



**THE  
COMPASSIONATE  
FRIENDS**  
CINCINNATI-EAST CHAPTER

**PROVIDING AN EXTRA MEASURE OF CARE FOR BEREAVED PARENTS,  
GRANDPARENTS & SIBLINGS**

**April, May, June 2011**

**Chapter Leader: Joel & Carol Terbrueggen (513) 271-6809**  
**Newsletter Editor: Annette DeCamp (513) 886-1634**  
**Regional Coordinator: Dean Turner (614) 402-0004**

**Treasurer: Joe Trevino (513) 731-1714**  
**Librarian: Diana Trevino (513) 731-1714**  
**Website: [www.tfcincy.com](http://www.tfcincy.com)**

This newsletter comes to you from our support group known as THE COMPASSIONATE FRIENDS. We want you to know we care about you and understand your suffering. We are all united by the tremendous pain caused by the death of our loved ones. We wish you had not become eligible to join and are here to help. We do invite you to attend our meetings, even though sharing your intense grief with others can be difficult. We will provide you with a place to come and talk or just listen, a place to come and cry or console those who are crying, and above all, a place to come and be understood. If possible, bring a friend or relative with you to the meetings to give you extra support. Please realize, you are not alone and together we will make it through this intense part of our lives.

**We Need Not Walk Alone...  
We Are The Compassionate Friends.**

**GREATER CINCINNATI-EAST CHAPTER  
ST. TIMOTHY'S EPISCOPAL CHURCH  
8101 BEECHMONT AVE.  
CINCINNATI, OHIO 45230**

The TCF group meets on the first floor of the building, in parish hall. Enter the building at the west entrance. From Ohio take I-275 East, from KY. At I-471 take I-275 East, to the Five Mile Rd. exit (#69). Go north to Beechmont Ave. Turn right and go 1.2 miles (five lights) and turn right into St. Timothy's Episcopal Church parking lot.

**Meets the fourth Tuesday of the month at  
7:00 p.m. (Except for December)**

**GREATER CINCINNATI-WEST CHAPTER  
FRANCISCAN TERRACE OF ST. CLARE CENTER  
80 COMPTON RD. (HARTWELL)  
CINCINNATI, OHIO**

Take I75 North, turn left on Galbraith, right on Vine, and left on Compton at Hardee's. Go to 2<sup>nd</sup> parking lot adjacent to the Franciscan Terrace at St. Clare's Center. Meeting located in meeting room next to swimming Pool adjacent to outside Gazebo and Statue of St. Frances. For those coming South on I-75, turn right On Galbraith and follow as above.

**Meetings are held at 7 p.m. the first Monday  
of the month (unless that Monday is a holiday,  
then the meeting is held on the second Monday).**

**MISSION**

The Mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

**The Compassionate Friends National Office**

**P.O. Box 3696**

**Oak Brook, IL 60522-3696**

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**(877) 969-0010**

The Compassionate Friends (TCF) is a national nonprofit, self-help support organization which offers friendship and understanding to families who are grieving the death of a child of any age, from any cause. There is no religious affiliation. There are no membership fees or dues, and all bereaved family members are welcome. Founded in England in 1969, it was established in the U.S. in 1972, with 501I (3) not-for-profit incorporation in 1978, under which provision our 600 local chapters also qualify. The mission of TCF is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

**Greater Cincinnati-East  
Steering Committee**

**Chapter Contact –**

Joel & Carol Terbrueggen

**Treasurer –** Joe Trevino

**Newsletter –** Annette DeCamp

**Librarian –** Diana Trevino

**Love Gifts –** Joe Trevino

**Website Manager –** Tim Vinson

**Additional Members –** Carol McGary

Marsha Lohbeck

Dianna Mitts

**Telephone Friends**

Ann Hall 859-356-5232

Grandson – Kyle – Drowning

Jackie Guthier 513-474-5810

Grandson – Kyle – Stillborn

Marsha Lohbeck 513-236-5827

Son – Keith – Suicide

Tim Vinson 513-943-1322

Daughter – Heather – Auto Accident

On days when you just need someone, remember the telephone friend list. We are here for you!

**Are you ready to be a telephone friend?  
Contact Carol Terbrueggen (513) 271-6809**

*A new year brings time to reflect  
on the children we love,  
those who remain with us  
and those for whom we grieve ~  
Wayne Loder*



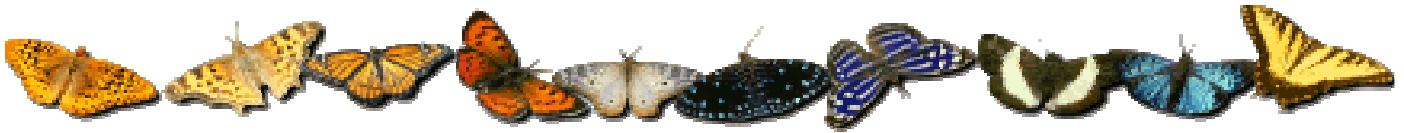
34th National Conference  
Minneapolis / St. Paul, MN  
July 15-17, 2011



**Reserve Rooms Now for 2011 TCF National Conference in Minneapolis, MN**

Room reservations can now be made for TCF's 34th national conference, this year in Minneapolis, Minnesota July 15-17. The conference, which has the theme "Shining Stars-Guiding Hope" is being held at the Sheraton Bloomington Hotel Minneapolis South, only about 10 minutes from the Minneapolis St. Paul International Airport (shuttles will be available to and from the hotel—as well as the hotel and the Mall of America). Special room rates are \$129 per night for King or Double Bed with third and fourth persons at an additional \$10 each in the same room. Reservations can be made online or by telephone. Go to TCF's national website at [www.compassionatefriends.org](http://www.compassionatefriends.org) and click on "TCF 2011 National Conference – Minnesota" under "News and Events" for how to reserve a room and for latest up-to-date information on the conference and the Walk to Remember, held on the final day of the event. Information will also be made available on Facebook at The Compassionate Friends/USA.

**LOVE GIFTS** – The Compassionate Friends Groups (TCF) depends entirely on voluntary contributions from individuals and organizations to meet Chapter expenses. Please consider making a monetary contribution in your child's name to the Cincinnati-East Chapter of TCF to help defray our expenses. Also, check with your employer to see if it has a foundation or fund that matches charitable contributions. You may be able to get a match of funds to your donation. Donations are tax deductible, please request a receipt if needed. If you have any questions or want to make a donation, contact Joel or Carol Terbrueggen (513) 271-6809, or mail donations to Joe Trevino, 2355 Section Rd., Cincinnati, OH 45237



**We would like to extend our deepest thanks for the following recent Love Gifts:**

**Gift From:**

Jimmie and Mary Crist  
Carol McGary  
Mark and Lindsey Bibler  
Joel and Carol Terbrueggen  
David and Danette Kappelman  
Joe and Diana Trevino  
Donald and Eva Bright

**In Loving Memory of:**

Their Son, Tony League  
Her Son, Jeff Chaksfield  
Carol Terbrueggen's Father, John Juengst  
Their Son, Justin Terbrueggen  
Their Daughter, Karen  
Their Son, Daniel  
Their Granddaughter, Amanda Dickston  
Anonymous Donation

**You were on my mind . . .**

When I woke up this morning... You were on my mind. You were on my mind.

You with that genuine enthusiasm, like a kid with his first bicycle.

You with the curiosity and excitement that dads love to be there for.

There's so much of you still with me. Still with us! It's not fair that we feel cheated or that we won't share your ways anymore.

But in reality, after all the tears and inner feelings of pain and sadness pass we will have joy and great happiness because we shared your days. Your laughter. You.

And when I wake up each morning It will be OK that you were on my mind... You are on my mind. That's a special place for you to be, because it will be forever.

Michael Tyler  
TCF Lighthouse Chapter  
Lewes, Delaware





## Father's Day Is Still a Time for Celebrating . . .

A long time has passed since I've enjoyed a holiday—or for that matter any special occasion. With Father's Day coming up shortly, I've decided that this year I'm celebrating.

The kids used to love when special occasions came along. I can still remember Stef's eighth birthday, only three months before her death, and how proud she was when we told her she could invite her best friends over for a birthday party. She wore her prettiest blue trimmed party dress with the lace ruffles.

The games they played still stick in my mind. There was "pin the tail on the donkey" and then "Simon Says." I remember clothes flying everywhere in a contest to see which child could put on a complete set of clothes fastest over her party clothes. I remember the hotdogs, punch and cake, the party favors. I remember Stef's giggles.

The memories also wander back to the party our family threw for Stephen's fifth birthday, only three days before the accident which also claimed his life. I still have the picture in my mind of that goofy orange cap someone had given Steve. He loved it, but it was at least two sizes too small. When he tried to put it on, the bill of the cap was up and Stephen flashed us one of those impish grins that reminds you of Spanky and Our Gang.

As I'm writing this, the tears are flowing down my cheeks remembering the good times we had together. A lot of things changed when the kids died. Christmas, Easter, birthdays all became days other people celebrated. But not us.

I've done a lot of thinking since then. I know Stef and Steve are in a better place than I could ever imagine and that every day is a holiday for them. In my mind, I think Stef and Stephen would be sad if they felt their Mom and Dad couldn't celebrate life anymore.

Pat and I now have another son, Christopher, plus we have our fourth child on the way. We're trying to rebuild our lives and I feel we have been blessed along the way. Of course, Christopher is too young to understand Father's Day, but even without him here, I would still consider celebrating Father's Day.

I can still remember the Father's Day a couple of years before Stef and Stephen died. With their mom, they had searched all over for something special for me, finally deciding on a T-Shirt that said "World's Coolest Dad." I still wear that now faded shirt occasionally despite the many grass stains and grease marks. When Father's Day arrives, I think I'm going to pull out that old T-Shirt and wear it.

*I'm going to lay down out in the grass, letting the warm breeze hit me. And I'm going to pretend I'm being caressed by Stef and Steve. I'm going to remember . . . and I'm going to celebrate!!!*

Wayne Loder  
TCF Lakes Area, MI



## **The Butterfly Show**

There are many magical reasons to visit the yearly butterfly show at Krohn Conservatory (April 16-June 26, 2011), beginning with the beautiful butterflies from around the world. There is the sense that there is something more, an overwhelming sense of peace. I was told once that every time I see a butterfly, it was Kaylynn's way of saying hello. I hold strong to that statement, and have managed to see butterflies everywhere I go. For me, the butterfly show brings out powerful feelings of love and peace. It fills my heart up knowing that she is still here and around me. I attend the butterfly show every year for the peace it brings, and the sense of being close to my angel again.

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. ~ Helen Keller

Vanessa Hartman ~ Mother of Kaylynn Hartman  
TCF Cincinnati-East 2011



## **THE KROHN CONSERVATORY BUTTERFLY EXHIBIT 2011**

### **"The Butterflies of Brazil"**

**When:** April 16<sup>th</sup> – June 26<sup>th</sup>, 2011 Open Daily, 10:00am – 5:00pm

**Where:** Krohn Conservatory – 1501 Eden Park Drive, Cincinnati, OH 45202

**Admission** - \$6.00 Adults, Seniors \$5.00, Children (under 17) \$4.00,  
Ages 4 and under are Free

Get all the details and a coupon for \$1.00 off admission at – [www.butterflyshow.com](http://www.butterflyshow.com)

## MEETING REMINDERS:

GREATER CINCINNATI-EAST CHAPTER  
ST. TIMOTHY'S EPISCOPAL CHURCH  
8101 BEECHMONT AVE.  
CINCINNATI, OHIO 45230

Meets the fourth Tuesday of the month at 7:00 p.m.  
(Except for December)

Next Steering Committee Meeting – 4/14/2011  
At the Anderson Township Kroger on Beechmont  
Ave in the Cafeteria area 6:30pm

We hope to see you there, your input matters!

**Elizabeth McCracken writes in "An Exact  
Replica of a Figment of My Imagination: A  
Memoir" that "... my grief was still fresh,  
grief lasts longer than sympathy, which is  
one of the tragedies of the grieving."  
Thank you TCF member Sara Younker  
Koeppel for posting this quote.  
From the TCF Facebook page 2/26/2011**



## Upcoming Meetings:

April 26<sup>th</sup> –  
On the Path of Mourning;  
Some Practical Insights  
Facilitated by: Ken Czillinger  
See the yellow insert for more details

May 24<sup>th</sup> – Annual Balloon Release  
Facilitated By: the TCF Steering Committee  
See page 11 for complete details

June 28<sup>th</sup> – Men to the Left & Ladies to the Right  
Facilitated By: Joel & Carol Terbrueggen

If you haven't been receiving e-mail notifications  
about meetings, and would like to receive them,  
please send your e-mail address to Joel Terbrueggen  
at joelt@cinci.rr.com

## More Meeting Information:

**What is the memory board?** Many of us feel our child (children) around us as we gather to remember them and our memory board gives others a visual of the dear sweet part of us we are missing. The memory board is displayed at each meeting and kept with our supplies until the next meeting. **It means so much to put a face with a name. Would you please share a picture of your child with us? Please bring in any photo (up to 5x7) to place on the memory board.**

If you would like to make a little snack to share with the group it would be greatly appreciated. Please tell us if you are remembering a special day for your child so we may celebrate with you.

**Would you like a "Picture Button" made of your child?** Please bring a photo to the meeting and see Marsha Lohbeck, she will cut and press your picture into a beautiful button for you.

There is no charge, but donations for supplies are graciously accepted.

Actual Button size 2 ¼ inches.

**Our Librarian, Diana Trevino** maintains the library cart with an exceptional selection of reading material and some DVD's covering all stages of grief and that are available for check-out at each meeting. Please see her to check-out the selection of your choice or go over reading material available, she will be happy to help you.

**Would you like to make a submission for the Quarterly Newsletter?** Poetry, letters and thoughts are always needed and I (Annette DeCamp) would be honored to remember your child in a future Newsletter. Please see me at any meeting or e-mail your submission to: [adecamp@roadrunner.com](mailto:adecamp@roadrunner.com). We welcome any ideas or suggestions for the Newsletter. If I have made any errors, omissions, incorrect dates, misspellings, or any incorrect information, I apologize and ask that you please notify me:  
Annette DeCamp (513) 886-1634

**Please visit our chapter website at:** [www.tcfincincy.com](http://www.tcfincincy.com) Tim Vinson posts new chapter information and shares our children's photos on this very special site reaching thousands of visitors each year. Please e-mail him directly [tvinsonv@aol.com](mailto:tvinsonv@aol.com) to have your child's name added to the candle page with a flickering flame next to it and your child's photo added to the tribute pages. If you have questions about the website, he would be glad to speak to you at any meeting.

## The Grief of Mary Todd Lincoln

President's Day was February 21<sup>st</sup>, and I had heard that Abraham and Mary Todd Lincoln's son "Willie" died in the White House. I remember bits and pieces from history class on our 16<sup>th</sup> President and his wife and that they had said she was "touched", "mentally unstable" or just plain "insane." Refreshing my memory that she had lost a child peaked my interest and I looked a little deeper.

Mary Todd came from a prosperous family in Kentucky. Her family owned slaves and were part of the slave trade. Abraham Lincoln (33) and Mary Todd (23) were married in 1842. During the course of their marriage they had four sons, Robert, Edward (Eddie), William (Willie) and Thomas (Tad). Mary Todd Lincoln was a very educated woman for the times she lived in. She was the first in our nation's history to be called "first lady". She gave detailed political speeches and supported her husband in his role as a Lawyer, Congressman and later, President. She was a devoted mother and cherished her family.

Mary Todd had enough tragedy in her life to bring the strongest person you can imagine to their knees! Her first being the loss of her father in 1850. She struggled with her family's allegiance to the Confederacy while she joined her husband, the President, as he fought for the emancipation of slaves. She said she would not grieve the death of her three half brothers and brother-in-law during the Civil War, all Confederate soldiers that were fighting against her. She suffered the death of three of her four sons; Edward, just shy of 4 years old, diphtheria – William, 11 years old, typhoid like disease and Thomas, 18 years old, tuberculosis. She endured the assassination of her husband while seated next to him. She faced her only surviving child, Robert, in court as he fought to have her declared legally insane, after the death of Thomas seemed to have left her "broken", and he won. He was awarded complete control of her assets and funds. She was sent to Bellevue Insane Asylum where she remained for four months until one of the nation's first women lawyers successfully fought for her release. There was a second trial, she was found to be "sane."

I have no doubt that if Mary had lived today she would have received the help she needed and that her grief and despair could have and would have been treated. I cannot help but think: how could she have *not* been a little "touched!" What her heart and mind had to tolerate was immense! I cannot even try to imagine the pain Mary Todd Lincoln endured.

As a member of the Compassionate Friends I have heard many bereaved parents say: yes, my story is sad but so many parents have had it much worse. So as I have just shared this heart wrenching story I would like to remind you not to dismiss your own grief or feel it is unworthy of mention because someone else may have had a more tragic life. Sharing your story, tears and your memories will help you in your grief journey. And don't let others dismiss your pain either, it is real even if they don't understand or "get it", you are the one who has to work through it, you can't worry about how they feel. You have to face your own pain and deal with it **or it will resurface later**. We have all heard Carol Terbruggen say often "this grief journey is work, it is exhausting." My wish for all of you; when your grief is so heavy you cannot carry it, remember you are not alone. We live in a time where the resources are plentiful and **help can be a phone call away**. In our own moments of mental meltdown we might wish someone would declare us insane and tuck us away so we don't have to face life in general, but that's not going to happen. Please, do not suffer in silence; let someone in to help you.

I hope you enjoyed this *condensed* version of Mary Todd Lincoln's life and if your interest has been peaked as mine was, you can find much more information at: [www.firstladies.org](http://www.firstladies.org) (search is at the bottom of the page)

Annette DeCamp / TCF Cincinnati-East Chapter 2011

### **Just a few places where you might find comfort and support:**

TCF Phone a friend list page 2 of this Newsletter

[www.compassionatefriends.org](http://www.compassionatefriends.org) National website

[http://therapists.psychologytoday.com/rms/prof\\_results.php?county=Clermont&state=OH&spec=14](http://therapists.psychologytoday.com/rms/prof_results.php?county=Clermont&state=OH&spec=14)

Clermont County Therapist listings

[www.groww.org](http://www.groww.org) online grief support (chat rooms)

[http://www.fernside.org/resources/literature/grieving\\_support.pdf](http://www.fernside.org/resources/literature/grieving_support.pdf)

Detailed list of resources and support groups in our area

## Unforgettable

The unforgettable moments in my life  
Were the ones spent with you.  
Watching your first steps,  
Taking you to school,  
Helping you tie your shoes,  
And teaching you to read.  
These moments are so vivid in my mind  
And they only make me wish  
That I could see you one last time.  
The thing I miss the most  
Is your crooked smile  
And your soft laughter.  
Some days the pain is almost too much to bear  
And I don't think I'll be able to go on.  
Happiness will come again  
But for now I feel pain,  
The pain that no parent should ever have to feel.  
They say I will heal after time,  
But I will never forget what I have lost  
Because you are truly  
Unforgettable.

By: Emily Berning  
March, 2011

Niece of and submitted by: Tamara Maness-Yates  
TCF Cincinnati-East Chapter  
In Loving memory of Tim Cohen



# Our Beloved Children Remembered



**Lighting a candle, cherishing a birth.....**

## April

Amanda Marie  
Dickston  
Aron Morgan  
Marc Dotson

Nick Smith  
Jill Mischler Ott  
Eric Mongenas  
Justin Schumacher

Mark Steidle  
Carlie Lynn  
Schulenberg

## May

Justin DeVercelly  
Olivia Geldbaugh  
Kyle David Kempe

Kyle Davis Simonson  
Kaylynn Madison  
Hartman

Keith A. Lohbeck  
Justin Terbrueggen  
Heather Vinson

## June

Brent Geiger  
Laura Geisinger  
Dearth

Michael Anthony  
Haggerty  
Jonathan Hunter

Kaira Schroeder



**life.....**

**Lighting a candle, remembering a**

## April

Danny Andrews  
Tony League

Julia Donnelly  
Matt Simpson

Lewis "Louie"  
Gabbard

## May

Jeff Chacksfield  
Nick Smith

Kyle David Kempe  
Keith Lohbeck

Mary Rose Petri

## June

Alex McAninch  
Justin DeVercelly  
Olivia Geldbaugh  
Rob Schott

Jonathan Hunter  
Kaira Schroeder  
Michael  
Hornschemeier

Dustin DeMoss  
Ralph Keyes  
Blake DeVercelly

The Birth and death of our loved ones are always very difficult. Please remember to include these families in your thoughts on their very difficult day. It would be nice to give these families a phone call or send them a card saying,

“I am thinking of you”. For addresses or phone numbers, you may contact:

Joel Terbruggen at (513) 271-6809 or [joelt@cinci.rr.com](mailto:joelt@cinci.rr.com)



## Mother's Day Thoughts

Somewhere, deep inside me, is a shrine housing my most treasured possession, the gift of the mother child bond.

As a childless mother, especially on Mother's Day when I visit that shrine, I find it cold, dark, and lonely. I spend my time there warding off the chill with tears and memories. I close my eyes and listen for that special voice that calls, “Hey mom, watch me” and smile, because if I am still enough, I can see you jumping off that diving board, grinning from ear to ear. I can smile again as I feel the thick blanket of your hair and marvel at your grown up man-body. Then I see your newborn self, so tiny your bottom fit in the palm of my hand. I'll make sure to visit with the beautiful toddler, warm and snuggly with golden skin and soft curls; absolutely breathtaking.

The chill is pervasive and reasserts itself as the warmth of your hand in mine fades away. Mother's Day has become collateral damage, and the shrine a poignant reminder of what was, what could have been, and what will never be.

Mother's Day is a heartache day.

For my son Nick,

The sorrow of your loss is exceeded only by the joy of your existence.

Love,  
Mom

By: Beth Malone  
TCF Cincinnati-East Chapter  
March 2011



**May 24, 2011 Annual Balloon Release**  
**12<sup>th</sup> ANNUAL BALLOON RELEASE 7:00PM**

**Once again *The Compassionate Friends* provides us with the opportunity to collectively recognize and honor our children's lives in ceremony. We will stand in unison as we release our balloons with notes of love to our children, knowing somehow, that they will receive our communication of love and devotion. The tribute to our children is deeply meaningful as we remember and share with other parents who understand our need to always *remember*. The East Chapter of The Compassionate Friends invites you to join us at its 12<sup>th</sup> Annual Balloon Release on Tuesday, May 24th, 2011.**

**The balloons will be released at 7:00 PM in the parking area of  
St. Timothy's Church on Beechmont Avenue.**

**If you cannot attend and would like to release a balloon in your child's  
memory or the memory of other children, call Carol Terbrueggen  
at 513-271-6809 or email her at [carolt@cinci.rr.com](mailto:carolt@cinci.rr.com).**

**Every balloon released will have the name of a child who has died and a  
personal message, if you desire.**

**Please join us to celebrate the life of your child.**

After the release join us for a light snack, soft drinks and good company in Parish Hall.

If you were not at the meeting to sign up to bring a food item and would like to,  
please bring any dish you would like to share.

**We look forward to seeing you .....all are welcome!**

#### **To Our New Members:**

Coming to those first few meetings is the hardest thing to do. But you have nothing to lose and everything to gain. Please remember, nothing is required of you. There are no fees or dues. You need not speak a word, if you chose. We are here to comfort and support you because, "we have been there." We have all had parts of our hearts torn apart, yet our wounds get a little smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not to judge your first few meetings as to whether or not TCF will work for you. At your first meeting you were probably hoping that TCF could get you over your terrible pain and depression, loneliness, guilt and anger and all the other faces of grief. I know I did! Instead you meet other parents who are still coping with forms of grief after months or even years but there are some parents who are truly "OK." It's a process and takes time as we rebuild our lives, one piece at a time. Each meeting may provide a piece, with which to rebuild, eventually you will find the road to recovery, as we did.

#### **To Our Long-Time Members:**

We are deeply saddened when we have to welcome new members to our circle, knowing there are parents, grandparents and siblings hurting as much as we did when we first started coming to TCF. It reminds us of the deep loss and pain we felt as we walked through the doors at St. Timothy, for the first time. We need the help and support of our-time members to help these families. Will you consider coming to a meeting to help listen, and talk with newly bereaved family members, as often as you are able?

Please remember your first meeting of The Compassionate Friends, as you began your grief journey, there were those who listened and hugged us and cried with us. If two years or more have passed since the death of your child, and you feel that you ready to give back, please consider a place of service in our chapter. There is a job for everyone, please give me a call, 513-271-6809.

Thank you from all of our children.....  
Carol



#### **In Closing by Annette:**

Someone told me recently that "I take everything so personal." That made me wonder if it was a flaw, something I should try to change? So as I ponder this I am thinking.....I don't know how to be any different. I asked a friend one day what he thought and he said I had changed so much after the death of Michael (duh). I used to be fun....I chuckled at that. As he went on to explain, the bottom line was, he thought if I wanted to go back and be just how I was before, I could, I was stopping myself from being fun, like I

wasn't allowed to because Michael died. He asked: "would Michael want me to be this way?" I don't know.....I thought I had come so far. I tried to explain that Michael's death had changed me to my core, I was different. I look at everything differently now, but it can be so hard to explain.

So what changed? I lost interest in things I once enjoyed but those are coming back slowly. I am not as passionate about politics as I once was but that is a good thing, we just can't take those silly people so serious.....it's just not healthy (see, still fun!). I am watching my favorite television shows and movies again and enjoying them. Things that seem "so big" to other people just don't affect me that way, nothing is "big" in comparison to the death of my son. I was in a fog for many months after Michael's death but, the fog has lifted, I can think clearly again. I am capable of making decisions and I really wasn't the first year whether I realized it at the time is another matter. The death of my child changed my perspective on things, so far, indefinitely, whether I like it or not. We don't get a rewind button. The death of our child is life altering. All of our experiences help shape us, we are forever changing. Good or bad because of these experiences we are each unique individuals. My friend strongly believes that the whole grief process is mind over matter, just be how you used to be.....done.

Slowly, I am becoming this new me, able to enjoy my family and my life, good times and challenges. Do I take things personally? I think I do, but I am not convinced that characteristic is a flaw, so I am not going to worry about it. I will say people who think we choose to be this way are delusional; they just don't have a clue about the crippling grief caused by the death of our child. I will forgive my friend that and pray he never fully understands. To the dismay of some of my friends and family I will say with great confidence, that I will never be the person I was before I suffered the death of my son, Michael.....that's just how it is.

So much love.....Big Hug.....Annette

**On behalf of the Steering Committee, until we see each other again, we wish you peace,  
love and the ability to allow a few smiles to cross your face**

**REGISTRATION**

NEW  RENEWAL  CHANGE OF ADDRESS  TODAY'S DATE \_\_\_\_\_

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ SPOUSE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL: \_\_\_\_\_

DECEASED'S NAME: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

DATE OF DEATH: \_\_\_\_\_ CAUSE OF DEATH \_\_\_\_\_

RELATIONSHIP TO THE DECEASED:  
 PARENT  GRANDPARENT  SIBLING  OTHER ( \_\_\_\_\_ )

I DO \_\_\_\_\_ I DO NOT \_\_\_\_\_ WANT THE QUARTERLY NEWSLETTER BY U.S. MAIL

I DO \_\_\_\_\_ I DO NOT \_\_\_\_\_ WANT THE E-MAIL LINK VERSION OF THE QUARTERLY NEWSLETTER

**PLEASE MAIL REGISTRATION TO:**  
**JOEL TERBRUEGGEN, 5910 CHEROKEE DR. CINCINNATI, OH 45243**

**The Compassionate Friends Credo**

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all

ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We Need Not Walk Alone.  
We Are The Compassionate Friends

**THE COMPASSIONATE FRIENDS, INC.  
GREATER CINCINNATI-EAST  
5910 CHEROKEE DR.  
CINCINNATI, OH 45243**

**DATED MATERIAL—PLEASE DELIVER PROMPTLY**

**April, May, June 2011**

**When you need help.... the following organizations provide information and support for those coping with grief:**

**The Compassionate Friends (National Office)**  
P.O. Box 3696  
Oak Brook, IL 60522-3696

A butterfly with black and white wings is perched on a person's hand. The background is a soft, out-of-focus light color.

630-990-0010 – Toll Free 877-696-0010

<http://www.compassionatefriends.org>

A national, self-help support organization for those grieving the loss of a child or sibling.

**FernSide**

Bethesda Professional Building

4360 Cooper Road, Suite 101

Cincinnati, OH 45242

<http://www.fernside.org>

513-745-0111 (M-F 9:30am – 4:30pm EST)

Grief information, resources, and support for grieving children and their families.

**RENEW:** Center for Personal Recovery

P.O. Box 125

Berea, KY 40403

<http://www.renew.net>

859-986-7878

A grief counseling center for individuals and families that are experiencing a loss, with a specialty in grief recovery counseling for traumatic deaths.

[www.tfcincy.com](http://www.tfcincy.com) – Our local East Chapter

<http://www.griefnet.org/> - GriefNet online grief support community

<http://www.growthhouse.org> – Information on death and dying issues

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