

A Journey Together: Chicagoland Chapter - Bereaved Parents of the USA 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

Expectations

by Donna Corrigan, Matthew's mom

During the holidays, bereaved parents are expected to have a really miserable time; why else would so many people remind us that it is hard to lose a child, "especially at this time of the year." As you have already learned, in the early days of grief, many days are difficult and some are worse. They just are.

I would encourage you to reject what others expect, especially those who have not experienced the death of a child. Try to live in an attitude of acceptance. Christmas without our children will never be as good as Christmas was with them. This is our new normal.

Don't expect to be miserable, accept the fact that you will be very sad. Do not expect others to reach out to you, accept that you might have to ask for support. Don't expect others to understand your pain, accept that they cannot.

Most importantly, do not expect others to anticipate the best way for you to celebrate the holidays. Accept the reality... you're not sure what you want to do this year and very few activities may bring you happiness. The path of grief can be inconsistent.

As you look at the upcoming months and their celebration days, accept the idea that you may want to participate on a limited level. Seek out activities that allow the freedom of laughter; recognizing that tears may mingle with joy.

Purchase a toy in memory of your child and bring it to our Dec 1st meeting; it will probably be painful to shop in the holiday crowds but wouldn't your kid

UPCOMING MEETINGS & EVENTS:

Tuesday, October 6 - Monthly Chapter Meeting:

7:00 PM to 8:30 PM - Open discussion

Tuesday, November 3 - Monthly Chapter Meeting & Potluck Dinner: 7:00 PM to 8:30 PM - Chicken & beverages will be provided; please bring a side dish or dessert (to serve 8) to share. Please RSVP by Nov. 1 to Sally at 708-738-0396 or psyrbry@hotmail.com

Tuesday, November 5 - Ladies Night Out:

6:00 PM Rockwood Tap House 3131 Finley Road in Downers Grove

Tuesday, December 1 - Monthly Chapter Meeting:

7:00 PM to 8:30 PM - Children's Gifts - Bring an unwrapped gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children

Sunday, December 6 - Candle Lighting Program:

Doors open 6:30 PM; Program at 7:00 PM. Please RSVP. See additional information in this newsletter

love knowing you are making someone else happy?

I would strongly encourage you to accept the invitation to light candles with our Bereaved Parents Chapter on December 6th; it is a peaceful interlude where we can share the brightness of our children's lives during the holiday season. You can expect it to be a safe place....

Reprinted from the December 2010 - January 2011 edition of this newsletter, with dates and content adjusted for relevance.

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 psyrbrry@hotmail.com



HELP NEEDED TO REBUILD CHAPTER LENDING LIBRARY

Due to storage constraints, our chapter has not been able to display our Lending Library ever since we changed locations in 2013. Now, thanks to a generous donation from Nancy Butler, in honor of her son Dr. Phillip Butler, we have purchased a library-style book cart that can be wheeled into our meeting room each month.

As it's been awhile since there was any point in purchasing new books, we have compiled a Wish List of recentlypublished books. Please consider purchasing and donating a book from our Wish List, or making a donation allowing us to purchase a book to include in our Lending Library.

All donated books will display a sticker with the name of the donor and the name of the child in whose honor the book was donated. Please contact Sally for a list of titles: psyrbrry@hotmail.com; 708-738-0396

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:

- ▼ Mary McBride, mother of Riley
- ♥ Brian & Sharon O'Malley, parents of **Kevin**

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





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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 10th 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 psyrbrry@hotmail.com.





Holiday Cards Available

It turns out we had more Bereaved Parents Holiday Cards than we thought, so we're able to offer them again this year. 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. ##





When asked what is the most important thing you have learned about life Robert Frost replied, "Life goes on." As bereaved parents it is sometimes hard to believe this simple truth. When your child dies and life feels like you have been punched with a metal press, life goes on. When you cannot get up in the morning because of exhaustion life goes on. When you are not sure what day it is, life goes on. When you cry in the cereal aisle life goes on. When friends hide from you, life goes on. When your partner does not understand you, life goes on. When the boss tells you to pull it together, life goes on. When you do not recognize yourself, life goes on. BUT when you get up, get dressed and go to work, life goes on. When you realize that love never dies, life goes on. When you can laugh even a little, life goes on. When hope returns, life goes on. When new friends offer a hand, life goes on. When a small hand fits into yours, life goes on. When people say your child's name, life goes on. Our children wait for us to realize life goes on. It was meant to go on. It has to go on and so do

> Love Always, Mom and Dad Donna & Mike Corrigan

This was written by Donna's cousin, Keith Swett. He also had a son who died, also named Matt.



In loving memory of
Lisa Zimmerman
November 24, 1971 until October 13, 2004

Dear Lisa,

We love and miss you so much! So much has happened and we wish you were part of it. Eleven years have passed and the sad hurt feeling of loss is still present. We know you are with God and your Guardian Angel.

Love Always,

Mom and Dad

Carol & Bill Zimmerman

Pam and Ryan and Parker and Miles



In loving memory of Meghan Elizabeth Peters November 26, 1980 until August 31, 2004

In Loving Memory of you Meghan. You will always be my little baby girl.

> Love, Mom Kathleen M. Peters



In loving memory of my dear daughter Patricia Ilse Strick Hawkins October 31, 1959 until March 18, 2015

Patricia, who joined her sister Roseanne Strick, who preceded her in death, passed from ovarian cancer.

She was a very caring and loving daughter.

Patricia, we love and miss you forever.

Your Mom and brother Michael and family
Ilse Strick



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

Paula Sweetie.

We're coming up on the ninth anniversary of your leaving us, and it's only gotten a little easier. I still struggle to remember only the good times, and try hard to keep the sad and scary memories locked away. I'm grateful that I have 38 years of memories, and that I was able to see what a wonderful woman you turned out to be, but my heart will always ache because I'll never see your smile or hear your voice again.

"Here is one of the worst things about having someone you love die. It happens again every single morning." ~ Anna Quindlen

I carry your heart in my heart.

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



Potluck Dinner Tuesday, November 3rd



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

We will have a presentation from a guest speaker after dinner (to be announced...watch for an email!).

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

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

Please R.S.V.P. by November 1st to Sally Yarberry at (708) 560-0393 or e-mail psyrbrry@hotmail.com.

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

O8, 1972 - Oct 26, 1988 Auto Accident Susan Vargas Cindy Cebrzynski - 21

Oct 18, 1983 - Nov 07, 2004 Victim of a Drunk Driver Pam & Bob Cebrzynski

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

Aidan Samuel Wood - 4

Jul 17, 2003 - Nov 30, 2007

House Fire

Michelle & Ian Wood

 $(((\)))$

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

Brent Evans - 35

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

Our Children Continued on next page

Page 6 A Journey Together: Chicagoland Chapter Bereaved Parents of the USA

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Brian Eck - 39

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

Christopher Kavanagh - 25

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

Heather Runge – 6 Wks.

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

Megan Elisabeth Peters - 23

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

Paul Moore - 10

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

Sarah Marie Fink - 3 1/2 Mths

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

Timothy Kuzmicki - 16

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

Casey Cox - 27

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

Caitrin Paige Gadomski - 6

Apr 16, 2007 – Nov 17, 2013 Cancer Joe & Becky Gadomski

David Horn - 7

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

Katie Elizabeth Farley -

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

Michael Walter Schulman - 28

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

Phillip G. Dore - 21

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

Steven Glosky - 23

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

William "Bill" Collins – 24

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

Casey Reiter - 25

Aug 11, 1984 - Dec 15, 2009 Heart Attack Sandy Tummillo

Celeste Tomasello - 17

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

Glenn Patrick Beach - 31

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

Jennifer Roley - 22

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



Rilev McBride - 30

Nov 06, 1984 - Apr 22, 2014 Overdose Mary & Jim McBride

Thomas (Tommy John) Adams - 35

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

Brandon Hardy - 22

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

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

Eric Fitzpatrick Bucholz - 19

Jun 26, 1974 - Dec 24, 1993 Electrocution Sue Bucholz

Jessica Louise Lang - 23

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

Josiah Weiberg - 10 Months

Jan 16, 2009 - Dec 03, 2009 SMA Type 1 Alesha & Jim Weiberg

Marty Sobanski (Brother) - 28

Dec 08, 1961 - Sep 05, 1990 Seizure Disorder Helen Sobanski-Hennessey

Nicholas Carl Pica - 21

Dec 12, 1984 - Jul 13, 2006 Sudden Cardiac Death Jane & Jerry Pica

Rachel Krueger - 21

Dec 29, 1986 - Sep 23, 2008 Pulmonary Embolism Jim Krueger & Rose Martino-Krueger

Sarah Lynn Moore - 5

Dec 18, 1998 - Mar 31, 2004 Surgical Complications Susan Moore **Daniel Stoothoff - 34**

Jun 03, 1970 - Dec 07, 2004 Car Crash Sally Stoothoff

Frank Gianfortune Jr - 19

Aug 01, 1968 - Dec 06, 1987 Auto Accident Ms. Adel Gianfortune

John C. Crider - 44

- Dec 24, 2009 Helen Bapes Crider

Mariana Tunstall - 8

Dec 29, 1999 - Jul 16, 2008 E-Coli Keith & Kristena Tunstall

Matthew Davis - 33

Dec 28, 1976 - Jun 10, 2010 Unknown Gloria Smolek

Noah Michael Cichorski - 2 1/2

Jun 24, 2001 - Dec 16, 2003 Head Injury (Cause Unknown) Jeannine Cichorski

Richie Chow - 27

Dec 22, 1983 - Sep 30, 2011 Unknown Joyce Chow

Scott Wesolowski - 18

Dec 13, 1984 - Apr 08, 2003 Drug Overdose Sue Berger Elizabeth Anne Barrett - 15 1/2

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

Garrett Joel Zaagman - 7

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

Joseph James Craig - 35

Dec 05, 1974 - Dec 15, 2009 Drowning Joseph R. Craig

Martin K. Adams - 42

Dec 11, 1960 - Jan 06, 2003 Marge & Bill Adams

Michael Kosinski - 26

Dec 17, 1986 - Jun 12, 2013 Sudden Cardiac Arrest Marge & Bill Kosinski

Phillip Butler - 30

Dec 29, 1982 - May 13, 2013 Atherosclerotic Heart Disease Nancy Butler

Ryan James Moravcik - 21

Jan 07, 1980 - Dec 31, 2001 Suicide James & Lucille Moravcik

Sean Howard Anderson - 17

Feb 22, 1983 - Dec 05, 2000 Suicide Maureen 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

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



What will I do this holiday season?

Weep for you. Miss you.

Be kind to a stranger because of our love.

Invoke your name so others will honor you.

Stand in awe at the beauty of all you are.

Meditate on your life and death.

Carry you in my heart wherever I journey.

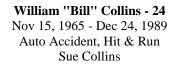
Show mercy to children and animals.

Ask for your forgiveness. And presence.

Unfold your love into the world.

Remember. Your. Beauty.

~ by Joanne Cacciatore, PhD, MISS Foundation





Detour of the Month - Thanksgiving

by Mary S. Cleckley, from I Walked A Mile With Sorrow, 2006

Well, here it is - detour time again! And just when you were headed back to the main road after Halloween. Some out there, whose lives continue as they have been, think of the four months of October, November, December, and January as the holiday season. Then there are those of us who have "new" normal. We think of these same months as the detour season, and with good reason.

Just prior to Thanksgiving one year, I had a letter from one of our TCF members who told me she, her husband, and their two sons were heading to Florida over Thanksgiving. She said, "We are not going to sit around a turkey pretending to be thankful." Now, that's a good idea if you can't stand the thought of observing that day in a traditional way. Do whatever you need to do this year if Thanksgiving is a problem. Explain to those who care about you that this year will, by necessity, be different. You can hope they understand, but if not, let that be their problem. Your needs right now are paramount.

Several Thanksgivings passed before I found myself looking forward to that day again. I hope you soon reach that place, if you haven't already. I just want to assure you that nowhere is it carved in stone that you must sit around a turkey and "pretend."



Bereaved Parents of the USA Chicagoland Chapter

Cordially invites you to attend our

Annual Candle Lighting Observance

Sunday, December 6, 2015
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 will follow the Candle Lighting Observance. You are welcome to 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

Deadline for photos, 5x7 or smaller: Tuesday, December 1, 2015

Return Form for Annual Candle Light Observance

Please respond by Tuesday, December 1, 2015

Return to: Bereaved Parents USA c/o Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429, or 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	
have enclosed a picture	I will send a picture	I will e-mail a picture
give permission to use a photo I previou	usly submitted	

Donations to help defray costs are gratefully appreciated.

If you would like to help with planning the Candle Lighting Observance, or participate in the program, please contact Donna Corrigan: silks6@aol.com

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





October - November - December 2015

CALENDAR OF EVENTS		
October		
October 6	Monthly Chapter Meeting: 7:00 PM - Open discussion	
November		
November 3	Monthly Chapter Meeting & Potluck Dinner: 7:00 PM - Chicken & beverages will be provided; please bring a side dish or dessert (to serve 8) to share. Please RSVP by Nov. 1	
November 5	<u>Ladies Night Out</u> : 6:00 PM - Rockwood Tap House in Downers Grove	
December		
December 1	Monthly Chapter Meeting: 7:00 PM - Children's Gifts - Bring an unwrapped gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children	
December 6	Candle Lighting Program: Doors open at 6:30; program at 7 PM	

BP/USA Chicagoland on the Web: http://www.bpusachicagoland.org/index.html



Come Away By Richard A. Dew, M.D. From Rachel's Cry, 1996

Come, my child, and go with me, We'll do all the things that we planned. Things will be like they used to be, We'll run and we'll play hand-in-hand. Hurry, my child, I'll go with you To places that we've never been, Many new things we'll see and do, We'll laugh and be happy again. Oh, no, my child, don't stay behind, And leave me to live all alone. I think that I'll go out of my mind With nothing to touch but a stone.