



October – November - December 2014

## A Journey Together: Chicagoland Chapter - Bereaved Parents of the USA [www.bpusachicagoland.org](http://www.bpusachicagoland.org)

### Bereaved Parents of the USA Mission:

We, as bereaved parents, help grieving parents and families rebuild their lives following the death of a child.

*Meetings are generally held the first Tuesday of every month, 7:00 – 8:30 PM. Doors open at 6:30 PM for greeting and fellowship.  
First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, Illinois  
Eleanor Byrne (708-485-6160) and Sally Yarberry (708-560-0393), Chapter Co-Leaders*

## Fall

*by Keith Swett, Matt's dad*

It is fall again and time to take a physical and emotional journey to Eagle River. Rib Mountain splashed in greens and golds beckons us forward across the sparkling Wisconsin River whose banks reflect the mountain's colors and warmth, but we drive past the mountain and up 51 to Merrill. Today is not the day to climb Rib or float down the Wisconsin. Today we fly past Merrill at 65 but in my youth highways went through towns and the stoplight at Merrill often took half an hour to cross. Half an hour is forever when you are young but today I measure my waiting in decades. Time both stops and flies.

The food in Eagle River is perfect because good restaurants don't survive in this tourist town. We always eat lunch at the White Pine, over a hundred years old with the first half of the building made of logs cut with a crosscut saw. Sitting by the window we eat while watching the Eagle River flow by us on the way to the Wisconsin and eventually the Mississippi. In the shadows by the trestle I can almost see my cousins playing, cane poles and cut off shorts, ready to swim at a moment's notice. Grandma sat at this table with Jean and I but we did not come to revisit Grandma nor to watch my cousins swim. Today we hunt for eagles.

The eagle is sacred to many Native Americans. The king of the sky rides the air currents protecting his kingdom. He glides easily almost out of sight and then he drops slowly across

### UPCOMING MEETINGS & EVENTS:

**Tuesday, October 7 - Monthly Chapter Meeting:** 7:00 PM to 8:30 PM - Discussion

**Tuesday, November 4 - Monthly Chapter Meeting & Potluck Dinner:** 7:00 PM to 8:30 PM - Pot Luck Dinner and Guest Speaker Vicki Scalzitti - "A Difficult Love - Bereaved Parents & Their Surviving Children" - See details in this newsletter. Please RSVP by Nov. 1 to Sally at 708-560-0393 or psyrbrry@hotmail.com.

**Tuesday, December 2 - Monthly Chapter Meeting:** 7:00 PM to 8:30 PM - Love Never Dies - Bring an unwrapped children's gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children.

**Sunday, December 7 - Candle Light Program:** Doors open at 6:30 PM. Program starts at 7:00 PM. See Candle Light Form in this newsletter. Please RSVP.

**Tuesday, January 6 - Monthly Chapter Meeting:** 7:00 PM to 8:30 PM - Topic to be determined.

the lake. I can see no pattern but maybe, just maybe, he crosses to the other side, keeping both sides safe, watching always so that no child is overlooked, no family member is lost, no message of love floats by unseen.

It has been eleven years since I held Matt close. Here in Eagle River the veil is thin. Four generations of Swetts have watched eagles. The eagles carry messages to both sides. "We are safe. We love you. Don't worry. You are locked safely in our hearts." ❧❧❧

## BP/USA Chicagoland Chapter

**Bereaved Parents of the USA** 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.

If you feel that you are ready to give back to the Chapter and would like to volunteer your time and talent, please contact the Chapter Co-Leaders Eleanor or Sally.

Chapter Co-Leaders:

Eleanor Byrne (708) 485-6160

Sally Yarberry (708) 560-0393



### Do We Have Your Current Email Address?

It is important that we have current email addresses so that we can send chapter news to everyone. If you have not been receiving our chapter emails, please send your email address to Sally at [psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com).

### *Meeting Day and Location Reminder:*

Meetings are held on the first Tuesday of each month from 7:00 to 8:30 PM at First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, IL, on the second floor in the youth room. Please enter the building through the north doors by the playground.



## Welcome

Bereaved Parents Chicagoland Chapter extends a warm welcome to the new attendees at our recent meetings. We know it is difficult to come to your first meeting.

New attendees:

♥ Becky & Joe Gadomski, parents of **Caitrin Gadomski**

♥ Josie & Mark, parents of **David**

We are very sorry for the reason you are here, but we are glad that you found us. 🙏

## ♥ ♥ ♥ Love Gifts ♥ ♥ ♥

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. A financial contribution in any amount is appreciated. All Love Gifts are gratefully acknowledged in the newsletter accompanied by wording exactly as the donor submits. 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. Make your check payable to: **BP/USA Chicagoland** and mail it to arrive **by the 10<sup>th</sup>** of the month prior to the upcoming newsletter. **The newsletter is published quarterly.**

Mail your check to:

**Bereaved Parents of the USA  
Chicagoland Chapter  
P.O. Box 320  
Western Springs, IL 60558**

It is also recommended that you email your love gift message to the newsletter editor,  
**celeste\_hardy@hotmail.com**.

## Thank You!



*In loving memory of  
Frank Amelio  
April 25, 1980 until September 13, 2007*

My heart hurts just like it did seven years ago. Love you so much.

Love you, Mom  
Helen Amelio



*Love Gifts Continued on the Next Page*

## ♥ ♥ ♥ Love Gifts ♥ ♥ ♥



*In loving memory of  
Frank Knapczyk Jr.  
March 28, 1967 until October 24, 1992*

My fellow members....

Sometimes we do all the wrong things to get our lives back on an even keel. But, know life still goes on - no matter how we feel, how much we miss, how much we think about the person who has left us - not gone, just somewhere else at the moment. Know that somewhere on this journey that feelings heighten and subside often, but never out of our thoughts.

A more accepting attitude will not come overnight. But you will be able to tolerate more as the days pass and remember all the good times and all the happy memories, which never go away.

Another time, another place....fondly remembering  
your love,  
Mother and Dad  
Barbara Knapczyk & Frank Knapczyk Sr.



*In loving memory of  
Bobby Vargas  
October 8, 1972 until October 26, 1988*

We think about you and miss you every day.

Love always,  
Mom & your brother, David  
Susan Vargas



### **Audrey Stolf**

We sadly share the news that one of our members, Audrey Stolf, died on September 2<sup>nd</sup>. She was laid to rest next to her beloved daughter, Suzie, at Mount Emblem Cemetery.

## ♥ ♥ ♥ Love Gifts ♥ ♥ ♥



*In loving remembrance of  
Paula Lynn Yarberry VanHorn  
October 3, 1968 until October 27, 2006*

Paula Pumpkin,

In a few days it will be the eighth anniversary of the day you left us. Not a day goes by that I don't want to talk to you – share a confidence, hear your advice, or just laugh until my cheeks hurt. Your loving nature meant you were always willing to listen to what I needed to discuss, and you had a talent for getting to the heart of what troubled me. No matter how bleak things were, you could always find some humor. I have a hard time remembering exactly what was so funny, but I'll never forget that we never spoke that I didn't laugh....I will always miss that.

*"There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go."*

~ Author Unknown

I carry your heart in my heart.

Love forever,  
"MamaSama, and Bry"  
Sally Yarberry and Bryan Yarberry



**"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."**

~ Earl Grollman

*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*

**Alan Schroeder – 22**  
Oct 11, 1985 – Dec 04, 2007  
Joan & John Schroeder

**Bobby Vargas – 16**  
Oct 08, 1972 – Oct 26, 1988  
Auto Accident  
Susan Vargas

**Cindy Cebczynski – 21**  
Oct 18, 1983 – Nov 07, 2004  
Victim of a Drunk Driver  
Pam & Bob Cebczynski

**Dan Parmenter – 20**  
Oct 15, 1987 – Feb 14, 2008  
NIU Classroom Shooting  
Gary Parmenter

**Donna Hark – 48**  
Oct 28, 1961 – Feb 08, 2010  
Pulmonary Hypertension  
Geraldine Ploskonka

**Eric-Alan Gottung – 24**  
Oct 10, 1986 – Mar 04, 2011  
Suicide  
Nancy & Eric Gottung

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

**Gregory Michael Humbert – 30**  
Aug 31, 1961 – Oct 31, 1991  
Auto Accident  
Marge Humbert

**Jacob Silver – 22**  
Oct 05, 1990 – Apr 11, 2013  
Suicide  
Laureen Dunne

**Katherine Lacewell – 41**  
Feb 27, 1969 – Oct 16, 2011  
Alcoholism  
Allen Lacewell

**Kerri L. Gartner – 22**  
Sep 09, 1981 – Oct 24, 2003  
Auto Accident  
Ervin & Kathleen Gartner

**Lisa M Zimmerman – 32**  
Nov 24, 1971 – Oct 13, 2004  
Medication Overdose  
Carol & Bill Zimmerman

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

**Michael Atella – 60**  
Oct 11, 1949 – Sep 12, 2008  
Heart Attack  
Edna Atella

**Michelle Louise Jensen – 30**  
Nov 08, 1980 – Oct 13, 2011  
Drug Overdose  
Kelly Jensen

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

**Paula L Van Horn – 38**  
Oct 03, 1968 – Oct 27, 2006  
Sepsis  
Sally Yarberry

**Robert Conway – 15**  
May 12, 1975 – Oct 22, 1990  
Hit by Van while Bike Riding  
Rose Conway

**Roseanne Strick – 22**  
Feb 27, 1969 – Oct 14, 1991  
Brain Aneurysm/Heart Attack/Car  
Accident  
Ilse Strick

**Ryan Vesely – 17**  
Oct 03, 1974 – Jan 18, 1992  
Auto Accident  
Stan & Val Vesely

**Susan G. Gabrielsen – 31**  
Apr 18, 1963 – Oct 14, 1994  
Breast Cancer  
Patricia Jacobi

**Thomas A Walsh Jr – 32**  
Oct 16, 1970 – Jul 20, 2003  
Unknown  
Karen Richards

**Amanda Aadson – 20**  
Apr 08, 1981 – Nov 25, 2001  
Car Accident  
Mary Jo Sullivan



**Adam Schar – 33**  
Nov 23, 1976 – Jul 18, 2010  
Accidental Death  
Janet Schar

**Aidan Samuel Wood – 4**  
Jul 17, 2003 – Nov 30, 2007  
House Fire  
Michelle & Ian Wood

**Caitrin Paige Gadomski – 6**  
Apr 16, 2007 – Nov 17, 2013  
Cancer  
Joe & Becky Gadomski

*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*

**Brent Evans – 35**

Dec 27, 1976 – Nov 07, 2012  
Alcoholism  
Anne & Ed Evans

**Brian Eck – 39**

Sep 08, 1971 – Nov 08, 2010  
Enlarged Heart  
Kathy Eck

**Heather Runge – 6 Wks.**

Nov 21, 1989 – Jan 04, 1990  
Neuroblastoma  
Sandy Sand

**Celeste Tomasello – 17**

Apr 20, 1982 – Nov 05, 1999  
Accidental Fall  
Linda & Angelo Tomasello

**Christopher Kavanagh – 25**

Sep 23, 1984 – Nov 15, 2009  
Undetermined  
Sherri Kavanagh

**Sarah Marie Fink – 3 ½ Mths.**

Jul 11, 1977 – Nov 02, 1977  
SIDS  
Sue & Garry Fink

**David Horn – 7**

Aug 05, 1973 – Nov 20, 1980  
Leukemia  
Russ & Linda Horn

**Timothy Kuzmicki – 16**

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

**Jennifer Roley – 22**

Nov 26, 1989 – Jan 15, 2012  
Drug Overdose  
Lynn Gantner

**Katie Elizabeth Farley –**

Nov 12, 2004 – Nov 12, 2004  
Prenatal Decision Due to Chromosomal  
Issues  
Kelly Farley

**William “Bill” Collins – 24**

Nov 15, 1965 – Dec 24, 1989  
Auto Accident, Hit & Run  
Sue Collins

**Megan Elisabeth Peters – 23**

Nov 26, 1980 – Aug 31, 2004  
Drug Overdose  
Kathleen Peters

**Michael Walter Schulman – 28**

Apr 21, 1978 – Nov 28, 2006  
Traffic Accident  
Jerry, Mary, Melissa, Jonathon, & Katie  
Schulman

**Brandon Hardy – 22**

Aug 13, 1980 – Dec 28, 2002  
Auto Accident  
Don & Celeste Hardy

**Paul Moore – 10**

Nov 04, 1982 – Jun 08, 1994  
Drunk Driver  
Don & Julie Moore

**Phillip G. Dore – 21**

Nov 11, 1988 – Sep 02, 2010  
Suicide  
Phil & Linda Dore

**Glenn Patrick Beach – 31**

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

**Steven Glosky – 23**

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

**Thomas (Tommy John) Adams – 35**

Feb 01, 1966 – Nov 01, 2001  
Marge & Bill Adams

**Casey Cox – 27**

Dec 17, 1985 – Feb 14, 2013  
Asthma  
Cynthia Cox

**Casey Reiter – 25**

Aug 11, 1984 – Dec 15, 2009  
Heart Attack  
Sandy Tummillio

**Chris Marie Longo – 18**

Dec 21, 1951 – Sep 26, 1970  
Brain Aneurysm  
Anthony & Margery Longo

*Our Children .... Continued on next page*

*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*

**Daniel M. Schedler – 23**  
Dec 16, 1969 – Apr 06, 1993  
Auto Accident  
Tom & Judeen Schedler

**Daniel Stoothoff – 34**  
Jun 03, 1970 – Dec 07, 2004  
Car Crash  
Sally Stoothoff

**Matthew Davis – 33**  
Dec 28, 1976 – Jun 10, 2010  
Unknown  
Gloria Smolek

**Eric Fitzpatrick Bucholz – 19**  
Jun 26, 1974 – Dec 24, 1993  
Electrocution  
Sue Bucholz

**Frank Gianfortune Jr – 19**  
Aug 01, 1968 – Dec 06, 1987  
Auto Accident  
Ms. Adel Gianfortune

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

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

**John C Crider – 44**  
– Dec 24, 2009  
Helen Bapes Crider

**Joseph James Craig – 35**  
Dec 05, 1974 – Dec 15, 2009  
Drowning  
Joseph R. Craig

**Josiah Weiberg - 10 Months**  
Jan 16, 2009 – Dec 03, 2009  
SMA Type 1  
Alesha & Jim Weiberg

**Mariana Tunstall - 8**  
Dec 29, 1999 – Jul 16, 2008  
E-Coli  
Keith & Kristena Tunstall

**Martin K. Adams - 42**  
Dec 11, 1960 – Jan 06, 2003  
Marge & Bill Adams

**Marty Sobanski (Brother) – 28**  
Dec 08, 1961 – Sep 05, 1990  
Seizure Disorder  
Helen Sobanski-Hennessey

**Matthew Davis – 33**  
Dec 28, 1976 – Jun 10, 2010  
Unknown  
Gloria Smolek

**Michael Kosinski – 26**  
Dec 17, 1986 – Jun 12, 2013  
Sudden Cardiac Arrest  
Marge & Bill Kosinski

**Nicholas Carl Pica – 21**  
Dec 12, 1984 – Jul 13, 2006  
Sudden Cardiac Death  
Jane & Jerry Pica

**Noah Michael Cichorski – 2 1/2**  
Jun 24, 2001 – Dec 16, 2003  
Head Injury (Cause Unknown)  
Jeannine Cichorski

**Phillip Butler – 30**  
Dec 29, 1982 – May 13, 2013  
Atherosclerotic heart disease  
Nancy & Bob Butler

**Rachel Krueger – 21**  
Dec 29, 1986 – Sep 23, 2008  
Pulmonary Embolism  
Jim Krueger & Rose Martino-Krueger

**Richie Chow – 27**  
Dec 22, 1983 – Sep 30, 2011  
Unknown  
Joyce Chow

**Ryan James Moravcik – 21**  
Jan 07, 1980 – Dec 31, 2001  
Suicide  
James & Lucille Moravcik

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

**Scott Wesolowski – 18**  
Dec 13, 1984 – Apr 08, 2003  
Drug Overdose  
Sue Berger

**Sean Howard Anderson – 17**  
Feb 22, 1983 – Dec 05, 2000  
Suicide  
Maureen Anderson

*Our Children .... Continued on next page*



*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*

**Stevie Brow – 8**

Dec 13, 1964 – May 18, 1973  
Gunshot  
Roberta Brow

**Tim Schiefelbein – 18**

Dec 07, 1989 – Feb 24, 2007  
Car Accident  
Diane Grabowski

**Elizabeth Anne Barrett – 15 ½**

Dec 29, 1976 – Jun 29, 1992  
Hit by Van  
Kay & Phil Barrett



## HUMOR AND SURVIVAL

*by Mary Cleckley, Jack's Mother  
BP/USA*

Recently, my daughter paid me one of the highest compliments a bereaved parent can hope to receive. Having made a change in her primary care physician, her doctor was taking her history and he reached the place where he inquired about her parents' health. He started with me, and my daughter just started laughing and said, "You're not going to believe her history." With that she ran off a litany of woes, past and present. Her doctor asked if I had gone out looking for things to happen to me. She said she assured him that wasn't the case and she added, "In spite of all of it, she has never lost her sense of humor." Now I consider that a compliment because I'm sure there were times she couldn't have said that.

I tell you this because when one of our children dies, we seem to lose other things as well. One of them seems to be our sense of humor. We are hard put to find things that tickle our funny bone. Life becomes tedious and surviving becomes a deadly serious business. After a few months, when things strike you as humorous and you laugh, you'll find that the old devil guilt makes his presence known.

Next time you're tempted to laugh, go ahead! Laugh long and hard. You'll feel better after you do, for eventually you come to realize that laughing does not mean you're "all over" your child's death. It just means you needed some relief from all that pain that comes with grieving. Those of us who allow humor to become part of our lives again survive better. If someone nearby hears you laughing and attributes it to problems with your mental health, just tell them that that's mental health, all right, but it's no problem.

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## MY LIFE

*by Jane Schindler  
Anne Arundel County/BPUSA*

This is my life. This is not the life I envisioned, nor the life I wanted. But, nonetheless, it is my life and I am living it. Does living it mean I love you any less or have somehow forgotten? No, living it means I have made the choice to come out of the darkness. I knew I couldn't stay in the darkness forever and I knew you would not want me there.

So whenever I find myself in the light, living my life, I am reminded of you and all that you would want for me. \*\*\*

## Thank You

September 18, 2014

Hello Fellow Bereaved Parents,

I am aware of how much thought you put into buying school supplies. You all donated multitudes of school supplies with such a variety. The donations included spiral notebooks, glue sticks, markers, colored pencils, crayons, sharpeners, Post Its, no. 2 pencils, erasers. I realize that when you are selecting supplies, it's as if you were buying for your own child. This is so thoughtful that you choose to donate these items to our needy students. Some of our students live at the area race tracks, if their parents' employment is tending the horses. The Arlington students must bus an hour to school. The entire family lives in one room housing.

Our students are enthusiastic artists, and they love to learn to draw. I teach with a structure of group leaders and class leaders. The group leaders take care of replenishing supplies for their group.

The teachers place bags of supplies in the lockers of needy children who didn't bring in their supplies. The look on the students' faces when they discover these supplies is priceless.

Thank you so very much from all of the teachers and students for your generosity.

Sincerely,

Suzi Scott

*Bereaved parent of Katherine Pranno  
Art teacher, Lincoln School, Cicero IL*

## Volunteers Needed for Carson's Community Days

Our Bereaved Parents Chapter will once again be participating in Carson's Community Days Fundraiser. We will be representing our group by selling coupon booklets at the Yorktown Carson's in October and November for the Community Days Sale that will take place on Friday, November 14 and Saturday, November 15. This is a wonderful opportunity to raise money as well as inform the community of our mission.

The booklet contains over \$500 worth of coupons to use during the sale, and our group keeps 100% of the \$5.00 booklet price (the booklet includes a \$10.00 coupon that can be used for anything in the store!).

All it requires is two hours of your time, sitting at a table near an entrance to the store, selling the booklets, and passing out our literature. Please consider volunteering to help us out....we will be contacting you with available dates and times.

You can also use this link to purchase booklets online: <http://bit.ly/1Dbgr07>

Carson's ships the coupon booklets to you for free, with guaranteed delivery before the start of the event. 🎄



***From Suzi Scott, bereaved parent of Katherine Pranno, regarding the organization that receives the toy donations collected in memory of your children at our December meeting:***

Christmas Cheer Foundation is an outreach meal and gift distribution program that Nicole Gamez, PE teacher at Lincoln School, in Cicero, volunteers to participate in. On Christmas Day, she delivers Christmas dinners and toys to needy families. She takes the toys that I bring to school to St Cyprian's Pavilion, in River Grove, where they are sorted and wrapped. They are moved to Dominican University, in River Forest, for delivery pickups on Christmas morning.

Welcome to Christmas Cheer:

***Mission Statement***

***Christmas Cheer for the holiday season!***

***Abundant-Outreach for all seasons!***

We are a volunteer charitable organization whose purpose is to generate contributions in order to provide food, gifts, and a sense of community spirit to those in need in the metropolitan Chicagoland area.

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





## Potluck Dinner



**Doors Open at 6:30PM – Dinner at 7:00PM**

**Program begins at 7:45PM**

Please come join us for food & fellowship. We all need a night out, especially before the holiday rush begins. Hope to see you there!

The Chapter provides chicken, beverages and table settings. Bring your child's favorite dish if you wish, or another special item sure to be enjoyed by all!

**Please bring a dish (serving for 8) based on your last name:**

If your last name begins with **A-N** - please bring a **side dish or salad**

If your last name begins with **O-Z** - please bring a **dessert**

**Our Special Guest Speaker will be Vicki Scalzitti**

**"A Difficult Love - Bereaved Parents & Their Surviving Children"**

Vicki Scalzitti is a bereaved parent, the Manager of Children's Bereavement Services at Rainbow Hospice, and co-author of "10 Steps for Parenting Your Grieving Children". She has twenty one years of experience in working with bereaved children and their families, and eleven years as a trauma consultant/school specialist.

If you are unable to come for dinner, please feel free to arrive at 7:30 and join us in listening to Vicki Scalzitti.

Siblings (high school age or older) are encouraged to attend.

**Please R.S.V.P. by November 1<sup>st</sup> to Sally Yarberry at (708) 560-0393 or e-mail [psyrbrry@hotmail.com](mailto:psyrbrry@hotmail.com).**

## Children & Grief – By Ages & Stages

By Kelly Baltzell M.A. & Karin Baltzell Ph.D.

*Children do grieve. Grief is expressed differently, emotionally and physically, depending on the age of the child. As an adult, try not to impose your expectations on a child regarding how he/she should look, act or feel in reaction to death. Knowing the age-stage of the grieving child can help you help the child.*

### Birth to Age 3

1. View of death: The child sees death as a loss, separation or abandonment. Death as a concept is difficult to understand. There is no sense of permanence.
2. Warning signs: Look for unusual behavior.. A normally quiet child may begin to “act out,” become aggressive, hard to settle down and irritable. A usually active child may become withdrawn or sluggish.
3. Help the child: Keep daily schedules normal. Provide as much security and reassurance as possible

### Ages 3 to 6

1. View of death: At this stage, a child sees things as reversible and temporary. Death and life are hard to separate. They may believe in “magical thinking” and that their thoughts can cause things to happen such as a death, or bringing someone back to life.
2. Warning signs: Children may exhibit nightmares, confusion, eating, sleeping, bladder or bowel problems and/or revert to an earlier stage of development. Sometimes they may seem to be unaffected by the death. Do not hesitate to get help as soon as possible if behavior changes.
3. Help the child: Talk about the death using books and stories. Explain that they did not “think” the death or make it happen. Reassure them that their thoughts and behaviors had nothing to do with the death.

### Ages 7 & 8

1. View of death: Children start seeing death as final. The concept for many kids is that death happens to the old but not to them. Many questions will emerge about death.
2. Warning signs: Children may have problems in school, become aggressive, quiet, clingy, or think they have numerous health problems. Watch for signs of depression such as crying all the time, not

wanting to get out of bed or thoughts of dying. They may not want to sleep in their own bed anymore. Take everything seriously. Do not hesitate to get help as soon as possible if the child's behavior changes.

### Age 9 & Older

1. View of death: By now, the child understands that death is going to happen. By the time kids are 12, they know for sure that death is final and irreversible. They not only know it could happen to someone else, but also to themselves.
2. Warning signs: Children may exhibit a wide range of feelings including shock, denial, anxiety, fear, anger, depression or even withdrawal. Their reactions begin to be much more like an adult except they may act out their grief by behavioral changes at home or school. Take everything seriously. Do not hesitate to get help as soon as possible if behavior changes and seems inappropriate.
3. Help the child: Talk about death openly and honestly. Answer the child's questions completely. Be forthright about your emotions. Encourage the child to talk. Listen patiently. Do not try to “correct” their feelings. Help the child find others in their age group to talk to.

*It is important to remember that children are individuals. The information provided is general and may not apply to all children of the same age group. ###*

## Holiday Cards

This is very likely the last year that we will offer Bereaved Parents holiday cards, as we are down to the last of our stock. The cards are an assorted package of previous favorites including a wreath, an ornament, a bell, and an angel (five cards of each design). The butterfly, our symbol of hope, is uniquely featured on each of the cards.

This is a general holiday greeting card with special meaning for bereaved parents, siblings, and grandparents, as well as those who support them.

Printed on high-quality paper, the actual size of the card is 4”x 6”. The card comes in packages of 20 assorted cards with matching envelopes. The order form is available on our chapter website. ###



**Bereaved Parents of the USA  
Chicagoland Chapter**

Cordially invites you to attend our  
**Annual Candle Light Observance of  
National Children's Memorial Day**

*Please invite your extended family to  
join us on this special evening*



Sunday, December 7, 2014  
1st Congregational Church of Western Springs  
1106 Chestnut Street, Western Springs, IL

Program 7:00 p.m. ♥ Doors open 6:30 p.m.

During this observance, the name of each child will be read out loud. If you wish to submit a photo (5x7 or smaller), your child's picture will be shown as his or her name is read aloud. **If you have submitted a photo in the past, you must give us your permission to have the photo shown again this year.** If you are unable to attend, but wish to have your child's name read aloud, please indicate on the return form.

**Refreshments and fellowship follow the Candle Light Observance. Please bring your child's favorite treat to share. Memorial tables will be available to display your child's picture or remembrance.**

**Send photos to: Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429 (630) 971-9472  
Or e-mail photos to: [FLASH22504@comcast.net](mailto:FLASH22504@comcast.net)**

***Deadline for photos, 5x7 or smaller: Tuesday, December 2nd  
Photos may be picked up at the close of the evening***

**Return Form for Children's Memorial Day Candle Light Observance**

Please respond by Tuesday, December 2nd

Return to: Bereaved Parents USA c/o Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429, or  
[FLASH22504@comcast.net](mailto:FLASH22504@comcast.net)

First Name of Child(ren)\_\_\_\_\_

Last Name of Child(ren)\_\_\_\_\_

First & Last Names of Parent(s)\_\_\_\_\_

How many people will attend\_\_\_\_\_ Of those, how many bereaved siblings \_\_\_\_\_

I have enclosed a picture\_\_\_\_\_ I will send a picture\_\_\_\_\_ I will e-mail a picture\_\_\_\_\_

I give permission to use a photo I previously submitted \_\_\_\_\_

I would like my child's name spoken as a butterfly memory is shown\_\_\_\_\_

**Donations to help defray costs are gratefully appreciated.**

***If you would like to help with planning of the Candle Light Observance or participate in the program,  
contact Donna: [silks6@aol.com](mailto:silks6@aol.com)***

CALENDAR OF EVENTS	
October	
October 7	<b>Monthly Meeting:</b> 7:00 PM - Discussion
November	
November 4	<b>Monthly Chapter Meeting &amp; Potluck Dinner:</b> 7:00 PM to 8:30 PM - Guest Speaker Vicki Scalzitti - "A Difficult Love - Bereaved Parents & Their Surviving Children" - Please RSVP
December	
December 2	<b>Monthly Chapter Meeting:</b> 7:00 PM - Love Never Dies - Bring an unwrapped children's gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children.
December 7	<b>Candle Light Program:</b> Doors open at 6:30 PM. Program starts at 7:00 PM. See Candle Light Form in this newsletter. Please RSVP



## Presents For Me

by Karen Howard  
from "Handling the Holidays"  
Conley Outreach Publications 2000

A hot cup of tea on a cold afternoon,  
shared with a friend in a warm sunny room.  
A new pair of slippers all snuggly and warm,  
the old ones were faded and tattered and torn.  
A call to a friend when there's shopping to do,  
someone to talk to and see the job through.  
A quick walk 'round the block when feeling forlorn,  
all empty and barren like a picked field of corn.  
I'll do something for me, one small thing each day,  
until I can face your being away.

**BP/USA Chicagoland on the Web:**

<http://www.bpusachicagoland.org/index.html>

Bereaved Parents of the USA  
Chicagoland Chapter  
P.O. Box 320  
Western Springs, IL 60558



October–November–December 2014