



THE COMPASSIONATE FRIENDS

CINCINNATI EAST CHAPTER

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

July, August, Sept. 2009

Chapter Leader: Joel & Carol Terbruggen (513) 271-6809

Treasurer: Joe Trevino (513) 731-1714

Newsletter Editor: Annette DeCamp (513) 886-1634

Librarian: Diana Trevino (513) 731-1714

Regional Coordinator: Dean Turner (614) 402-0004

Website: www.tfcincy.org

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 2nd 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.

**Greater Cincinnati-East
Steering Committee**

Chapter Contact –

Joel & Carol Terbruggen

Treasurer – Joe Trevino

Newsletter – Annette DeCamp

Librarian – Diana Trevino

Love Gifts – Joe Trevino

Website Manager – Tim Vinson

Additional Members – Carol McGary
Marsha Lohbeck

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

Websites worth a visit:

Crisis, Grief and Healing: This page is meant to be a place men and women can discuss , (message board) , chat, or simply browse to understand and honor the many different paths to heal strong emotions. www.webhealing.com/

Baby Steps: A site containing resources for parents, siblings and other family members, its name representing the long, slow process of healing. www.babysteps.com/ Sids Network: This sites offers up-to-date information as well as support for those who have been touched by the tragedy of SIDS. sids-network.org/ Hospice Foundation of America: A site to containing informatio n

Alive Alone: An organization to benefit bereaved parents whose only child or all children are deceased. www.alivealone.org/

From The Compassionate Friends National Website:

It's **not too late** to have your child's name carried in Portland Oregon on the "Walk to Remember". Just because you cannot attend the conference and participate in the walk does not mean that your child cannot be remembered during this event. More than 10,000 children's names were carried last year. Donations are welcomed but not required.

Please go to www.compassionatefriends.org/ to download or fill out the online form.

Form must be submitted and received by: Friday July 31st 2009.

NEWSLETTER: We welcome any ideas or suggestions to 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

New e-mail address for Annette: adecamp@roadrunner.com

MONTHLY MEETINGS: Have an idea or suggestion for an upcoming meeting you would like to share? Please contact Joel or Carol Terbruggen joelt@cinci.rr.com carolt@cinci.rr.com

WEBSITE: Check it out – www.tfcincy.com

Contact Tim Vinson, e-mail - tvinsonv.@aol.com

*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 Terbruggen (513) 271-6809*

LOVE GIFTS – The Compassionate Friends Groups (TCF) depends entirely on voluntary contributions from individuals and organizations to

MEETING REMINDERS:

When I walk into a meeting, I see, in my mind our children filing in, high five to each other, a hug here and there and catching up. Asking how each others parents are doing, normal answers: could be better, hanging in there, Mom cried too much this week, Dad was really quiet etc. Then I see them all sitting Indian style in front of their parent(s), and our meeting begins. As the meeting progresses our children, nod their head, smile, lean back and touch us, reach up and wipe a tear from our face. They are with us.....in spirit.....always.
Big hug, Annette DeCamp

**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)**

**THE NEXT STEERING COMMITTEE
MEETING IS: July 16th, 2009 at 6:30PM**
Hope to see you at **Panera Bread - 7711 Beechmont Avenue** to share information, plan up coming meeting topics and **let your voice be apart of making the East Chapter a warm friendly place. We want and need to hear from you!**

**July 28th – Special Guest Speakers –
Ron & Barbara Woprice**

**August 25th - TBA - Will be posted on the
website.**

**September 22nd – TBA - Will be posted on the
website.**

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.**

Bottled water and coffee are always provided and if you would like to make a little something 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.

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

[PLEASE SEE DIANA TREVINO AT THE NEXT MEETING TO CHECK OUT A BOOK FROM OUR LIBRARY CART.
MANY SELECTIONS ARE AVAILABLE THAT CAN HELP YOU THROUGH ALL STAGES OF GRIEF.](#)



**Doug Beaudoin, Amy Davidson,
Annette DeCamp & Carol Terbrueggen**

On April 30th 2009 Carol presented Doug Beaudoin and Amy Davidson of LaserCare with a plaque for Employer Recognition on behalf of The Compassionate Friends. Annette Decamp nominated her employer to be recognized for the kindness, understanding and compassion they showed her after the death of her son Michael in 2006. Not only was she given unlimited bereavement time off but also received food trays, flowers, cards, notes and a collection was taken up to help with expenses. Counseling was encouraged and offered for free (10 visits).

As employers the standard and example they have set is high and Annette knows she is fortunate and blessed to be a part of this team. LaserCare is a local company (located at 4024 Bach Buxton Road, Batavia Ohio 45103) and has been in the Printer Repair and Toner Cartridge Business since 1996. Doug Beaudoin also owns and operates Loxias IT Solutions.

I Thought Of You

As the sun came up today
I thought of you

As I heard the birds sing today
I thought of you

As the rain softly fell today
I thought of you

As the tears trickled down my face today

I miss you Heather
Love, Dad

Tim Vinson / TCF Cincinnati East



Make yourself do things you once enjoyed:

When we are in the early stages of grief it is important to reach out for support, read material on grief, call friends, talk often and **make ourselves function** on a daily basis. As we continue on we need to remember to **shake ourselves out of the early grief routine**. It is easy to stagnate in place and not even realize we are doing it (I am talking about after the two year mark and beyond).

Here's what I mean: Remember back before all of this began, did you jog, read romance novels, sew, make crafts, or solve puzzles? Are you doing any of that now? I bet the answer is no. We make ourselves do the everyday things, work, dishes, laundry, shower etc. We go through the motions. My strong suggestion to you is to **make yourself do something you enjoyed once**. Take baby steps, include your child at first, try to start a project, some of your best works will come from your heart right now and if your child is included you will finish it. You could, make a photo postcard to send out to family, of your child with a happy memory inscribed and a personal note from you on the back (most places that do photo developing will have this available or Avery offers the postcards to print at home). Sew a memory quilt using your child's clothes (to big, make a pillow to hug while watching a good movie). Jog while listening to music you loved once and a song or two in there that your child loved. Read a book that **does not involve grief**, I guarantee that no matter what the subject, you will relate some part of the story to your child. Call a friend and **get out of the house**, even just to have coffee or

window shop. **Slowly do more things that you once enjoyed for you.**

As a parent it is hard to remember that we are important because nothing seems important anymore. As an individual person **you are important** and you need to remember not only will you physically feel better by doing things you love but you may touch another person's life and make a difference for them. **You will never lose the memories of your child. You do not have to feel guilty for enjoying things. You are important and someone out there loves you and wants more than anything for you to have a little happiness.**

May we all find peace of mind and memories.
Written with love from another grieving parent 2009



Reverend William A. Ritter, Bereaved father, Key Note Speaker, TCF 2006 Conference, Michigan

The best way to honor the dead is to love the living, for if our lives stop when their life stops, death has killed twice.

(On a very serious note)

When grief doesn't go away:

It's normal to feel sad, numb or angry following a loss. But as time passes, these emotions should become less intense as you accept the loss and start to move forward. If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as a form of depression

Slow speech and body movements.

Inability to function at work, home, and or school.

Seeing or hearing things that aren't there.

When to seek professional help for grief:

If you recognize any of the above symptoms, talk to a mental health professional right away. Left untreated, depression can lead to

BIRTHDAYS & ANNIVERSARIES OF OUR CHILDREN LOVED, SADLY MISSED AND FOREVER REMEMBERED

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 Terbrueggen at (513)271-6809.

(Please remember, to comply with National Guidelines Dates are no longer listed)

Birth Dates

Child's Name

Relationship to Child

July

Lindsay Fields	Daughter of Mark & Monica Fields
Kendal Marie Brown	Granddaughter of Don & Donna Kramer
Billy Joe Routt	Son of Pat Routt
Logan Anthony Perkins	Son of Shane and Sharon Perkins
Patrick Donohoe	Brother of Erin Donohoe
Mandee Loudin	Daughter of William & Cherie Loudin
Rosetta Bader	Daughter of Richard Bader
Georgie Alexandra Hesser	Daughter of Patricia Hesser
Steven Slattery	Son of Steven & Mary Slattery
Emme Magdalyn Martin	Daughter of Randy & Angie Martin
Danny Andrews	Son of Steve & Caroline Statkus
Chris Saner	Daughter of Kim Berte
David	Son of D. Wade & Carol Calkins
Roger Stagle	Son of Pat Yates

August

Alice Ackerman	Daughter of Dick & Kathy Ackerman
David E. Busam	Son of Jerry & Carol Busam
Tony League	Son of Jimmie & Jeannie Crist
Angie Carter	Daughter of Greg & Debra Nichols
Patrick Nare	Son of Sandra Nare
Dave Otis	Son of Robert & Connie Otis
Dustin DeMoss	Grandson of Bob & Pat Bryant
Dustin DeMoss	Brother of Scott & Dawn Conaster
Dustin DeMoss	Son of Mike & Denise DeMoss
Nina Volz	Granddaughter of Al & Betty Volz
Douglas Stone	Son of Douglas & Sharon Stone
Stephan Schumacher	Son of Fred & Judy Schumacher
Brent Keeton	Grandson of Jim & Mary Jane Keeton
Brent Davis Keeton	Son of Dave Keeton
Janet Woprice	Daughter of Ron & Barbara Woprice

Remembering the Anniversary when our lives were forever changed.....

Child's Name **Relationship to Child**

July

Gerald N. Michael (Mike) Gillis	Step Son of Jim & Son of Annette DeCamp
Branden Able	Son of Michael and Christine Able
Joshua Blankenship	Son of Chuck & Beth Blankenship
Kendal Marie Brown	Granddaughter of Don & Donna Kramer
Holly	Daughter of James and Susan Eriksen
Janna Webb	Daughter of David & Peggy Webb
Jeff Brewer	Son of Del & Carol Brewer
Mike King	Son of William and Cherie Loudin
Hugh Byrnside	Son of Jim & Judy Byrnside
Janet Woprice	Daughter of Ron & Barbara Woprice
Nicholas David "Nick"	Son of Jeanne Chist

August

Marc Dotson	Son of Nita Dotson
Logan Anthony Perkins	Son of Shane & Sharon Perkins
Nina Volz	Granddaughter of Al & Betty Volz
Leslie Rose Schweder	Daughter of Steve and Lindsay Schweder
Grant Janszen	Brother of Rachel Janszen
Grant Janszen	Son of Glenna Janszen
Angie Carter	Daughter of Greg & Debra Nichols
Douglas Stone	Son of Donald and Sharon Stone
Billy Joe Routt	Son of Pat Routt
Stephan Schumacher	Son of Fred and Judy Schumacher
Sara Digiovenale	Daughter of Sally Arbogast
Danny Kelley	Brother of Moses and Sonnie Choto
Zina Lynn Burnett	Daughter of Glen & Robbye Salley

September

Patrick Donohoe	Brother of Erin Donohoe
Chris Holland	Son of John & Tami Blum
Daniel Trevino	Son of Joe and Diana Trevino
Nolan Doerger	Son of Mike & Peggy Doerger
Mandee Loudin	Daughter of William and Cherie Loudin
Aron Moran	Son of Anita Bvare

If you have never attended a meeting and as you read the following you connect, understand, feel the same way, feel like someone reached in and read your mind.....**then please join us.** Meeting location and times can be found on page 3 of this Newsletter.

For those of you who were not in attendance, here are brief recaps of the April 28th, May 26th & June 23rd East Chapter Meetings:

From Carol to our New Families:

We would like to extend a special welcome to the new families who attended our meeting. We are sorry for the reason you have come but we are glad you joined us and hope you found and continue to find some comfort. Please remember meetings can be very emotional, draining and challenging mentally. We would like to ask you to attend at least three meetings before you decide if a self help support group can assist you in your grief journey. As difficult as meetings are, we believe you can find support, fellowship, and hope for the future within this circle of friends.

April 28th

Quotes From Around the Circle on Remembering Our Children or where we are now:

Fond little memories fill my mind when I do simple things-like cutting the grass.
How child passed, very difficult to talk about.
Who would he be now?
Never quit loving them, just go on.
Healthy, happy, died in a car accident.
Took a lot of me with him.
Doesn't seem to get much easier.
My life is over as much as his.

HOW do we go on????
Seems worse.
Reminding granddaughter about her mother.
See's accident over and over in mind.
Grief has changed, crying less.
More trouble now visiting the cemetery.
Feels very hollow, group helps.
Didn't get to say Good-bye, remembers long hug.
She was my life, faith saved me.

Sharing Precious Memories – Facilitator: Diana Trevino Very up-lifting, motivating, inspiring meeting!

“Precious Memories, How They Linger How They Ever Fill My Soul”

Diana definitely did her homework and had an abundance of suggestions for us to check out and do in memory of our children. Many parents around the circle shared things they have done already or plans they have made on a project. Some things shared: One parent always “toasts their son on his Birthday”. A mom shared how she is “setting up a fund at the Hospital for soft tissues” in memory of the child they lost. Another parent suggested “sharing handmade items”. Suggestions shared by Diana: Check out the book, “Sweet Memories” by: Elaine Stillwell, for great ideas on creating many keepsake items in memory of your child. Go to shutterfly.com to create a custom photo book. Create a website in memory of your child: sympathytree.com, memory-of.com, thingsneversaid.com, or partingwishes.com.

Diana left us with one thought to remember:

**“They whom we love and lose are no longer where they were before.
They are now.....wherever we are”.**

St. John Chrysostom

May 26th

Notes of Love:

Chanda Riley – We miss you more than words can ever describe. Everyday it even seems to grow. Something I didn't get to show you or tell you but really I know you are still with us. I just can't wait to wrap my arms around you again.
Love you more than the sky, Mom and Dad

Son – You were just walking.....now you are flying....wish I was there or you were here.
Forever.....Mommy

Until we are together again know we dream of you.
Missing you, Dad & Mom

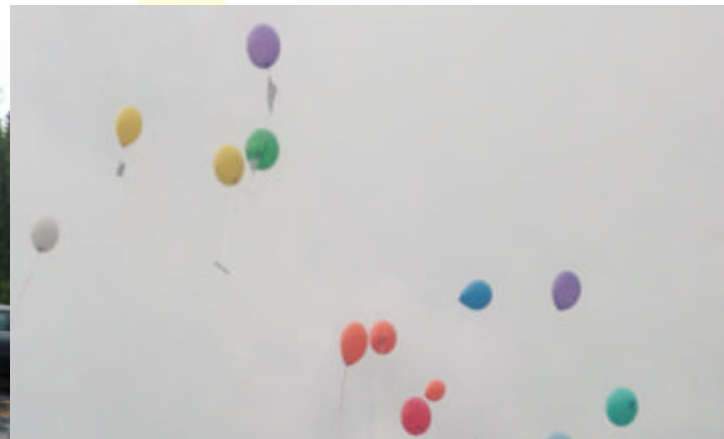
Not a day, not an hour, not a minute goes by that you are not thought of.
Tears on my cheek, Mom

Balloon Release – Facilitators: Joel and Carol Terbrueggen

Joel and Carol did a wonderful job. Even with the uncooperative weather the evening progressed smoothly. We started off a little soggy but that did not stop our messages of love from floating into the sky before the evening was through. We gathered in Parish Hall and listened to the readings and music, a few tears, a few smiles and love all around. The storm only lasted about 20 minutes and then we were free to release our balloons when we were ready. Multi colored balloons soared into the sky notes of love securely fastened. How we miss them.....each one.

The social time was very relaxed and a wonderful chance to get to know each other a little better.

A special **Thank You** to everyone who brought a dish to share! The food was wonderful and enjoyed by all!



June 23rd

Quotes From Around the Circle on Remembering Our Children or where we are now:

Grief is not as intense.

Waves of thoughts: memories

Grief has changed.

Sit's at the grave and talks to child.

Vivid dreams

Nagging grief, just pops up.

Feels blessed he got the opportunity to say goodbye.

Watched her son's illness "take him".

Role has changed with the family.

Still in denial, tells herself he not gone.

Sat in the parking lot the first meeting and just wondered why she was here, she doesn't belong with these people, just not supposed to happen this way.

Taking children to "Fernside", wonderful!

Still full of anger.

So long since I've heard his voice.

Still painful after 4 years.

What would he be like now, children, career, just wonder?

Journaling to Healing – Facilitator: Annette DeCamp

I had the privilege of leading this meeting and still feel overwhelming blessed to be a part of this group. We started off by giving each person their choice of a new journal and pen (expenditure approved by the Steering Committee). Tucked inside each journal were notes and tips on keeping a journal or dream journal. The meeting progressed with thoughts, idea's and tips being shared by everyone. Journaling is not for everyone but the overall consensus was very positive and most who have tried journaling found it to be helpful and a great emotional release. Stories were shared and the topic well received.

Web searches recommended: Healing Journal, Journaling, How to Journal

Shopping Tip: Many quality Journals can be found at Big Lots, Family Dollar, Dollar General or the clearance racks at bookstores. You don't have to spend a lot of money to Journal. Remember, composition notebooks work well too.

In Closing by Annette:

I hope that all who read this Newsletter find it comforting, informative and enjoyable. I treasure your faces and look forward to seeing you and finding out how you are doing. If life in general just get's to you from time to time REMEMBER you have a group of people here for you. Don't suffer in silence, call one of us. By reaching out you will feel better and by being there for you we will feel better.

So much love and BIG HUG.....Annette

One parent brought in a Teddy Bear she had made from her son's shirt. This is not only a clever idea that was received well by all who saw him but, it will always be a treasured item and a wonderful gift or keepsake for yourself. Please check out the website for information on ordering and price list.



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

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

Why Butterflies?

Since the early centuries, the butterfly has symbolized renewed life. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and freer existence.

Frequently, the butterfly is seen with the word "Nika," which means victory. Elisabeth Kübler-Ross movingly tells of seeing butterflies drawn all over the walls of the children's dormitories in the World War II concentration camps. Since Elisabeth believes in the innate intuitiveness of children, she concludes that these children knew their fate and were leaving us a message.

Many members of The Compassionate Friends embrace the butterfly a symbol - a sign of hope to them that their children are living in another place with greater beauty and freedom - a comforting thought for many.



I don't want this life after death life.....I want no part of Grief.
I don't want this new staring down the night.....I want the old easy peaceful slumber.
I don't want this new broiling anger.....I want the old even temper.

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



DATED MATERIAL—PLEASE DELIVER PROMPTLY

July, August, September 2009

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

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