



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO.1870

January 2024 NEWSLETTER Vol. 32 No. 1

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".

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### *New Year Resolutions for the bereaved*

By Tanya Lord / c.TheGriefToolBox

This year I resolve to:

- ♥ Not put a time limit on my grief. Loving someone means loving someone for a life time whether they are physically present or not.
- ♥ Tell their stories, the happy and the sad, they will live on through me.
- ♥ Encourage others to share memories.
- ♥ Teach others that they can not "make" me cry, tears are only an external expression of how I am feeling all the time.
- ♥ Understand crying or otherwise expressing my pain is healthy and normal. "Doing well" means expressing my feelings.
- ♥ Understand that others will not understand my pain and it isn't fair to expect them to do anything but listen.
- ♥ Recognize that asking for help from those that love us is really a gift that we give them.
- ♥ Help others, reaching out to others in pain will help me heal.
- ♥ Do something nice for myself everyday.
- ♥ Know that if today I can not do everything that needs to be done, tomorrow is another chance to get it done.
- ♥ Cry when I need to, laugh when I can and to not feel guilty about either one.
- ♥ Let go, bit by bit, of the guilt, regret and anger because I know holding on to these emotions can be so damaging.
- ♥ Take a risk and let others into my life and heart.
- ♥ Take of my physical, emotional and spiritual health.
- ♥ Reinvest in life a little bit each day...

**Meetings are held at:  
Zion Lutheran Church**

**14 W Walnut St**

**Tipp City, OH 45371**

**(entrance by parking lot on W. Walnut St.,  
handicap accessible)**

Next Meeting: January 25, 2024

7:00 pm

Topic: Topic Cards (each individual will have the opportunity to pick from a topic on the card with which they may wish to comment on how it has effected their loss and grief.



**Thank you to everyone who helped bring the**

**Annual Candlelight Memorial together.**

**94 attended.**

**Additional thank you for the following**

**donations:**

**Christian Leonard – dinner meat**

**Randy & Debbie Turner – water & punch**

**Randi & Carolyn Pearson – the ornaments**

**Mica Glaser Jones – slideshow presentation**

**Dave & Jonnie Shoemaker – placemats**

**LOWES – 4 pinetree centerpieces**

## THE NEW YEAR: A TIME OF HOPE

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year. Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement. We are each unique in our grief.

Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent, your child will be remembered for all of your days and for many days thereafter. You will never forget your child. Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

~By Annette Mennen Baldwin, in memory of her son/only child, Todd Mennen.  
Posted on December 29th, 2020 on The Compassionate Friends website

NEED TO TALK TO SOMEONE?  
A listening ear is sometimes the best medicine.

- Kim Burgundy (suicide) 573-9877
- Pam Fortener (cancer) 238-4075
- Donnie Fortener (cancer) 760-2238
- Pam Fortener (siblings) 238-4075
- Cathy Duff (auto accident) 473-5533
- Jackie Glawe (auto accident) 478-3318

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Chapter website by Mica Glaser Jones:  
[www.thecompassionatefriendsmiamicounty.com](http://www.thecompassionatefriendsmiamicounty.com)

## CHAPTER NEWS

### Upcoming meetings:

- Jan - Topic cards
- Feb - Signs presented by Donnie Fortener
- Mar - Music memories

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### New Year, why must you hurt me?

*I stared at the old calendar  
the year had just ended  
it hurt, I felt alone*

*how could I go on  
to another year  
without my child*

*every year that passed  
left and took her  
further away from me*

*would I remember  
of the times, the places  
her smiles, laughter and tears*

*how could I be sure  
it would all be with me  
carried into the next twelve months*

*I didn't want to go  
to the place that she hadn't traveled  
the new year*

*this place unknown  
empty, alone  
I couldn't look any longer*

*the calendar became  
my nemesis  
...Unitl... it wasn't any longer*

*my life is closer now  
moving towards her  
in the Heavens*

*I shall welcome  
the new calendar  
the new year*

*Until unto the Heavens  
at last  
I shall go...*

*By Jackie Glawe,,in loving memory of  
her daughter & only child, Jordan Elizabeth.*

*Thank You *  
*for your love gifts!*

- ★ Lowell & Marilyn Bok in memory of Marlisa Bok.
- ★ Kathy Russell in memory of Ava Nicole Liskey.
- ★ Susan & Dennis Ream in memory of Kristen N. Ream's birthday.
- ★ Susan Fogt in memory of Jerrid Yonker.
- ★ Rob & Bev Gardner in memory of Jeffrey Gardner.
- ★ Dee Rawlins in memory of Jennifer Schoeb.
- ★ Randi & Carolyn Pearson in memory of Sam Pearson.
- ★ Dave & Jonnie Shoemaker in memory of Justin Shoemaker.
- ★ Steve & Cindy Glaser in memory of Andy Glaser's birthday.
- ★ Love Gifts should be made out to: The Compassionate Friends and mailed to **Cindy Glaser, 5255 Rudy Road Tipp City, Ohio 45371.** Please send your donation by the 15th of the month prior to the month you want your child remembered in the newsletter.

## Our Children Lovingly Remembered

### January Birthdays

Child—Parent, Grandparent, Sibling

David Alan Vollette - Dave & Cheri Vollette

Denise R. Brown - Darlene N. Brown

Justice Meade - Sue Brown

Justice Meade - Jenni Warner

Melissa Fortener McLaughlin - Don & Pam Fortener

Nicholoas Drake Duff - Jonathon & Regina Duff

Robert M. Walters III - Robert Jr. & Penelope  
Walters



### Carrying Memories Into the New Year

*With the church bell's ringing, the New Year  
enters echoing the days of yesteryear.*

*Memories of happiness, smiles of our  
children, the sunlight within each face.*

*Who will remember these dear ones, far from  
our yearning arms?*

*Who remembers all they were, the way she  
danced, the hat he wore?*

*With the old year gone, will they no longer be  
known?*

*WE will remember them, each one.*

*WE will hold them in our hearts as we carry  
memories into the New Year.*

*WE will allow the memories to make us laugh,  
to make us sing.*

~TCF, Bluegrass Chapter Newsletter

### January Angel-versaries

Child—Parent, Grandparent, Sibling

Adam Douglas Cheadle - Gary & Elaine Meyers

Bob Risko - Joe & Maggie Risko

Camella "Cami" Kelly - Elizabeth Kelley

Christopher "Chris" Heiss - Tony and Nancy Royer

Douglas "Jacob" Willoughby - Angela Willoughby

Elizabeth Flory Duff - Ann Flory

Emillie Joyce Stapleton - Julie Martin

Harley Ludwig - Warren & April Hawkins

Jeffrey Scott Bernard - Don Bernard

Jeremy Fogle - Amy Payton

Justin David Shoemaker - Dave & Jonnie  
Shoemaker

Kevin Frinfrock - Terry Frinfrock

Kyle L. Bryan - Jeanette Bryan

Matthew J. "Matt" Karl - Bob & Fran Karl

Melissa Fortener McLaughlin - Don & Pam Fortener

Nicholoas Drake Duff - Jonathon & Regina Duff

Nicole Barker - Rod & Kathy Barker

Shaun Bradley Duff - Michael & Catherine Duff

Stephanie Roselle - Cindy Berry

Will Mohr - Valerie Mohr

Noah Derick Trader – David & Amy Trader

Parker Locke – Lynn Reitz



We all know how difficult those "Special Days" can be - birthdays and death anniversary days. Please remember these parents on their special days and let them know that they are not alone; someone cares about their pain and their grief. It means so much to be remembered!

Every effort is made to publish accurate information regarding the birth and remembrance dates. Please let me know if there is an error in the listing, in order to correct our records. If you receive this newsletter and you have not given us the name and dates for your child, but want them listed here, please contact me – Jackie Glawe/Editor, Kim Bundy/Chapter leader or Cindy Glaser/Treasurer

## ADULTS GRIEVING THE DEATH OF A SIBLING

When a sibling dies, the world changes in a heartbeat. Oftentimes when such a loss occurs, others fail to recognize that the surviving sibling faces emotional battles on many fronts while working through the loss. Largely ignored, surviving siblings are often referred to as the “forgotten mourners.”

Within this group of surviving siblings is one that is unique—the adult survivor who lives away from home and is mourning the death of an adult sibling. In the case of an adult sibling, attention and words of comfort are usually aimed at the parents, spouse and children.

### The Loss of History

Each family has its own special history and the shared bonds that are a part of that history. When a sibling dies, the bonds are shattered and the history forever has a void that cannot be filled.

As they grow, children develop certain characteristics and talents. Brothers and sisters tend to complement each other by developing a balance of interests in different areas. However, surviving siblings will need to redefine their roles in the absence of this relationship.

### The Loss of Future

When a sibling dies, all future special occasions will be forever changed. There will be no more shared birthday celebrations, anniversaries or holidays. The sharing of life’s unique and special events will never again take place.

### What Adult Siblings May Expect

- Survivor guilt is normal. Siblings usually have a relationship where they seek to protect each other. Despite the physical distance that may separate them as adults, this need to have provided protection weighs heavily in the aftermath of the loss.

- Guilt about how the relationship was maintained is common. So often as adults, the sibling relationship has changed from younger years. Each travels a separate path, and sometimes communication is lacking and ambivalent feelings about maintaining the relationship surface. No matter how good a relationship may have been, the survivor often believes it should have been better.

- Anger over a new role within the family often occurs. A surviving sibling may now be the one expected to care for aging parents, and he or she may have to step into the role of guardian for nieces and nephews. Remaining family members may look to surviving siblings for guidance. All these situations are possible reasons to feel anger over a sibling’s death.

- Fear of mortality. When a brother or sister dies, it is natural for the surviving sibling or siblings to look at their own lives and what their deaths would do to the family.

- Surviving siblings may find positive changes within their lives. These may include greater emotional strength, increased independence, and a soul-searching reexamination of spiritual beliefs. Some survivors feel the need to make a change in their life’s work, such as becoming a therapist, or working to effect a change in the area that took the life of the sibling.

- Even when a sibling has died, a connection still remains. Surviving brothers and sisters think about them; talk about them; remember them at special times such as birthdays, holidays, and death dates; and may create a memorial of some type. This connection with the sibling who died does not have to be given up to move forward in life.

\*\*To read the complete article go to:

<https://www.compassionatefriends.org/adults-grieving-death-sibling/>



**The  
Compassionate  
Friends**

*Miami County Chapter*

Supporting Family After a Child Dies

2445 N Montgomery County Line Rd  
Tipp City OH 45371

RETURN SERVICE REQUESTED

*The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.*

*We gather to listen) to share) and to support each other in the resolution of our grief. We need not walk alone. we are The Compassionate Friends.*

**MISSION STATEMENT** ... The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

***If you are receiving our newsletter for the 1st time,***

it is because someone told us that you might find it helpful. To find out more about The Compassionate Friends, please call our Chapter Leader, Kim Bundy (937) 573-9877. We cordially invite you to our monthly meetings held on the fourth Thursday of each month. Nothing is ever expected of you. You don't have to speak a single word. Parents who do attend, find comfort, support, friendship and understanding from others who have also lost a child. You do not have to come alone - bring a family member or friend with you.

**You need not walk alone!**



IF YOU ARE RECEIVING THIS NEWSLETTER, AND WISH TO HAVE YOUR NAME REMOVED FROM OUR MAILING LIST, PLEASE CALL OR TEXT (937) 478-3318 AND LEAVE A MESSAGE.

Thank you.