

May 2022



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#### If this is your first Newsletter:

If you are receiving this newsletter for the first time, it is because someone has told us it might be helpful for you. We also invite you to our monthly meetings at Hayes Barton Baptist Church. At these meetings you may talk or choose not to say a word. There are no fees or dues. We are sorry you have had to experience the death of a child (or children) but we are here for you. We, too, are on this journey of grief and extend our hearts and arms to you.

Our Wake County TCF Chapter meets every second and fourth Tuesday nights of the month at 7:00pm in Room 224 at Hayes Barton Baptist Church, 1800 Glenwood Avenue (at the corner of Glenwood Avenue and Whitaker Mill Road at Five Points) in Raleigh. Enter from Whitaker Mill Road into the Main Entrance of the Family Life Center.

#### **May Meetings**

Tuesday May 10th 7:00pm

Tuesday May 24th 7:00pm

# PICNIC! PICNIC! PICNIC! TCF Annual Picnic is back!

When: Saturday, June 4th, 11:00am - 2:00pm

Where: White Deer Park, Picnic Shelter "Sweetgum"

2400 Aversboro Road Garner, NC 27529

What: Cookout! We'll provide the hamburgers and hot dogs, and ask

you to bring a side dish or dessert, and your own drinks (alcohol is not allowed at the park). The park has trails, playgrounds, and

restrooms.

Who: All of our Compassionate Friends and families (if you haven't

been to a meeting in awhile, we'd love to catch up!)

Please RSVP to <u>jschn 2000@yahoo.com</u> or if you decide to join us at the last minute, just show up! Please bring a framed photo of your child(ren) or your family for the sharing table. Where else can you socialize with people that understand if you don't feel like socializing? We are hoping for a crowd, so please join us!



## IN MEMORY MAY LOVE GIFTS

Given In Loving Memory Of Children



Chap and Diane Haddon In Loving Memory of Our Daughter Corey Chapman Haddon

Gary and Susan Yurcak
In Loving Memory of Our Son, Brother,
and Uncle

Matthew William Yurcak

Tom and Maria Spampinato and Joseph and Francesca Miracola In Loving Memory of Our Sons Capt. Paul Michael Spampinato

Nicholas Joseph Miracola

Please send Love Gifts to: Love Gifts—Wake County Chapter, TCF, P. O. Box 6602. Raleigh, NC 27628-6602. Send pictures & articles to Pattie Griffin at pattie.grif@gmail.com or 30 Shepherd Street, Raleigh NC 27607.

### **ATTENTION In-Person May Meetings**

We will meet at Hayes Barton Baptist Church in the Five Points neighborhood of Raleigh at 7:00pm on

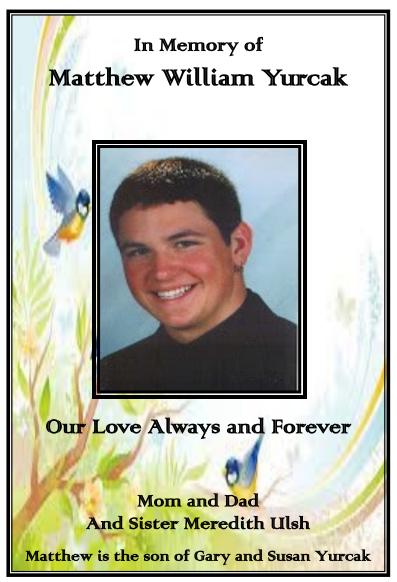
> Tuesday, May 10th Tuesday, May 24th

Hayes Barton requires us to wear a face mask when entering the church and walking through common areas, but vaccinated adults may remove their masks inside the meeting room. The church requires us to keep a list of attendees (in case follow-up is needed). At the same time there will also be a "hybrid" meeting, with participants present in person and on Zoom simultaneously. Please let us know which way you prefer. If you want the Zoom link, email Judy Schneider at

jschn\_2000@yahoo.com

Hayes Barton Baptist Church is located at 1800 Glenwood Avenue (at the corner of Glenwood Avenue and Whitaker Mill Road at Five Points in Raleigh)

Our meeting is in Room 224.





### In Loving Memory of Sean Patrick



#### "Beloved Brother and Son"





Sean was a very special person to me and for those who got to know him; he was amazing but sadly, just didn't know it. He made me smile and laugh with his young, witty, teenage sense of humor. Sean had a tough shell that was often hard to penetrate, which was no fault of his own. Sean was so very smart, he always impressed me with his grades but most importantly, his creativity.

As a young boy Sean loved playing with Legos and video games. He played T-ball, soccer and loved hunting for dinosaurs in the park. Sean had such an imagination, he wrote poems and stories, that I still enjoy reading. It made him happy to be a part of The Boy Scouts and he began training as a volunteer firefighter at the age of 13. I remember how proud and happy he was when he got his learner's permit. We celebrated with a meal from Wendy's, his favorite.

Sean loved his brothers, Peter and Christopher, very much. He would do projects with them such as creating and painting volcanoes and then with excitement, waited for them to erupt. Sean would set up army men for battle and build dozens upon dozens of Lego sets for them to play with.

I replay the video of our last Christmas together and watch my three sons laughing together. Those memories will forever be etched into my mind and my broken heart. For those moments are the ones I must remember and cherish.

It was an honor to be Sean's Mom and feel blessed that God chose me to be his mother. As painful as it is to live life without Sean, I couldn't have imagined my life without him. Until we meet again my beautiful boy .....

Your Mom Forever, Christine Torricelli







#### Gone Too Soon

by Paula Funk



As I think about Mother's Day this year I become very nostalgic. Every spring during my elementary school days, I looked forward to the day the order form for our plants for Mother's Day came from our local florist. I always ordered pansies for my mom, the ones with purple and yellow or yellow and brown. I could hardly wait for the delivery day to come, so that I could present them to my mother. She always received them with much surprise and appreciation, as if it were a gift she had never received before or even expected.

As a child, Mother's Day was an important occasion to my family. My dad always insisted we wear the traditional carnations: white if one's mother was deceased, red if still living. He would make a special trip to the florist to purchase them. We would attend church, and then drive to a nearby city for lunch. I remember clearly my first Mother's Day being "the mom." Our Anna was only about three weeks old, so I had a very limited idea of what it really meant to be "the mom." But I do remember being treated like a queen and enjoying every minute of it.

Over the next several years as we raised our two daughters, my husband continued to affirm the women of our family. On Mother's Day he always bought roses for each of his girls. Anna would get a yellow one. Debbie would get a peach-colored one. The red roses were for me. When the girls were young I would receive and treasure their hand-made cards. As they grew into young adults, their choices in purchased cards were just as significant. Every year as Mother's Day approached, we looked forward again to spending the day together as a family. We would attend church, go out for my favorite brunch, have lots of conversation, fill our bellies to the max, laugh until we cried, be silly, make memories. That was before...

Then the unthinkable happened. Our daughter, Anna, died. How could those special days of love and togetherness, laughter and fun become among the most dreaded days a mother must face? How could those days that we had once anticipated with joy and excitement bring such unbelievable heartache and confusion, loneliness and tears?

During those first few years we were simply lost. This was new, undesired, and certainly not requested, territory that we had been forced to enter. What were we supposed to do? How were we supposed to act? I just wanted to run away or stay in bed with the sheets over my head. The traditions we had come to love and enjoy became intensely painful. It became an impossible task to attend church services or go out for brunch. Seeing families enjoying their togetherness pierced my heart with an endless ache. My tear-filled eyes burned at the

thought of being surrounded by "intact" families. Feelings of anger and resentment overwhelmed my heart. On the inside I wanted to lash out at all those mothers and fathers who were surrounded by all of their children and those sisters and brothers who had no clue what it would be like to lose a sibling. As the day drew to a close I felt tremendous relief that it was over. Exhausted, I would lay silently with my head on my pillow as quiet tears lulled me to sleep.

The feelings that I have shared are not uncommon in the early years of grief with those who have experienced the death of a child, grandchild or sibling. If you or someone you care about has experienced the death of a child, I offer some suggestions from those who have been there to help you to make it through this time.

- Realize this day is full of potential for a multitude of feelings to sneak up on you and catch you by surprise.
- Especially during those early years, do whatever works for you. This may be a time of being in "survival mode." Trying to please everyone else can cause undue stress.
- If you have surviving children who want to honor you, communicate your feelings to them. Let them know that while you are grieving the death of their brother or sister, you still love them.
- Try to keep things simple and uncomplicated.
- Visit the cemetery.
- You may choose to pretend the day just does not exist and do something completely unrelated to Mother's Day. Clean the house, take a nap, get out of town. One of my Compassionate Friends spends Mother's Day at Home Depot. No one bothers her there or mentions Mother's Day.
- Have a good cry. If you have trouble crying, just stop by a card shop and read a card or two. Maybe even buy the card that you believe your child would give you.
- Go to the recycle bin and break glass into the proper receptacle.
- Know that the days before the holiday may be worse than the actual day.

As with all holidays, be reassured that what you do this year does not have to be what you do next year. As my Compassionate Friends and I have found, with proper grief work over time, the intensity of our feelings has softened. This will happen for you, as well. In the meantime, be gentle with yourself. And remember, "you need not walk alone."

Posted on May 2, 2019, www.compassionatefriends.org

# In Memory of Corey Chapman Haddon



Poem in memory of Corey Chapman Haddon 5/10/82 ~ 10/26/08

### She Is Gone by David Harkins

You can shed tears that she is gone Or you can smile because she has lived

You can close your eyes and pray that she will come back Or you can open your eyes and see all that she has left

Your heart can be empty because you can't see her Or you can be full of the love that you shared

You can turn your back on tomorrow and live yesterday Or you can be happy for tomorrow because of yesterday

You can remember her and only that she is gone Or you can cherish her memory and let it live on

You can cry and close your mind, be empty and turn your back Or you can do what she would want: smile, open your eyes, love and go on.

Corey was 26 years old when she died from Metastatic Melanoma at our home in Cary, NC where we have always been surrounded by family and friends. The evening Corey died was no different as our pastors and friends circled around us with their prayers and love. Their friendship and love have remained with us over the years as they continue to support us. Corey would have turned 40 this year, and instead of celebrating here on earth, I send hugs and birthday wishes to her in Heaven. I love you Corey!

Mom

"Corey is the daughter of Chap and Diane Haddon"

#### **MEMORIES**

Today I was walking On a street in my town I came across a big white house With a carefully manicured lawn

I saw a little boy Playing in the sand Running his trucks to and fro My mind drifted to another land.....

The days when I once had a little boy Who loved to play in sand Who picked me little flowers And placed them in my hand

Who loved to yell "Mommy"
When a butterfly landed near
Who looked to me for answers
A boy who had no fears

A child who loved life
As I had taught him to do
Who gave of himself
But left this world too soon

Tears slid down my face
As I watched the little boy
Remembering my own son
When my life was filled with joy

I sighed a big sigh As the memories ran through my head Of another sandbox long ago And the many things my son said

Whenever I see a child Around the age of five I always get the "memories" Of our life before he died

I touch a dandelion When it's white and turned to "fluff" Remembering my birthday flowers And how the weeds meant so much

I only have my memories After all the years gone by I still can't help my heart I still sit down and cry

—by Sharon Bryant



#### **My Precious Baby**

My precious baby boy is dead. Seems all I do is cry. I had so many dreams for him. Why did he have to die?

The nursery stands empty now, Done in Winnie-the-Pooh. Won't someone wake me from this dream? God, tell me it's not true.

I feel an aching deep inside, It penetrates the marrow, As if someone has pierced my heart And now they twist the arrow.

They tell me that with passing time This pain inside will heal. I know they only want to help, But they can't know how I feel.

That babe was such a part of me. I'd rather have been the one To leave this earth and those I love Than have it be my son.

My only consolation is that He gets the best of care And plays with all the angels now Who love him so up there.

> Teresa Kaepernick TCF, Appleton, WI

#### **John William**

I don't know how to write a poem, I don't know where to start. But John William I miss you so, This comes from my heart.

Are you fine? Are you well?
Do you miss your mother's love?
You were only 2 days old
When you went to God above.

I've never held you in my arms, The ache is with me still. But one day we will meet again, Somehow, I believe we will.

So, little fella, I wish you well, Though with my love there's pain. God keep you safely in his arms, Until we meet again.

> M O M Donna Korb TCF. Parma/Cleveland. OH





TCF 45th National Conference Houston, TX - August 5-7, 2022

#### Conference Registration is now open for the 45th TCF National Conference August 5-7, 2022 in Houston, TX.

We are pleased to announce that registration is open for the 45th TCF National Conference. After two years of not being able to meet in person, we are really looking forward to being together! Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly understand the painful loss of a child, sibling, or grand-child. This eagerly anticipated event will take place in Houston, Texas, during the weekend of August 5-7, 2022.

This year's keynotes are:



Mindy Corporon is the author of Healing a Shattered Soul. After Mindy's father and oldest son were murdered by white-supremacists intent on killing Jews, Mindy's life purpose changed from guiding people financially to creating space for

people to learn about our differences and discover commonalities. Mindy is a Co-Founder of Workplace Healing LLC and innovator of the Human Recovery Plan TM Software Platform.



John Santoro is President of TCF Foundation and the 2021 Simon Stephens Award recipient. His grief journey began on December 10, 2000, with the sudden death of his 10-year-old daughter, Paula, from a hyper-rare genetic syndrome.

He has written and spoken about his grief experiences in both conference settings and through the popular media, including an essay on grief published in the widely-acclaimed book on leadership, *What Is Your Life's Work?* 



Luci Rossi is a registered nurse from Colorado. She has been a bereaved sibling since she was 9 months old, when her oldest brother Doug died at the age of 23. In 2009, loss struck again when her 35-year-old brother, Tony, died from cardiomyopathy. Luci has served in a vari-

ety of functions with TCF, including co-chairing the sibling committee and serving as a moderator for the TCF Sibs Facebook group.

Some of these workshops include:

- Surviving Your First Year
- This Is Not How We Thought Life Would Be!
- Learning To Breathe Again: Techniques for Healing
- Sibling Panel by Siblings for Siblings
- Healing Our Grief: How Men Cry, Care, and Count After Losing a Child
- Does It Ever Get Better? Finding Hope in the Face of Grief

Unique and cherished highlights of our conference include our memorable Candle Lighting Program on Saturday evening, Sharing Sessions, Healing Haven, Crafty Corner, and performers, all culminating with the popular Walk to Remember on Sunday morning. New for 2022, we will be offering a TCF Sibling Camp onsite at the hotel, for younger siblings ages 9-17.

#### Adult Registration:

Early Bird (4/5/2022 - 5/31/2022) - \$220 Pre-registration (6/1/2022 - 8/3/2022) - \$250 On-site registration (8/4/2022 - 8/7/2022) - \$275

#### Registration fee includes:

Friday Luncheon Program and Banquet Saturday Evening Candle Lighting Program & Banquet All Keynote Sessions Workshops Special Performances

Sibling Sunday All Activity Rooms

\*To view additional pricing for students, children under 18, and active military, please check website.

This year's conference will be held at the Marriott Marquis Houston. Hotel reservations can be made online at TCF's dedicated reservation link. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

We'd love to have you join us at the 45th TCF National Conference!

Please check our website for more information and to register for the conference.

www.compassionatefriends.org



### How To Help Parents Who Are Grieving on Mother's Day



When someone loses a child, their world changes forever. Mother's Day is just one of many days that make that loss feel even more profound. Bereaved parents may feel angry, cheated, heartbroken, or all of these at once—and they may worry they can't be there fully for surviving children the way they want to be. Whether it's the first or the fiftieth Mother's Day after a child dies, part of a parent's heart always belongs to their lost child. As Darcy Krause of the Center for Grieving Children puts it, "A child is a child no matter how old they are. In a mother's or father's heart, it's *their* child."

Parents who have living children in addition to the one who passed can find Mother's Day bitter-sweet. One child doesn't replace another or soften the blow of that loss. Sue Lloyd of <u>Kara</u>, an organization that provides grief support to families, tells us, "It's like having a separate bank account for each child. Parents want to have pure joy and celebration for their living child but also need to set time aside to mourn the loss of the child who is gone."

Miscarriage is another loss that can ache on Mother's Day. In this case, even though parents and family didn't get to know their child, they might grieve for the life that child won't have. And if it was a loss early in pregnancy, friends and family might not even know that it happened. That can be isolating as well.

As a friend to a grieving parent, you can never take away that pain. But there are things you can do to help support bereaved parents—especially if they're not looking forward to Mother's Day. Experts suggest that you:

#### 1. Meet them where they are in their grief

Psychotherapist and grief specialist Fran Dorf cautions friends not to say or do things that could make a parent's grief seem like it's out of proportion or taking too long to resolve. Listen to your friend without judgment or advice. There is no right way to grieve. We need to let others work through their pain instead of trying to force them through it.

#### 2. Let your friend know you're thinking of them

You could say something like, "You're on my mind today. I miss Michael, too." If they have a living child, try, "This day must be filled with mixed feelings for you. I love seeing the relationship you have with Cora and remember your love for Jessie." If you don't know what to say, that's okay. Just acknowledging that it can be a hard day can help your friend feel supported.

#### 3. Say their child's name

Often when someone dies, people stop saying their name around the grieving family. Experts agree that many families want to hear the child's name out loud. Grief-support expert Shelly Gillan of Kara says that "it reminds them that their child is still loved and missed by many.

A parent's worst fear is that their child will be forgotten."

### 4. Share memories or do something to honor the child—if your friend is ready

Darcy Krause advises that while some grieving parents won't want to talk about their child, "others will leap at the chance. Follow social cues. If they change the topic, follow their lead." Let your friend know that you're available to talk or share stories of their child. If you want to give a thoughtful gift, write a card that they can read when they're ready. Bake the child's favorite cookies and leave them at the door with a note. Take a photo of something that reminds you of the child's favorite color, movie, or holiday and send a text that lets your friend know you're thinking of them.

#### 5. Support surviving siblings

Darcy Krause reminds us that, even in families, grief can be lonely. Bereaved siblings can feel left out or experience survivor's guilt that they're still alive while their sibling isn't. They sometimes feel pressure to take on the deceased sibling's role in the family. Pay extra attention to siblings and help them feel nurtured and loved. Plan a special outing with them after



#### How To Help Parents Who Are Grieving on Mother's Day (continued from last page)

Mother's Day: a trip to the aquarium, an afternoon of arcade games—anything that makes them feel cherished.

#### 6. Encourage self-care

Take your friend for a walk or drop by with a healthy meal. Offer to spend Mother's Day together doing something relaxing like yoga or catching up on a favorite show.

#### 7. Stay in the picture

Mother's Day doesn't necessarily become easier over time for a parent who lost a child. But friends and family can get caught up with their own lives and forget to check in as time passes. Commit to being there in the years to come on Mother's Day, and to helping your friend keep their child's memory alive.

This piece is part of the <u>#OptionBThere(/how-to-get-support-on-mothers-day</u>) campaign which aims to help people find the words and actions to support loved ones who are coping with loss, struggling with infertility, or feeling left out on Mother's Day. The article, "How to help parents who are grieving on Mother's Day" offers advice on how to support bereaved parents who have lost a child.

Special thanks to Shelly Gillan, MFT, Darcy Walker Krause JD, LSW, and Fran Dorf, LCSW:

Shelly Gillan, MFT, is a licensed marriage and family therapist. She is director of programs and client services at Kara (http://kara-grief.org/), a nonprofit that provides grief support to adults, families and children.

Darcy Walker Krause, JD, LSW, is the executive director at The Center for Grieving Children (http://grievingchilden.org/) in Philadelphia.

Fran Dorf, LCSW, is a grief specialist/psychotherapist seeing individuals and groups in Fairfield County, Connecticut, Westchester County, New York; and on Skype.

Taken from #OptionBThere



# OUR MAY CHILDREN





Nicholas Dembkoski Angela & Gene Dembkoski Son Ben Feldman Son Polly Feldman Laurie & Jeff Barnhart Rich Payne Son **Christopher Hamilton** Lisa & John Hamilton Son Tyler Gilreath Son Tamra Demello Jesse Aaron Mellott Sue & Randy Mellott Son Diane & Chap Haddon **Corey Chapman Haddon** Daughter Daughter Mark & Lynn Stamper Carol Stamper Sergio Beldo **Sharon Martinez** Son Michael Assaff Janet & Mark Anderton Son Sundari Fav Hall Wilkins Daughter Natisha Hall & Philip Wilkins Elizabeth & Virgil Carden **Lori Schooley** Daughter **Skyler Norris Carol Norris** Son Erin Brylski Daughter Martha & Ronnie Card **Timothy Bassett** Son Alvce Laird **Melissa Gray Watkins** Daughter Larry & Barbara Watkins **Jason Stutts** Son Joan & Tony Stutts Valerie Kumhyr Sean Kumhyr Son **Nathan Motley** Son Connie & Greg Cooper **Paisley Cookson** Shirley & Robert Register Daughter **Tommy Ray Mendoza** Jeana & Meliton Mendoza Son Daughter Pamela Jenks McAteer Carolyn Nelson **Annette White-Williams** Daughter Aimee White **Christian Williams** Son Charlene & Milton Peacock **Angel Woods** Daughter Ronette Wheeler **Colton Turner** Son Tiffany High Mark Grzyboski Jane Rockwell Son **Christopher MacEntee** Caren & Duane MacEntee Son Alexandra Tweedy Daughter **Robert & Susan Tweedy Angela Joy Harris** Jim & Bonnie Harris Daughter Reece Michael Melton Son Debbie & Chris Strickland

A Mother's Love

Daughter

Son

Son

Mary D & James Malone

Libbie & Steve Toth

Kristie Bass

William Earnest Davis

**Amy Newton** 

**Landen Bass** 

I need no pictures to remember your warm smile.
The lines of your face are embedded in my memory of you.
I gave you life in one second of pain,
for which you returned thirteen years of yourself —
sometimes quiet, sometimes noisy, but always thoughtful.
Sometimes I hear a voice that sounds like you, and I pause.
That pang of hurt stems from a tiny empty spot you have left in my life.
I carried you in my womb, then later in my arms,
but I will carry you in my heart forever.

by Joy Morning, for her friend, Ginny Pelczynski, In memory of Billy, TCF, Phoenix, AZ



# OUR MAY CHILDREN Anniversaries



Eric BradySonDebbie & Steve BradyThomas WinarSonThomas & Debra Winar

Gregory William Smith Son Ann Conlon-Smith & Shepherd Smith

Michael William Bernstein Son Larry Bernstein Jonathan Dail Diane & Ralph Zeuner Son Karl "KJ" Davis II Son Selina & Karl Davis Amanda Dare Clifton Doug & Debbie Clifton Daughter Michelle Danko Sister Stephanie Riggan Midder Mines Katie & Pete Mines Son Rebecca (Becky) Schwartz Daughter Pam & Aaron Graber Joan & Tony Stutts **Jason Stutts** Son

Benjamin "Ben" Woodruff Son Bonnie & Leon Woodruff

**Ashley Duncan** Daughter Judy Allen

Paul Michael SpampinatoSonThomas & Maria SpampinatoJ.R. ButlerSonLinda & Michael GodwinMartha WilliamsDaughterCharlotte & Berry Williams

Kevin AllenSonPhyllis & Keith AllenSean KumhyrSonValerie KumhyrJoey GooldenSonPam GooldenDavid BundySonJim & Faye BundyMeredith Ann ForlenzaDaughterElizabeth "Ann" Riddick

Johnny LucianoSonDebra LamberisJohnny LucianoSonDebbie HoustonNathan MotleySonConnie & Greg Cooper

Christopher (Chris) Pecoraro Son Anthony & Betty Dodd Pecoraro

Kimberly Neely Daughter Ken & Cle Neely

Jeremy Davis Son JoAnne & Wayne Liesegang Suzanne Ridgill Daughter Pete & Kathy Montague

Ricky "Lee" Walker
Christopher Maness
Thomas Greenhalgh
Lynn Williams
Christopher MacEntee

Son
Randy Maness
Bonnie Greenhalgh
Wilson & Ann Williams
Caren & Duane MacEntee

**Lee Moore** Son Cynthia Kay Moore

Ryan Hamilton Son Harold & Sandra Hamilton

Chase Rodgers Son Kimberly (Kim) & Darryl Rodgers

Bryan ReavesSonEd & Irma ReavesMatthew YurcakSonGary & Susan YurcakHayward Woo Young, Jr., MDSonJacqueline Young

Alecyn Elizabeth Ross Daughter Alexander & Cynthia Ross



#### I FEEL THE JOY



Never let there be a time when I cannot feel the pain, When hurt and sadness are blocked out, And only numbness reigns. At least with pain I am alive, But numbness will destroy; For if I cannot feel the pain, Then I cannot feel the joy.

Joanetta Hendel, TCF Indianapolis, IN



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