



# THE COMPASSIONATE FRIENDS INC.

International Organization Offering Friendship and Understanding to Bereaved Parents

## MIAMI COUNTY CHAPTER NO.1870

### November 2024 NEWSLETTER Vol. 32 No.10

Facebook page "The Compassionate Friends of Miami County Ohio Chapter 1870".  
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### *Thanksgiving Prayer*

*I'm thankful this Thanksgiving that my  
grief is not so new.*

*Last year it was so painful to think of  
losing you.*

*Death can't claim my love for you though  
we are far apart,*

*Sweet memories will always be engraved  
upon my heart.*

*Time can never bring you back but it can  
help me be*

*Thankful for the years of joy you brought  
our family.*

*To all the parents with grief so new  
I share your loss and sorrow.*

*I pray you find with faith and time the  
blessings of tomorrow.*

*~Charlotte Irick  
Bereaved Parents USA, Tampa, FL*

### **November - No Regular Meeting:**

**see below**



### **Friendsgiving/Thanksgiving Potluck Dinner"**

**November 21, 2024**

**6:30pm**

**Zion Lutheran Church**

**14 W. Walnut St, Tipp City**

**The turkey, dinnerware, coffee and water  
will be provided. Please bring a dish to  
share.**

**Please RSVP as soon as possible to:**

**Cindy Glaser at:**

**mariahpines@sbcglobal.net with your  
name, your dish and how many will be  
attending.**



## HANDLING THE HOLIDAYS

By Jeff & Jackie Glawe

It's been 15 years since we lost the joy of our lives, our only child, our daughter Jordan. A car accident claimed her life as a passenger in a friend's car. Jordan was 18 yrs young. The following are some ways we have survived the dreaded holidays over the years.

- \* **HAVE A PLAN** – We had to have a plan. Even if the plan was to not acknowledge the holiday, or to stay in bed. Having a plan at least gives us some form of picture in our minds and relieves some of the anxiety.
- \* **OK TO SAY NO** – We gave ourselves permission to be OK with saying “No thank you” to invitations or to say “Yes” or “Maybe”. Later on in years we would also sometimes respond with to family and friends, maybe someday when we feel we are ready.
- \* **HAVE AN EXIT PLAN** – If we did attend a family or friend gathering, event, etc. we gave ourselves permission to leave when we wanted to without feeling guilty. We sometimes would let the host know ahead of time that we may leave suddenly if it becomes too much. We would drive ourselves and not ride with others so that we could leave when we needed to.
- \* **TRAVEL OR CHANGE IT UP** – We traveled somewhere we had never been that first Thanksgiving. We have found changing up the holiday setting with travel has been a good thing for us. (we many times felt like Jordan was traveling with us) Other times we would just change how we experienced the holiday with a different type of new tradition or we just ignored it and let the day pass by like any other day. One New Years Eve, we decided together to make a list of 10 things that had made us laugh throughout the year, since that was rare at first. This helped bring some laughter for each other into our holiday.
- \* **IN LOVING MEMORY** – It has been comforting for us to buy gifts for needy children, sponsor a family and volunteer at a homeless shelter in memory of our daughter. We now put up a memory tree of Jordan's ornaments at Christmas time. One year we planted tulips at the accident site on Easter.

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

Kim Bundy (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:

- Nov - Friendsgiving/Thanksgiving Potluck
- Dec - Candlelight Memorial Service
- Jan - Signs – presenter Don Fortener

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### Candlelight Memorial Service

Dec 8, 2024

3:00 pm

Zion Lutheran Church

Main and Third St

Tipp City, Oh

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

*Thank You*   
*for your love gifts!*

★ 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.

Every year we invite anyone that has lost a  
child, sibling, or grandchild to join us in a  
service of remembrance. We celebrate our  
loved ones' lives through the lighting of candles  
in their names. The candle memorial will be  
begin at 3:00 followed by a potluck dinner. Meat,  
tableware, water, coffee and punch provided.  
Please bring a dish to share.

It is **IMPORTANT** that you **RSVP** so that we can  
read your loved one's name at the memorial.

**Please RSVP to: Cindy Glaser at:**  
**[mariahpines@sbcglobal.net](mailto:mariahpines@sbcglobal.net) with your name,**  
**your dish and how many will be attending so**  
**that we have enough meat and tables prepared.**

If you want your loved one's photo in the  
slideshow during the potluck, and they were not  
already on there last year, please send a photo  
of your loved one,  
**INCLUDING their name to:**  
**[micaglaser@gmail.com](mailto:micaglaser@gmail.com)**

Thank you to:  
POWER107.1 LP-FM  
Helping get information out about our  
chapter to help grieving families.  
EmPOWERing Local Non-Profit  
Organizations! Broadcasting From The Heart  
of Beautiful Historic Downtown Troy



## Our Children Lovingly Remembered

### November Birthdays

Child—Parent, Grandparent, Sibling

Madison Bayless – Jeremy & Chandler Bayless  
 Jeffrey Scott Bernard - Don Bernard  
 Michael Bundy - Tony & Vesta Bundy  
 Jeff S. Clark – Candy Clark  
 Brent David Corn - Susan Hartrum  
 Stephen Anthony Freeman - Tom & Kathy Freeman  
 Jeremy Fogle - Amy Payton  
 Kevin Frinfrock - Terry Frinfrock  
 Benjamin Paul Gudorf - Wilda Stanley  
 Jeff Herman - Mike Herman  
 Darin Hinkle – Dan & Amber Hinkle  
 Matthew J. "Matt" Karl - Bob & Fran Karl  
 Tasha Nicolle Longyear - Kern & Pamela Carpenter  
 Ashley Joyce Perez – Linda Sue Perez  
 Stephanie Roselle - Cindy Berry  
 Jennifer Schoeb – Dee Rawlins  
 Justin David Shoemaker - Dave & Jonnie  
 Shoemaker  
 Christine Taylor - Ann Anderson  
 Noah Derick Trader – David & Amy Trader



*Share your child with us*



*Do you have a poem, a special story or remembrance of your child that you would like to share in the newsletter? I would love to hear from you and have you share your grief journey or how you found hope.*

*Send to me at [im4song@aol.com](mailto:im4song@aol.com) or*

*Also, if you have a topic you would like to see covered at a meeting let me, Kim or Cindy know.*

### November Angel-versaries

Child—Parent, Grandparent, Sibling

Clifton Alexander - John Alexander  
 Amelia Beeman -Peggy Beeman  
 Jeff Herman - Mike Herman  
 Mike Ladd - Ronald Ladd  
 Patrick O'Neill - Betsy O'Neill  
 Zachary O. Patrick - Mike & Tina Patrick  
 Roy "Rusty" Phillips - Carol Weddington  
 Leslie M. Turner - Randy & Debra Turner



### MEMORIES

The certain special memories  
 That follow me each day,  
 Cast your shadow in my life  
 In a certain way.  
 Sometimes the blowing wind  
 Or the lyrics of a song  
 Make me stop and think of you  
 Sometimes all day long  
 Memories are good to have  
 To share and keep in my heart,  
 Just knowing that you're still inside  
 Makes sure we'll never part.

~

Collette Covington  
 TCF Lake Charles, LA

# S i b l i n g P a g e

**LOSS OF A SIBLING:** *Until my brother died, I was the second child. After he died, I became the oldest and my parents' caregiver child—unprepared and often alone in the task. Sometimes I get mad at him for leaving me like this.*

Grief literature does not often discuss the repercussions of losing a sibling. Experience tells me that to lose a sibling is to lose a faithful friend and/or enemy who might argue us to the ground but who would fight for us against any outsider. Siblings are our first taste of family, and we will always have some kind of connection to them. They are our blood-contemporaries. Like the message of a canary in the mine-shaft, we know that if death can grab a sibling, it can grab us, too. Any myth of dying in “old age,” whatever that age might be, is destroyed by the death of a sibling.

*~From “More Good Words: Practical Activities for Mourning”  
By Beth L. Hewett, Ph.D.*

## **TO MY SISTER:**

You touched us all, you loved us all,  
Forever giving, forever caring,  
Forever forgiving.  
Never wanting in return.  
Blessed are those who shared your life  
Rich are those who carry your memories.  
Please rest now; your chores we will finish.  
“Til we meet again...

*~Cindy Keltz, TCF, Arlington Heights, IL*

## **Siblings**

### *To All Siblings...*

*Be guided by the reality that there is no right or wrong way to celebrate the holidays after your sibling died. Do what you need to do to get yourself through the holidays. We grieve differently than our parents do. Yes, we need to respect their grief, but we need to remember ours. Our siblings would want us to laugh and sing along with the Christmas carols, but we just may not be ready yet. Guilt? Oh, yes, we will feel that this holiday season. But we may also celebrate their lives in our own special way.*

*Whatever you choose to do, do what's good for you. Everyone is at a different stage in their grief. The holidays make the reality of loss even harder. I hope this holiday season you can find peace and love in memories. Please know you are not alone.*

*~By: Martha, TCF-Concord*



**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.