



# THE COMPASSIONATE FRIENDS

## CINCINNATI EAST CHAPTER

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

### October, November, December 2009

**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 501(c)(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 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:**

Loss of a Child - This site and book (*Living, Loving, and Losing a Son*) are devoted to her son, Robb Rauth. It's a mother's memoir about his life, death and how they grew up together.

[www.loss-of-child.com](http://www.loss-of-child.com)

Life Script - This site is geared towards helping people cope with the death of a child. Offering everyday advice on health, stress and daily issues. [www.lifescrpt.com](http://www.lifescrpt.com)

Silent Grief - Support for all who have suffered miscarriage and later child loss. [www.silentgrief.com](http://www.silentgrief.com)

The Halo Garden is a place for bereaved parents. Site offers links to dedications, poetry, resources and much more. [www.halogarden.com](http://www.halogarden.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*

**From The Compassionate Friends National  
Website:**



Please visit [www.compassionatefriends.org](http://www.compassionatefriends.org) for current events, wonderful articles, heartfelt stories and so much more.

**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

**E-mail address for Annette:** [adecamp@roadrunner.com](mailto: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](mailto:joelt@cinci.rr.com) [carolt@cinci.rr.com](mailto:carolt@cinci.rr.com)

**WEBSITE:** Check it out – [www.tfcincy.com](http://www.tfcincy.com)  
Contact Tim Vinson, e-mail - [tvinsonv.@aol.com](mailto:tvinsonv.@aol.com)

**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. If you have any questions or want to make a donation, contact Joel or Carol Terbruggen (513) 271-6809, or mail donations to Joe Trevino, 2355 Section Rd., Cincinnati, OH 45237



## **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 –  
Wednesday, January 7<sup>th</sup> 2010, 6:30pm  
At the Anderson Township Panera Bread  
on Beechmont Ave.

We hope to see you there, your input matters!

### **Up Coming Meetings:**

November – 24<sup>th</sup>, Holiday Tips  
Facilitator : Diana Trivino

### **December – 8<sup>th</sup> Holiday Remembrance Program**

January – 26<sup>th</sup> How to know when to get help  
Facilitators: Marsha Lohbeck & Carol McGary

**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](mailto: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.](#)

Recent addition to our library cart: Healing Grief, By: James Van Praagh

In this book, the author's premise is "Grieving is a natural process". It is through our losses that we can transform ourselves and find new meaning in life. "Part I examines the process of grief: Part II focuses on the death of a loved one: Part III discusses losses from divorce, home, illness, aging and other life crises, as well as the loss of our pets: Part IV discusses "Reclaiming Your Life" with exercises to bring harmony into your life and a question-answer section based on his experiences with families and individuals with whom he has worked over the years. The book also has a list of healing resources and a bibliography for further study and reading. There is compassion and practical advice presented in conversational style.

Review by Carol Trivino

Have you read something you think might be helpful to other members? Please, write a review and e-mail to: [adecamp@roadrunner.com](mailto:adecamp@roadrunner.com) I am ALWAYS looking for information to share. Thank you!

## *My Daily Companion*

*As the dark night gives way to day, the pain in my soul comes back to stay.  
My daily companion wherever I go will never leave me, this I know.*

*As each passing moment throughout my day, the pain in my soul continues to stay.  
My daily companion wherever I go will never leave me, this I know.*

*As my day is done and I lay down to rest, the pain in my soul has taken my best.  
My daily companion wherever I go will never leave me, this I know.*

*As day gives way to the dark of night, the pain in my soul ceases its fight.  
My daily companion wherever I go will never leave me, this I know.*

*Written for Heather  
By her broken hearted father*



The above poem was submitted by a parent. If you have written a story, poem, letter or anything you would like to share, **please** e-mail submissions (include a photo if you can) to: [adecamp@roadrunner.com](mailto:adecamp@roadrunner.com)  
Submissions will be used in future newsletters.

Thank you so much, Annette

# 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 Terbruggen at (513)271-6809.*

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

## Birth Dates

<u>Child's Name</u>	<u>Relationship to Child</u>
<b>October</b>	
Mary Rose Perti	Daughter of George and Bea Petri
Gerald Nolan Michael (Mike) Gillis	Son of Annette Decamp and Step Son of James DeCamp
Matt Simpson	Son of Diana Simpson
Ralph Keyes	Son of Dana Guastini
Bobby Mitts	Son of Dinna Mitts
Kevin Mitts	Son of Dianna Mitts
Juila Donnelly	Daughter of Jim and Joan Donnelly
<b>November</b>	
Lewis "Louie" Gabbard	Son of Becky Moysey
Paul Saenz	Son of Charles and Carolyn Saenz
Ian Mathew Graves	Son of Christy Bishop
<b>December</b>	
Andie (Andrea)	Daughter of Jim and Sue Gordley
Marc Tyler	Son of Katie Mardente
Andrew Swartz	Son of Don and Kathy Swartz

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

<u>Child's Name</u>	<u>Relationship to Child</u>
<b>October</b>	
Scott "Scooter" Christian	Son of Gary and Barbara Christian
Kaylynn Madison Hartman	Daughter of Steve and Vanessa Hartman
<b>November</b>	
Emme Martin	Daughter of Randy and Angie Martin
Ian Mathew Graves	Son of Christy Bishop
Brennan Thomas Murphy	Son of Tom and Nannette Murphy
David E. Busham	Son of Jerry and Carol Busham
Andrew Swartz	Son of Don and Kathy Swartz
Aaron Ziller	Son of Patty Sternberg
<b>December</b>	
Mark Tyler	Son of Katie Mardente
Robby	Son of Gayle Kelly
Sheena Marie Miles	Daughter of Kim Sundin
Jill Mischler Ott	Daughter of John and Jane Mischler
Bobby Mitts	Son of Dianna Mitts
Kevin Mitts	Son of Dianna Mitts
Carlie Lynn Schulenberg	Daughter of Don and Connie Ward
Heather Vinson	Daughter of Tim and Donna Vinson

**Compassionate Friends East Candlelight Remembrance Service**

Please join us as we come together for a special evening filled with readings, music, poems, friendship, smiles and tears as we remember and honor our children.

**Mark your calendar now:**

**December 8<sup>th</sup>, 2009**

**7:00 P.M.**

**St. Timothy's Episcopal Church**

**Parish Hall**

**9101 Beechmont Avenue**

**Parents, Siblings & Grandparents Welcome**

Please bring a framed picture of Your "Loved One" to place a candle by.  
(Candles will be provided)

If you would like to bring a dessert to share it would be appreciated.

**This special gathering replaces our normal December meeting.**



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 recent 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.

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

Remembering the accident	Self blame
Isn't any easier	Daughter called all the time, miss that
How did I make it through this	There is light at the end of this tunnel
So painful not to have him here	Remember the joy and love
Not a day goes by that I don't miss him	Every time I look at my granddaughter, I see my daughter
Compassionate friends are so understanding	Wounds scab over but never heal
Knock at the door, the world went white	Saw a rainbow on camping trip, special
House is very empty	Can't get past the trauma
Death is tearing family apart	Went to church, still bitter
Guilt	

**July, August and September**

Grief during the first two years and two years and up was our July meeting.  
(two groups, I stayed with the first two years, so my notes are from that group)

**Facilitator: Carol Terbruggen**

Many Stories were shared, sad, tragic, heart breaking. Reassurance was given and well received, doubted but received. Even in this group we laughed and cried together. Carol reminded all of us that happiness will once again enter our lives, things will get better. Become easier to cope. It was a hard meeting, very emotional.

Thank you Carol

**Ron and Barbara Woprice** were speakers for our August meeting

Speaking on the journals that Barbara kept, remembering, sharing and celebrating Janet.

Barbara shared letters she had written in her journals to Janet. Everyone was moved and enjoyed every word. There is hope in the journals.....you can tell the early grief from the later, they were healing. It was a wonderful night. Barbara reminded us to, "take your child with you for the rest of your life". I know we all will. Her quote for the evening: "Nothing you ever say about Janet will hurt me as much as what you don't say".

We hope to have the Woprices facilitate again real soon.

Thank you Ron and Barbara

**Marsha Lohbeck facilitated** the September meeting on Forgiveness.

This was a very emotional night. Marsha shared a story on forgiveness by: Ann Kaiser Stearns. It was eye opening, touching and well received. She also shared a quote: "Forgiveness is not an occasional act. It is a permanent attitude. Martin Luther King

Thank you Marsha





Annette,  
Chanda my daughter started her own business in 2003, she was "Purseonally Chanda". She was very creative and designed her own purses, totes, diaper bags, wallets, and even key chains. She would let customers choose their favorite fabric and design, even if they wanted embroidered initials. She did purse parties and craft shows over all over Cincinnati and Kentucky. Of course many of our family members helped her get started and bought many purses of their own. Chanda would also always make special gifts for her friends and family for birthdays or even baby showers. As she expanded to making burp clothes and even baby blankets. When Chanda passed away, I thought it would be nice on the 1st Mothers Day at my house, if I let them purchase the leftover purses/totes that she had. With that, many were purchased and I made over 800.00. I started an account for Sydney (Chanda's daughter). My basement is now Chanda's sewing/craft room, as I have moved all of her things to my house. I found some things that she had started for certain people and I finished them for Chanda. I know they appreciated the gift from her since she was gone. I sometimes just go to my basement and just sit and think about Chanda. But I came up with a plan, maybe I could continue her dream and make purses and utilize all that material and fill a college account for Sydney. So I started making purses, I came up with a design for a three in one. It comes with two skirts that are inter changeable. I still make her designs as well. I know Chanda is up in Heaven smiling as she watches me use her fabrics and use her sewing machine for her precious daughter, Sydney

One of our members, Candy, has taken up where her daughter left off with her home business. I am sharing the e-mail with you and hope if you should need a purse in the future, you will contact her to get ordering information. Candy, I not only think this is healing for you but it is a beautiful tribute to your daughter Chanda. I could not have written your story better so I am sharing your words.  
Big hug....Annette

You can reach Candy by e-mail- [cs56@cinci.rr.com](mailto:cs56@cinci.rr.com)

**In Closing by Annette:**

**First, I will apologize for delaying the Newsletter. As we all know too well sometimes life just get's the better of us. I have a million excuses I could give you but, I know I don't have to. Thank you for your patience, and I promise I'll get it together again....soon. You will notice most of the Newsletter is in black and white, printer problems prevented me from printing entirely in color but, I REALLY needed to get it out the door so I gave in and printed in black and white.**

**I do enjoy writing the Newsletter for you and I hope you find support, comfort, information and enjoyment reading it. The next one will seem fast (no, really it will). Please look for it sometime in January. There....I gave myself a written deadline and we all know I am a deadline kinda girl so that should do it!**

**So much love and 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 \_\_\_\_\_

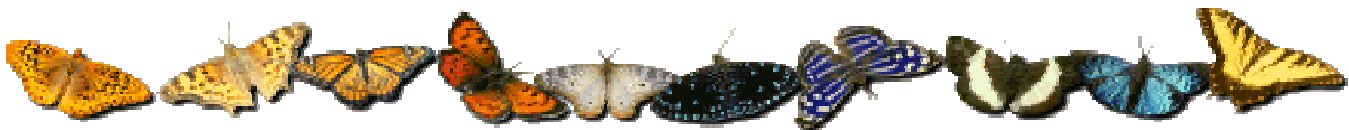
RELATIONSHIP TO THE DECEASED:  
\_\_\_PARENT \_\_\_GRANDPARENT \_\_\_SIBLING \_\_\_OTHER ( \_\_\_\_\_ )

I DO \_\_\_\_\_ I DO NOT \_\_\_\_\_ WANT THE QUARTERLY NEWSLETTER

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

### SUSAN CARLSON EXHIBIT

On August 21<sup>st</sup>, 2009 several members from both chapters attended the Susan Carlson Art Display: I Can't Imagine, Artwork from the Terrain of Greif. Her pieces were brilliant! If you have experienced this consuming grief it was easy to tell the works in order. The picture below of Susan Carlson, has two of her works behind her. I was not the only one who cried in front of the those pictures. I have lived that along with all of you. Fatal accident....over and over...in my head. Susan is a member of the West Chapter and maybe we can get her to bring her display in the near future.



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



**DATED MATERIAL—PLEASE DELIVER PROMPTLY**

**October, November, December 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  
<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