

### A Journey Together: Hinsdale Chapter - Bereaved Parents of the USA www.bpusahinsdale.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 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)

### Self-forgiveness

by Rob Anderson

We make decisions when we make them. If we made them before we made them we would have already made them. That either sounds obvious or very stupid. When we make a decision, we make it because we think it's the correct decision at that time. Even a bank robber has rationalized it as the right thing to do to rob a bank. When we think about making a decision and decide it's the wrong thing to do, we don't make the decision to do it. We stop ourselves. Even someone who says, "As I was sticking the needle in my vein, I knew it was the wrong thing to do." But, they rationalized it as right at that time or they wouldn't have done it.

Some decisions work out and some don't. Perfect just doesn't visit us all that often. We can make a perfectly round tire or a perfect answer to a math problem, but "humans" and "perfect" just don't go together.

Before we make a decision we use the information available, our past experiences, advice from others and our best judgment. We mix some, or all, of those together and decide. Sometimes the answer is just a guess. Once a decision is made and put out into the world, it's gone and doesn't come back. The earth does not rotate backwards or the water go back under the bridge.

If it turns out the decision was wrong, or not even made, which is a decision too, we use that experience in trying to make a better decision next time, which may or may not work out also. Any decisions we made in regards to our child, we made them in the best way we could at that time. We did what we thought was right, even if it didn't turn out right. The chips fell where they did and we can't change that.

So, what do we do with the guilt we might have for either making the wrong decision or not making one at

#### **UPCOMING MEETINGS & EVENTS:**

Friday, October 7 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - "Who Am I Now?" - presented by Ruth Juergensen

Friday, November 4 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Potluck Dinner & Special Guest Speaker Vicki Scalzitti. See details & RSVP info in this newsletter.

Wednesday, November 9 - Ladies' Night Out: - Meet at Bohemian Crystal, Blackhawk Drive in Westmont at 6:00 PM. We will be changing the schedule in the future, so watch the newsletter for details.

Friday, December 2 - Monthly Chapter Meeting: 7:30 PM to 9:30 PM - Love Never Dies. We will discuss how as grieving parents we can love our children and our families during the holidays. You are invited to bring unwrapped gifts, purchased in memory of your child (purely voluntary). These gifts are donated to needy children.

<u>Sunday, December 11 - Candlelighting:</u> - 7:00 PM at Redeemer Lutheran Doors open at 6:30 PM. Please RSVP. See details in this newsletter.

all? First of all, feel the guilt and try to understand it. Don't run from it, deny it or try to hide it. Investigate it and learn from it. There's no upside to guilt if it creates an ongoing disturbance in our lives or in the relationship with our child. Guilt can have a positive side, but not if it negatively affects our lives. If we constantly, or even occasionally, say, "What if, what if, what if," our guilt, and those horrible emotions, might never leave us. They can abuse us and tear us apart.

But, and this is a big BUT, if we say, "I did the best I

Continued on page 3



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 Hinsdale** and **mail it to arrive by the 10**<sup>th</sup> of the month prior to the upcoming newsletter. The newsletter is published every other month. Mail your check to:

BP/USA Hinsdale Chapter PO Box 703 Hinsdale IL 60522

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

In loving memory of
Greg Humbert
August 31, 1961 until October 31, 1991

Happy 50th Greg – We love and miss you very much.

Love always, Mother and all your family. Marge Humbert

\*\*\*\*\*\*\*

In loving memory of Thomas Burton April 14, 1954 until August 28, 1976

Your memory lives on forever with each member of our family.

Love, Mom and Dad Patricia and Erwin Burton



In loving memory of Thomas A. Walsh Jr. October 16, 1970 until July 20, 2003

Eight years later and not forgotten. Happy 41st birthday!!!!!!!!!!!!!!!

We love and miss you beyond words. Your heavenly smile (smirk) is forever printed in our hearts. We always feel you near.

So you and your grandpa have a special birthday in heaven.

Love to you always, Mom, Tracy, Lauren, Riley, Dim and Grandma Dolly

\*\*\*\*\*\*\*\*

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

Darling Girl, It doesn't seem possible that it's five years since you left us.

Everything reminds me of you; I think of you a hundred times a day, and miss you more than words can convey.

I continue to hope that someday I will be able to focus more on the joy of your life, instead of on the heartbreak of your loss.

Life is eternal; and love is immortal; and death is only a horizon; and a horizon is nothing save the limit of our sight. ~ Rossiter W. Raymond

Forever in our hearts, always in our thoughts

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

Love Gifts continued on the next page



In loving memory of Mike Seaney February 24, 1951 until September 23, 1995

Love and miss you always.

Love, Mom Vernadene Tolman

Thank You for your continued support of Bereaved Parents of the USA - Hinsdale Chapter.



**Self-forgiveness** ... Continued from page 1

could at the time and I forgive myself for any mistake I may have made," and truly believe that, the guilt can go and be gone forever. So, let the guilt in and experience it; let it out through positive expression of the guilt and do your best to let it go.

An effective way to let the guilt go is to speak an apology out loud to our child and to ask for their forgiveness. They will surely give it. They know we were doing the best we could at that time. Even if we say, "I could have done better," we did the best we could. By speaking it out loud, or writing it down, it comes out. We've given it a voice. It's not hidden in an unspoken thought or action. The guilt is being released from the jail inside us. Once it's out, it can then leave. It can't leave if it's never out. Once it's gone, we can then forgive ourselves. Self-forgiveness can be a huge step forward in finding our smile and finding the life of our child again.

# Thank you for the school supplies!

September, 2011

Dear Bereaved Parents,

What a wonderful statement you have made by donating school supplies to our children in honor of your child! You have thrilled some of our children with new school supplies that they cannot afford. Sue and other teachers confer and identify these needy children in each of the classrooms. Sue places the supplies in a bag and in their locker to be discovered by the children. The child is told that they won the raffle. Now, instead of feeling bad that they don't have their supplies like everyone else, they feel good about themselves and fit right in with the others. Our student population loves to draw and color! Thank you again for your generosity!

Sincerely, Mrs. Sue Kleinmeyer Principal

### Welcome

Bereaved Parents Hinsdale 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:

- ♥ Vic Grandenitti, dad of Gino Grandenitti
- ▼ Jasna Sreckovic, mom of Stevie Puhar
- ♥ Kathy Eck, mom of Brian Eck
- ▼ Kyle Martinez & Missy Babyar, parents of Braden Martinez

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

### 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
Marilyn Cocogliato (only child/all children)

myn Cocognato (omy childran children)

(630) 510-1665

### Page 4 A Journey Together: Hinsdale Chapter Bereaved Parents of the USA

**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

#### Dan Parmenter - 20

Oct 15, 1987 - Feb 14, 2008 NIU Classroom Shooting Gary Parmenter

#### Gregory Michael Humbert - 30

Aug 31, 1961 - Oct 31, 1991 Auto Accident Marge Humbert

#### Michael Atella - 60

Oct 11, 1949 - Sep 12, 2008 Heart Attack Edna Atella

#### Robert Conway - 15

May 12, 1975 - Oct 22, 1990 Hit by Van while Bike Riding Rose Conway

#### Susan G. Gabrielsen - 31

Apr 18, 1963 - Oct 14, 1994 Breast Cancer Patricia Jacobi

#### Adam Schar - 33

Nov 23, 1976 - Jul 18, 2010 Accidental Death Janet Schar

#### Celeste Tomasello - 17

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

#### **Bobby Vargas - 16**

Oct 08, 1972 - Oct 26, 1988 Auto Accident Susan Vargas

#### Donna Hark - 48

Oct 28, 1961 - Feb 08, 2010
Pulmonary Hypertension
Geraldine Ploskonka

#### Kerri L. Gartner - 22

Sep 09, 1981 - Oct 24, 2003 Auto Accident Ervin & Kathleen Gartner

#### Natalie Anne Ragusa - 27

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

#### Roseanne Strick - 22

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

#### 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

#### Christopher Kavanagh - 25

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

#### Cindy Cebrzynski - 21

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

#### Frank Knapczyk, Jr. - 25

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

#### Matthew Lane - 27

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

#### Paula L Van Horn - 38

Oct 03, 1968 - Oct 27, 2006 Sepsis Sally Yarberry

#### Ryan Vesely - 17

Oct 03, 1974 - Jan 18, 1992 Auto Accident Stan & Val Vesely

#### Brian Eck - 39

Sep 8, 1971 – Nov 8, 2010 Enlarged heart Kathy Eck

#### Amanda Aadson - 20

Apr 08, 1981 - Nov 25, 2001 Car Accident Mary Jo Sullivan



**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

#### David Horn - 7

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

#### 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

#### Phillip G. Dore - 21

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

#### **Thomas (Tommy John) Adams - 35** Feb 01, 1966 - Nov 01, 2001

Marge & Bill Adams

#### Emily Nylec - 9

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

#### 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

#### 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

#### Glenn Patrick Beach - 31

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

#### Matthew Frank - 17

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

#### Paul Moore - 10

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

#### 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



### **CARSON'S COMMUNITY DAYS**

#### <u>Saturday, October 15 12:00 - 2:00 P.M.</u>

Bereaved Parents Hinsdale Chapter has been approved for the Carson's Days Community Fundraising event at Yorktown Shopping Center on Saturday, October 15 from Noon until 2:00 PM.

Please contact Donna Corrigan (630) 279-6148 or e-mail <a href="mailto:silks6@aol.com">silks6@aol.com</a> if you are interested in being at the table in the Carson's Store in Yorktown.

### Potluck Dinner

### Friday, November 4



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-I - please bring a dessert
If your last name begins with J-Z - please bring a side dish or salad

## Our Special Guest Speaker will be Vicki Scalzitti "Preparing for the Holidays"

Vicki, manager of Children's Bereavement Services for Rainbow Hospice and Palliative Care of Mt Prospect began working with bereaved families after the accidental drowning of her darling five year old son in 1989. Since 1990, she has worked with grieving children and adults. She is an accredited school crisis/trauma specialist and recently co-authored the book "Ten Steps for Parenting Your Growing Children."

If you are unable to come for dinner, please feel free to arrive at 8:15 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 Donna Corrigan at (630) 279-6148 or e-mail <u>silks6@aol.com</u>



#### Bereaved Parents of the USA Hinsdale Chapter

Cordially invites you to attend our

### Annual Candlelight Observance of National Children's Memorial Day

Sunday, December 11, 2011 Redeemer Lutheran Church First & Park Streets, Hinsdale, IL

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



This invitation is extended to parents, grandparents, siblings and other family members who wish to join in honoring the memory of a beloved child at this special time of the year.

During this observance, the name of each child will be read out loud. In addition, for those wishing to submit a photo (5x7 or smaller), their child's picture will be shown as his or her name is read aloud. If you have submitted a photo in the past, you <u>must give us your permission</u> to have the photo shown again this year.

Kindly fill out and return the attached registration form. This will help us to plan for seating, refreshments, candles and reading of the names. 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 candlelight observance. You are welcome to bring your child's favorite treat to share. Feel free to bring a picture or remembrance of your child to display.

If you submitted a photo to be shown during the candle lighting, you may pick it up at the end of the evening.

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: Friday, Dec. 2, 2011

### Return Form for Children's Memorial Day Candlelight Observance

Please respond by Friday, December 2, 2011

Return to: Bereaved Parents USA c/o Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429

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

### **Bereaved Parents Survey**

As a chapter of Bereaved Parents of the USA, we seek to help grieving parents and families rebuild their lives following the death of a child. This survey can help us assess our impact and plan for the future. Please take a moment to fill out this survey. You may email your response to <a href="mailto:silks6@aol.com">silks6@aol.com</a> or snail mail it to us at BP/USA Hinsdale, PO Box 703, Hinsdale, IL 60522.

Chapter Functions	Have you attended, participated, or used this function?	Has this helped you rebuild your life since the death of your child?
Chapter Meetings Newsletter Website Welcome Package & Remembrance Candle Internet Meeting Reminder Ladies Night Out Men's Night Out Telephone Love Gifts Plant Exchange (Inaugural Meeting 2010) Balloon Release Butterfly Release And Family Picnic Donating School Supplies In Memory Of Our Children Cemetery Visiting Day Holiday Cards Sale November Pot Luck Dinner Donating Holiday Gifts In Memory Of Our Children Winter Blues Buster (Inaugural Meeting In 2010) Candle Lighting Ceremony		
Suggestions	Would you attend, participate, or use this function?	Would this help you rebuild your life after the death of your child?
Different Night For Monthly Meeting Alternate Meeting Site Newsletter available thru Internet only Chapter Name Not Based On Monthly Meeting Location Additional Meetings On Weekdays Additional Meetings On Weekends Topics for future meetings / other suggestions:		

### 29th Annual Sale **HOLIDAY CARDS for 2011**

J	ORDER FORM				
Quantity	SHEET SHITT	Price	<u>Total</u>		
	Pkgs. Holiday Cards (20 cards/pkg)	\$13.00	\$		
NOTE:	10% discount for orders of 10 or more packages	Discount	-\$		
NOTE:	15% discount for orders of 15 or more packages paid for with a check from a non-profit group	Discount	-\$		
Postage a	nd Handling: \$5.00 for the first package .50 each additional package	Postage***	\$		
	.50 each additional package	TOTAL	\$		
	*** Note: We can not ship cards without the correct postage. Take only one discount.				
Make check payable to: Bereaved Parents of the USA  Charge my order to: VISA or MC (circle one) Acct#					
	Name on credit card (print clearly)	Ex	p. Date		
	SHIP ORDER TO				
NAME					
ADDRESS					
CITY/State	zeZip Code		ode		
PHONE	Area code ( )				
EMAIL ADDRESS:					

#### SEND ORDERS TO:

BP/USA · P.O. BOX 703 · HINSDALE, IL 60522-0703

BP WEBSITE: www.bpusahinsdale.org/

For more information, call Rose Krueger at 847-208-5620 or email rainbows67@sbcglobal.net

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#### 2011 Holiday Card

This years cards features an assorted package of previous favorites including a wreath, an ornament, a bell, and an angel. The butterfly, our symbol of hope is uniquely featured on each of the 20 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  $4^{\circ} \times 6^{\circ}$ . The card comes in packages of 20 assorted cards with matching envelopes.

The message printed on the inside bottom front of the card:

In Memory of Our Children

The message printed on the inside of the card:

Wishing you a season filled with peaceful memories carried forever in your heart.

The acknowledgement printed on the back of the card:

Proceeds from the sale of this card benefit Bereaved Parents of the USA/Hinsdale Chapter (a nationwide support group for bereaved parents, siblings, and grandparents) PO Box 703, Hinsdale, II 60522-070.

@2011 BP/USA Hinsdale

### BP/USA Hinsdale 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. This makes it possible for new bereaved parents to see survival and hope when they walk through the door of their first meeting.

The steering committee meets periodically during the year to discuss future meeting programs, fund raising, member involvement, our library and other pertinent issues. Contact a member below if you would like to get involved

HINSDALE BP/USA STEERING COMMITTEE				
Chapter Leader	Donna Corrigan	(630) 279-6148		
	Cell:	(630) 841-7056		
Database Administrator	Angelo Tomasello	(630) 420-1649		
Hospitality	Sally Yarberry	(708) 560-0393		
Treasurer				
Librarian				
Newsletter Editor	Celeste Hardy	(630) 963-0096		
Members at Large	Eleanor Byrne	(708) 485-6160		
	Ruth Juergensen	(815) 325-4132		
	Rose Martino- Krueger	(847) 208-5620		
	Jerry Schulman	(630) 205-4552		
	Linda Tomasello	(630) 420-1649		

### "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. Please send address changes to Angelo Tomasello at <a href="mailto:angelotomasello@comcast.net">angelotomasello@comcast.net</a>.

The newsletter is published on the Hinsdale Chapter website at: http://www.bpusahinsdale.org/

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### From your editor....

The seasons are changing again. Some of the leaves are starting to change color on the trees and some are just plain falling off the trees. It makes me think of the various ways we change from our grief. Some parts of our lives just fall off like the leaves, such as friends or family who distance themselves from us after our child's death or how we just stop doing some of the activities we used to enjoy.

But some parts of us are like the other leaves which gradually change color. After our child dies, when we are ready, we gradually try something new. We might try scrapbooking or gardening, pick up a new hobby or learn to golf or pray more. These changes are as beautiful as the red and golden leaves because they strengthen us and slowly pull us away from our grief. While we still have those dry brown leaves which fell quickly, they are mixed among the leaves which turned to beautiful yellows and reds on the tree and then gracefully dropped to the ground in their own time.

Let the changing seasons inspire us to seek out the colorful leaves and savor the beauty of our lives while we are here. As we well know, life is short. We have to dance among those leaves while we can.

Celeste

### **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. If you 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.

CALENDAR OF EVENTS		
October		
October 7	Monthly Meeting: 7:30 PM - "Who Am I Now?" presented by Ruth Juergensen	
October 15	Carson's Community Days: 12 - 2:00 PM - Carson's in Yorktown	
November		
November 4	Monthly Meeting: 7:30 PM - Potluck Dinner & guest speaker Vicki Scalzitti, "Preparing for the Holidays"	
November 9	Ladies Night Out: 6:00 PM - Meet at Bohemian Crystal, Blackhawk Dr, Westmont	
December		
December 2	Monthly Meeting: 7:30 PM - Love Never Dies - talk about how we can love our children & our families during the holidays. Bring an unwrapped gift in memory of your child (optional)	
December 11	Candlelighting: 7:00 PM - Doors open at 6:30 PM Please RSVP	





I'm thankful this Thanksgiving That my grief is not so new, Last year it was so painful To think of losing you.

Death can't claim my love for you Although we are apart, Sweet memories will always be Engraved upon my heart.

Time can never bring you back But it can help me be Thankful for the years of joy You brought our family.

To all the parents with grief so new I share your loss and sorrow, I pray you find with faith and time The blessing of each tomorrow.

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

