will facilitate this program

people assume that there is a timeline for grief and for "normal." We have learned otherwise; it is a very long, often overwhelming journey that takes us to a "new normal." We do not want to be cheered up or hurried; we want to grieve our losses.

Of course, people are relieved to see us smiling and seeming to be back to our regular routines. We like that too! Grief is so physically and emotionally exhausting. Just be sure that you have a safe place to peel the smiley face off and be a bereaved parent. ❀

Love Gifts

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. All Love Gifts are gratefully acknowledged in the newsletter accompanied by wording exactly as the donor submits. Bereaved Parents of the USA (BP/USA) does not charge fees or dues. Our funding comes from Love Gifts to the chapter, as well as the annual sale of our holiday card. These offset the cost of printing and mailing our newsletter each month. BP/USA is a national non-profit organization therefore; all donations to the chapter are tax deductible as allowed by law.

When mailing in a love gift, **please include your child's name, your address** and any other info you would like in your love gift message. Please make your check payable to: **BP/USA Hinsdale** and **mail it to arrive by the 10th** of the month prior to the upcoming newsletter:

**BP/USA Hinsdale Chapter
PO Box 703
Hinsdale IL 60522**



Welcome

We would like to extend a warm welcome to the new attendees at our recent meetings. We hope you were able to take home at least a small glimmer of hope.

New attendees:

- ♥ Alesha Weiberg, mother of **Josiah Weiberg**
- ♥ Diane Grabowski, mother of **Tim Schiefelbein**
- ♥ Lenore Robinson, mother of **Kelly Ann Meieratto**

While we are very sorry for the reason you are here, we are glad that you found us. 🌸

Love Gifts



In loving memory of
Emily Ricciardi

Thinking of you,

Love,
Marie Ricciardi



In loving memory of
Roseanne Strick
February 27, 1969 until October 14, 1991

Love you always

Love,
Mom
Ilse Strick



In loving memory of
Matthew John Swett
January 7, 1979 until January 25, 2003

We love you and miss you very much. It is hard to believe it's been so long since we've seen your smiling face.

Love always,
Mom & Dad
Jean, Keith, Laura & Sharon Swett



Thank you Sally

Special thanks to Sally Yarberry who has donated the meeting hospitality staples (coffee, food, etc.) over the last few months, in loving memory of her daughter, **Paula L Van Horn**.



Newsletter on the Internet

Current and past newsletters are available to download at:

<http://www.bpusahinsdale.org/ChapterNews.html>

Candlelight ~ Thank You

This past December 13th we experienced a very special evening at our Annual Candlelight Observance of National Children's Memorial Day. From the beautiful music which started the ceremony, through the viewing of our children's pictures on screen while their names were read aloud, to joining our hands in a circle at the closing, we felt the unity of our children's memories kept alive through our love.

A sincere **thank you** to all who made this evening possible, including:

Linda & Angelo Tomasello
 Bob & Carol Gordon
 Donna Corrigan
 Rose Krueger
 Suzi Scott
 Marilyn Cocogliato
 Val Vesley
 Sally Yarberry



Monetary Contributors:

John & Joann Frale, in memory of **James G. Frale**
 Henry & Edna Atella, in memory of **Michael Atella**
 Nasrin & Shamsul Chowdhury, in memory of **Nadia Chowdhury**
 Robert & Frances Funston, in memory of **Rob & Robbie Funston**
 Anthony & Margery Longo, in memory of **Chris Marie Longo**
 Susan Berger, in memory of **Scott Wesolowski**
 Kathleen Peters, in memory of **Megan Elisabeth Peters**
 James & Lucille Moravcik, In memory of **Ryan James Moravcik**
 Patricia Jacobi, in memory of **Susan G. Gabrielsen**
 Daniel & Judith Glosky, in memory of **Steven Glosky**
 Eleanor Byrne, in memory of **Eric Byrne**
 John & Irene Anderson, in memory of **Jeffrey Anderson**
 John & Deborah Racky, in memory of **Tamaron "Tami" Racky**
 Earl & E. Renee Bailey, in memory of **Melissa Renee Wolfram**
 Frank & Jennifer Vlazny
 John & Teresa Fritz
 Steve & Marie Smith, in memory of **Todd J. Smith**
 Jan Lighty, in memory of **Shawn Lighty**
 Lenore Meierotto
 Evetta Owens
 Erwin & Patricia Burton, in memory of **Thomas Burton**

Many, many thanks! 🙏

Love Never Dies

Our annual Christmas toy collection was held this year, and, what makes it unique is the motivation behind it. Many of us in this club that no one wants to be a member of feel a yearning to shop for our child who is physically no longer with us. We are grieving a secondary loss of the joy of shopping for and giving our child Christmas gifts from Santa. We found the process of selecting gifts for our child and donating the gifts to needy children gives us a good feeling. We display our unwrapped gifts at the December meeting, and, if we choose to, we give a brief reason why we selected the item(s). The toys are then donated to truly needy children in a school which is populated with under-privileged children. The recipients are selected by teachers who have observed the children on a daily basis. The family receives a turkey dinner, also. We collected 100 toys this year.

Thank you to all who contributed.

Suzi Scott, **Kate Pranno's mom** 🙏

Thank you note from the school principal

ABRAHAM LINCOLN ELEMENTARY

3545 S 61ST Avenue
 Cicero, Illinois 60804
 708 652 8889
 Fax 708 780 4454

December 16, 2009

Hinsdale Area Bereaved Parents
 PO Box 703
 Hinsdale, Illinois 60522

Dear Parents,

I would like to take this opportunity to express our gratitude for your very generous toy donations during the holiday season. Your group donated over 90 wonderful gifts this year.

With the help of the teachers, families who are struggling financially are identified. These families then receive a basket of food, as well as toys, to use as Christmas gifts for the children of the household.

Without the help of your donation, this effort would not be as successful. Your generosity is truly appreciated. You brightened the holidays for many families!

Sincerely,

Mrs. S. Kleinmeyer
 Mrs. Sue Kleinmeyer
 Principal

Our Children, Loved Missed and Remembered - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families

Alyssa Dabrowski - 22

May 20, 1979 - Feb 03, 2002
Car Accident - Hit & Run
Allen & Rosemary Dabrowski

Bruce A Storrs - 31

Jul 02, 1970 - Feb 23, 2002
Cancer of the Brain
Deacon Wayne & Mary Ellen Storrs

Daniel Meyer - 7

Feb 21, 1977 - Sep 21, 1984
Hit by Car
Kenneth & Olivia Meyer

Deborah Gilligan Main - 35

Mar 18, 1965 - Feb 13, 2001
Melanoma
Margaret Gilligan

Denise Dubois - 38

Feb 12, 1960 - Jan 02, 1999
Cancer/Suicide
Janet & Bernie Finnigan

Douglas McCallum - 19

Sep 23, 1980 - Feb 21, 2000
Accident
Reg & Marcia McCallum

Foly Phillips - 26

Feb 18, 1982 - Feb 26, 2008
Sickness
Yinka & Grace Phillips

Gerrick Davies - 18

Jan 21, 1986 - Feb 09, 2004
Murdered
Diane Davies

Glenn Patrick Beach - 31

Nov 07, 1960 - Feb 16, 1992
Murdered
John & Grace Beach

Ian McDonald-Shumaker - 17

Feb 06, 1989 - May 11, 2006
Suicide
Stacia McDonald-Shumaker

Kate Pranno - 24

May 19, 1977 - Feb 22, 2002
Liver Failure from Drugs & Alcohol
Suzi Scott

Kimberly Ann Olson - 15

Feb 14, 1983 - Aug 20, 1998
Histicytic Disorder
Larry & Danita Olson

Matthew Frank - 17

Nov 09, 1989 - Feb 11, 2007
Auto Accident
Scott & Donna Dwyer

Melissa Juergensen - 19

Feb 24, 1989 - May 03, 2008
Auto Accident
Ruth Juergensen

Melissa Juergensen - 19

Feb 24, 1989 - May 03, 2008
Auto Accident
Sarah Brewer

Michael Patrick Gordon - 30

Feb 20, 1974 - Aug 08, 2004
Killed by Drunk Driver
Robert & Carol Gordon

Mike Seaney - 44

Feb 24, 1951 - Sep 23, 1995
Medical Misdiagnosis
Vernadene Tolman

Nadia Chowdhury - 20

May 14, 1983 - Feb 21, 2004
Hit & Killed by Drunk Drivers
Nasrin & Shamsul Chowdhury

Nancy R. Lyell (Sue's Sister) - 35

Feb 14, 1961 - Sep 10, 1996
Cancer
Sue & Garry Fink

Roseanne Strick - 22

Feb 27, 1969 - Oct 14, 1991
Brain Aneurysm/Heart Attack/Car Accident
Ilse Strick

Sean Howard Anderson - 17

Feb 22, 1983 - Dec 05, 2000
Suicide
Maureen & Russ Anderson

Steven Glosky - 23

Feb 16, 1972 - Nov 13, 1995
Suicide
Judy & Danny Glosky

Thomas (Tommy John) Adams - 35

Feb 12, 1966 - Nov 04, 2001
Marge & Bill Adams

Timmy Ciametti - 5

Feb 12, 1985 - Mar 18, 1990
Adult Respiratory Distress Syndrome
Vince & Gloria Ciametti

Amanda Coughlin - 10

May 11, 1991 - Mar 15, 2002
Cathy Coughlin

Amy Elizabeth Gales - 19

Jul 18, 1975 - Mar 08, 1995
Auto Accident
Ron & Sandy Gales

Brendon Anderson - 22

Jul 18, 1976 - Mar 16, 1998
Murdered
Rob Anderson

Our Children, Loved Missed and Remembered (continued) - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families

Carl Alan Vuillaume - 16
Mar 14, 1989 - Jul 21, 2005
Accidental Drowning
Rob & Char Vuillaume

Daryle J. "DJ" Hall - 22
Mar 10, 1984 - Sep 11, 2006
Accidental Drug Overdose
Bob and Sherry Hall

Tim Schiefelbein
Dec 7, 1989 - Feb 24, 2007
Car Accident
Diane Grabowski

Emily Nylec - 9
Mar 14, 1995 - Nov 14, 2004
Single Engine Plane Crash
Jena Nylec

Frank Knapczyk, Jr. - 25
Mar 28, 1967 - Oct 24, 1992
Electrocution
Barbara & Frank Knapczyk

Garrett Joel Zaagman - 7
Mar 04, 1976 - Dec 09, 1983
Spinal Meningitis
Dirk & Florence Zaagman

Gina -
Mar 07, 1968 -
Fred & Carol Renzetti

Jennifer Lynn Kirwan - 17
Mar 10, 1981 - Sep 20, 1998
Auto Accident
Linda Kelley

Jessica Louise Lang - 23
Mar 03, 1980 - Dec 12, 2003
Heroin Overdose
Kristine Lang

Kevin Jon Ryeczyk - 8
Mar 29, 1972 - Apr 15, 1980
Lung Ailment
Jack & Karen Ryeczyk

Matthew Lane - 27
Mar 08, 1978 - Oct 10, 2005
Car Accident
Joylin Lane

Michael Werth - 24
Mar 18, 1978 - Mar 22, 2002

Janey Reed

Natalie Anne Ragusa - 27
Oct 24, 1975 - Mar 04, 2003
Car Accident
George Ragusa

Nicholas Palumbo - 21
Jul 10, 1981 - Mar 05, 2003
Snowmobile Accident
Debbie Palumbo

Robert Joseph Gentilini, Jr. - 25
Mar 20, 1964 - May 18, 1989
Brain Infection
Bob & Mary Gentilini

Ron Buccieri - 42
Mar 22, 1961 - Aug 31, 2003
Unknown
Carol Polich

Russel Witek - 14
Jun 16, 1994 - Mar 29, 2009
Leukemia/Brain Tumor
Dan & Helen Dennett

Russell Witek - 14
Jun 16, 1994 - Mar 29, 2009
Malignant Brain Tumor
Dan & Helen Dennett

Ryan Paul - 15 1/2
Jul 06, 1988 - Mar 09, 2004
Hit by Car
Roy & Melody Paul

Sarah Lynn Moore - 5
Dec 18, 1998 - Mar 31, 2004
Surgical Complications
Susan Moore

Timothy Kuzmicki
Mar 07, 1986 - Nov 13, 2002
Motorcycle/Auto Collision
Kathy Kuzmicki

The New Year

By Mary S. Cleckley, BP/USA

The new year offers opportunities for:

Progress

Reinvestment

Understanding

Forgiveness

Growth, and

All things positive.

Be kind to yourself and pick one.

Better still, choose all of the above.

Steering Committee

There are many responsibilities, both small and large, that are involved in our Chapter. **Please join us on Monday, March 15th at 6:30 PM** (includes a light dinner). We will meet at Redeemer Lutheran. You will help us reach out to more newly bereaved parents. 🙏



The Little Things

By Ann Tyler, Sacramento, CA

Often even the simple tasks of everyday living seem to drain every ounce of one's energy. Remember going to the grocery store even month's after your child's death and the feelings you had as you passed by his or her favorite cereal? Or watching another child the same age as yours in a restaurant and trying to swallow your food - you probably didn't even taste it. Or hearing a certain song in public and fighting back the tears? Sometimes even getting through the day in your own home makes you feel like you've run a marathon and leaves you in worse shape. You probably never dreamed that doing the laundry could make you cry or getting a piece of mail in your child's name could such your breath away.

Even the best of friends and family can't possibly know the strength you must summon day after day. We shouldn't expect them to understand completely, but it does get lonely.

Perhaps this quote puts it in a nutshell: One sad thing about this world is that the acts that take the most out of you are usually the ones that other people will never know about. 🙏



Valentine's Day

By Rufina Bush

Today is the day hearts are light and gay,
filled with love for family and friends around.
My heart today is heavy with love for you,
my beloved son.

To hug you, kiss you, would be my delight.
But you are no more in my sight.
A bouquet I carefully arranged:
Two red roses for the two brothers you left behind,
three pink roses for your sisters who grieve.

From Mom, one white rose with angels all around;
God's messengers to take my love to you.
Carefully I place it in the vase that sits proudly on
your headstone, informing all that you are gone
and have been for some time.

I cry tears of loneliness.
Then I feel my heart break again.
Will this ever end?
Cards for you are so hard to find.
But I found one.
It talked about no one able to fill your shoes!
Yes, that is true.
Happy Valentine's Day, my Dear.
I do wish you were here.
Much love always from your Mom.

*Reprinted from "Where are All The Butterflies?"
Bereaved Parents of North Texas*

Lovely Bones Book Club

On Monday, March 28th we are having a book discussion on the popular book (and movie) written by Alice Sebold. Time and location have yet to be determined, contact Donna at silks6@aol.com if you are interested in joining us. 🙏

How to Know if You Need Professional Help, Part 1

By Dr. Alan Wolfelt, Fort Collins, Colorado

Mourning is the normal expression of thoughts and feelings you experience when someone you love dies. It is a necessary, although painful, part of your grief journey. By openly embracing your pain, you will heal from your emotional wounds and reconcile this significant loss in a positive way. Some counselors refer to this process as “good” grief.

Some people find that seeing a counselor to facilitate this good grief process is helpful. A skilled professional can sometimes ease your grief journey and affirm that you are doing the right things to help yourself heal.

Good grief, however, can turn bad. If normal grief strays off course, the work of mourning can go on and on without the grieving person ever reaching reconciliation. It is a very good idea to find a trained bereavement counselor to help you if you are experiencing this “complicated” grief.

How can you tell if your grief is complicated? Any one of these factors could complicate your grief experience:

An unnatural or untimely death. Your grief might become complicated if the person you loved died suddenly or unexpectedly, or if the death was a suicide or a homicide.

Your personality. If you have unresolved feelings or conflict relating to other losses in your life, or if you have a tendency toward depression, you may be more susceptible to a complicated grief experience. Difficulties in expressing and managing feelings of sadness and anger, extreme dependency on the approval of others, or a tendency to assume too much responsibility also may complicate your grief journey.

Your relationship with the person who died. An intensely close relationship to the person who died may trigger complicated grieving, as might unresolved conflicts with that person.

An inability to express your grief. If you have been unable to accept the intense emotions evoked by the death, you may experience complicated grief. Or perhaps your family and friends have failed to validate your feelings of loss. Other significant losses occurring at the same time, the inability to participate in the grief process due to personal illness or the lack of access to the usual rituals, such as a funeral, also may provide the impetus for complicated grief.

Use of drugs or alcohol. Drugs or alcohol may suppress your feelings connected with the loss, thus short-circuiting what may otherwise be a normal and healthy grief journey.

SIGNS OF COMPLICATED GRIEF

When good grief goes bad, a few common behavior patterns emerge. The following patterns sometimes signal the presence of complicated grief:

Postponing your grief. You may find yourself delaying the expression of your grief or hoping that it will go away. Denial is normal and necessary for a short time, but ongoing denial is harmful.

Displacing your grief. Displacing your grief means taking the expression of your grief away from the loss itself and directing these intense feelings toward other things in your life. For example, you may experience difficulty at work or in relationships with other people. You may feel depressed, bitter and hateful.

Replacing your grief. If you take the emotions that were invested in the relationship that ended in death and reinvest them prematurely in another relationship, you may be attempting to replace your grief. This replacement pattern does not only occur with other relationship, but in other life activities as well. Or example, you may become a workaholic although you have never been one in the past.

Minimizing your grief. If you are aware of your feelings of grief but try to downplay them, you may be experiencing complicated grief. You may try to prove to yourself that the loss in your life doesn't affect you very much. Or you may talk openly about how “well you are doing” and how “your life is back to normal” even though the death has just occurred.

Somaticizing your grief. Somaticizing is the clinical expression that describes the attempt to

How to know if You Need Professional Help ... continued

convert your feelings of grief into physical symptoms. You may become so completely preoccupied with your physical problems that you have little or no energy to relate to other people or do your work of mourning.

In summary, complicated grief is grief that has somehow been derailed and needs to get back on track. A counselor can help you do that. And remember—deciding to seek professional help from a counselor or therapist, whether your grief journey is complicated or uncomplicated, is not an admission of failure; it is a positive step in your personal development and an important self-care task.

INDIVIDUAL COUNSELING How to Find a Good Counselor

Finding a good counselor to help through the grief process sometimes takes a little doing. A recommendation from someone you trust is probably the best place to start. If he or she had a good counseling experience, and thinks you would work well with this counselor, then you might want to start there. Ultimately, though, only you will be able to determine if a particular counselor can help you.

If a friend's recommendation doesn't work out, try more formal searching methods. The following resources may be helpful:

- A local hospice, which may even have a counselor on staff who may be available to work with you.
- A self-help bereavement group, which usually maintains a list of counselors specializing in grief therapy.
- Your personal physician can often refer you to bereavement care specialists.
- An information and referral service, such as a crisis intervention center, that maintains lists of counselors who focus on bereavement work.
- A hospital, family service agency, and/or mental health clinic. All usually maintain a list of referral sources.

Depending on the size and mental health resources of your community, you may want to seek out not just a good counselor but a good *grief* counselor. Someone skilled at marital counseling, for example, may have little or no understanding of grief issues. Scan your Yellow Pages for counselors citing grief or bereavement as a specialty. Another credential

to look for is certification from the Association for Death Education and Counseling (ADEC). You may also want to call ADEC (Phone 847-509-0403 or visit them online at www.adec.org) for a referral to an ADEC-certified counselor near you.

Finally, ask the following questions during your initial consultation with the counselor:

- What are your credentials and where were you trained?
- Have you had specialized bereavement care training?
- What is your experience with bereaved people?
- What is your counseling approach with a bereaved person?

Reprinted with permission from Grief Digest, Centering Corporation, Omaha, Nebraska, 402-553-1200. #

Good Therapy

By Laura Batty, Mercer, OH

We shared a few hours, my friend and I, at the close of a busy day.
Left lives filled with daily cares and went away to play.
A few small jobs were there to do, with errands to be run,
So choosing the work we wanted, we turned it into fun.

We talked as we drove; we talked as we shopped,
Words overflowing ... they couldn't be stopped.
We spoke of our happiness, we told of our joys,
We talked of the birth of two special boys.

We shared our sorrow, our pain, our fears,
For we have been friends, oh... years and years!
Some burdens are heavy, some burdens are light,
We shared them quietly, as day slipped into night.

What have I done with my life? You cry,
What have I done with this day?
The answer was ready, swift and sure -
You've been a friend, I say.

Our joys are double, our sorrow is half
When we are able to share,
For when there is someone to listen,
We know there is someone to care.

The Bereaved Parents of the USA 2010 National Gathering

“Rock of Hope, River of Healing”

Join us in the natural state of Arkansas

July 9-11, 2010

Holiday Inn Airport Conference Center
Little Rock, AR



Accommodations:

The Holiday Inn Airport Conference Center in Little Rock
3201 Bankhead Drive, Little Rock, AR 72206
Phone: 501-490-1000 or 800-HOL-IDAY

www.holiday-inn.com/lit-airportcc

This beautiful hotel has offered us discounted room rates for **\$99.23 per night** (including all taxes) which applies from July 5th to July 14th, before and after our event for staying over and sightseeing.

Make your reservations directly with the hotel by calling **800-HOL-IDAY**. Be sure to ask for the BP/USA Gathering rate. The hotel provides free shuttle service to and from the Little Rock Airport and other downtown attractions.

Food: The meal plan will be approximately \$132 per person which includes 7 meals, (Friday morning thru Sunday morning).

Start making plans NOW to attend!

The Bereaved Parent “Gatherings” are a unique time of inspiration and healing. You will find yourself surrounded by old and new friends in a comfortable setting.

Informative Speakers and Inspiring Workshops Music Food Fellowship
Butterfly Boutique gift shop, plus Silent Auction and Raffles
Candlelight Ceremony - a highlight of the event!

More details will be coming soon, keep checking the National website:

www.bereavedparentsusa.org

Consider a vacation in the Natural State!

Check out www.Arkansas.com

For more information, or to volunteer to help, contact
Gathering Chair Linda Bates at **501-939-2275**
or email bpusagathering2010@yahoo.com

From Your Editor...

Last week my brother called to say there was a family in their Michigan community who might want to join "your club." I told him no one wants to join our club. A friend of my nephew's had been killed in a sledding accident. My brother asked about letting this family know about Bereaved Parents. My personal opinion is that you don't bring up about joining a support group at the visitation or funeral, but any time after, especially when other people have returned to their "normal" lives and the grieving parent is left alone with their emptiness. I explained to my brother about the BP/USA website and suggested he could mention it in a note.

Suggesting that a grieving parent attend a support group is like suggesting to a person that their health can improve if they go to the gym. You are telling them about something they know they should do but may dread the thought of going and can find numerous excuses not to go. The important thing is that BP/USA is there. I am thankful that BP/USA was there when we desperately needed it.

Hoping for a decade of peace. Happy New Year.

~ Celeste

Dear Angel Lovers,

There is an artist and author who has extraordinary angel artwork and books that I thought my fellow Angel Lovers would enjoy knowing about. The artist and author is N.A. Noel and her website is www.nanoel.com

Her books on heaven and angels are favorites in my collection. My first book was "All God's Creatures Go To Heaven" which I bought after our dog had to be put to sleep so that Emily would understand that he was being taken care of by angel children in heaven. Little did I know that one day Emily would be one of those angels in heaven.

"I Am Wherever You Are" is written to inspire hope to those of us who have lost a child.

"On Earth As It Is In Heaven" will be another bereaved parent favorite.

Her artwork is also available in various mediums from note cards to framed prints.

Check her out!

Peace,
Jena Nylec
Grateful mother of Emily, Joanna, Anna and Diane Nylec
theoriginaljena@hotmail.com
www.emilynylec.com

Bereaved Parents of the USA

CREDO

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA. We welcome you.

Address

Changes/Corrections

Please send address or information changes to Angelo Tomasello at angelotomasello@comcast.net.

“A Journey Together: Hinsdale Chapter BP/USA”

The Hinsdale Chapter newsletter is compiled, stamped and mailed by volunteers, in loving memory of our children. There is no charge to receive it. If you would like to submit content to be considered for inclusion in a future newsletter, please email the newsletter editor, celeste_hardy@hotmail.com.

Copyright 2010 BP/USA All Rights Reserved



Bereaved Parents of the USA - Hinsdale is a self-help support group which is run entirely by volunteers who are also bereaved parents. The volunteers are a little further down the road in their grief and can give back to the chapter by helping with the many jobs it takes to keep the chapter running. This makes it possible for new bereaved parents to see survival and hope when they walk through the door of their first meeting.

Visit us on the web at:

www.bpusahinsdale.org

Steering Committee

Our chapter is run by a volunteer steering committee that meets periodically during the year to discuss future meeting programs, fund raising, member involvement, our library and other pertinent issues. Interested in sharing your time and talent?contact a member listed below:

Chapter Leader	Donna Corrigan	(630) 279-6148
	Cell:	(630) 841-7056
Database Administrator	Angelo Tomasello	(630) 420-1649
Hospitality	Sally Yarberry	(708) 560-0393
	Kathy Kuzmicki	(630) 968-4515
Treasurer	Jerry Schulman	(630) 205-4552
Librarian	Suzy Scott	(630) 985 0394
Newsletter Editor	Celeste Hardy	(630) 963-0096
Members at Large	Linda Horn	(630) 325-2816
	Karen & Dave Putnam	(630) 971-1240
	Rose Martino-Krueger	(847) 208-5620

Chapter Library

We maintain a large lending library of books and tapes of interest to bereaved parents, siblings and grandparents. These resources are available to check out at each meeting to be returned at the following meeting, if possible. Donations of books are always gratefully accepted, and acknowledged in the newsletter. If you are no longer attending meetings regularly and come across a book at home that belongs to our library, please **mail it** to us at the reduced **“media rate”** to: **PO Box 703, Hinsdale IL 60522-0703**. You can contact our Librarian, Suzy Scott at suzyart@sbcglobal.net or (630) 985-0394.

Telephone Friends

When you have a need to talk to another bereaved parent, these members are available to listen:

Val Vesely	(630) 469-9584
Donna Corrigan	(630) 279-6148
Marge Humbert	(815) 609-4151
Jim Moravcik (suicide)	(630) 904-9094

CALENDAR OF EVENTS

February

February 5	Monthly Meeting: 7:30 PM – Working on our Chapter scrapbook – bring COPIES of your children’s pictures
February 10	Men’s Group: Meet at Kappy’s in Villa Park at 6:30 P.M. RSVP to Jerry Schulman 630-205-4552

March

March 5	Monthly Meeting: 7:30 PM – I Can’t Believe You Said That’ - Share comments heard after our child died and our reactions to those comments
March 10	Ladies Night Out: 6:30 PM - Meet at Bailey’s in Westmont
March 15	Steering Committee: 6:30 PM – Meet at Redeemer Lutheran

April

April 9	Monthly Meeting: 7:30 PM – Butterfly Gardening – Growing Hope - Donna Corrigan will facilitate this program
---------	--------------------------------------------------------------------------------------------------------------------

BP/USA Hinsdale on the Web:

<http://www.bpusahinsdale.org/>



Falling Apart

by Eloise Cole



I seem to be falling apart.
My attention span can be measured in seconds;
My patience in minutes.

I cry at the drop of a hat.
I forget things constantly.
The morning toast burns daily.
I forget to sign the checks.
Half of everything in the house is misplaced.
Feelings of anxiety and restlessness are my constant companions.

Rainy days seem extra dreary.
Sunny days seem an outrage.
Other people’s pain and frustration seem insignificant.

Laughing, happy people seem out of place in my world.
It has become routine to feel half crazy.
I am normal I am told.

Bereaved Parents of the USA
Hinsdale Chapter
P.O. Box 703
Hinsdale, IL 60522-0703



February – March 2010