



**THE  
COMPASSIONATE  
FRIENDS**  
Supporting Family After a Child Dies

# Bluegrass Chapter Newsletter

**"We need not walk alone."  
www.tcfbluegrass.org**

P.O. Box 647, Nicholasville, Kentucky 40340

August 2011

## **Chapter Co-Leaders**

**Suzie McDonald**

[catholic20@windstream.net](mailto:catholic20@windstream.net)

**Janie Fields**

[butterflymom@windstream.net](mailto:butterflymom@windstream.net)

## **Treasurer**

David Fields

## **Newsletter Editor**

Lisa Fields

## **Bluegrass Chapter**

**The Compassionate Friends**

**Regional Coordinators**

**Dusty Rhodes**

(502) 330-4769

**Suzie McDonald**

(859) 576-7680

## **Telephone Friends**

Sometimes it helps to be able to talk to someone who understands. The following bereaved parents are willing to provide support and comfort.

**Jim Sims**

(859) 858-8288

(859) 797-2168

**Mary Camp**

(859) 737-0180

**Suzie McDonald**

(859) 576-7680

**Janie Fields**

(859) 881-1991

**The Compassionate Friends  
National Office**

P.O. Box 3696

Oak Brook, IL 60522

(877) 969-0010

[www.compassionatefriends.org](http://www.compassionatefriends.org)

## **Volunteer Opportunities**

If you would like to give of your time to our chapter, we always welcome volunteers. This is your chance to give back and to help out with the efforts of our chapter. Volunteer opportunities range from helping to set up a meeting, facilitating meetings, and just helping in any way that you can. This is a great way to give back in memory of your child after you have found hope, encouragement and strength from TCF. Making the change from needing and finding help to giving help and support to new parents is another healing milestone.

## **Create a Page in Memory of Your Child**

Janie and I would like to invite any of our bereaved parents seasoned and new to do a newsletter page in memory of their son and daughter. If you interested, please contact Lisa at [garandsmom@yahoo.com](mailto:garandsmom@yahoo.com). We would love to hear your stories.

If you have experienced a comforting coincidence following the death of your child, please share your story with us for a future edition of our newsletter. If you have a favorite poem, article or prayer, please consider having it featured in one of our newsletters. We take comfort in knowing our feelings are shared and understood. You may send it to Lisa at [garandsmom@yahoo.com](mailto:garandsmom@yahoo.com).

Love to you all:

Suzie & Janie

## **Coming in September**

**Our meetings are changing to the 1st Tuesday of each month!**

**Same time and location - different day!**

**Our newsletter will change to an every-other-month distribution at that time also.**



Love has no boundaries, you can't contain it in a box, no room with doors will ever hold it-the only place you can keep it, is your heart. When we lose someone we love, we feel we have lost that love, but really we haven't- it now takes on different emotions-sadness, loss, grief a hollow feeling in your heart. The loved one that we have lost would not want us to go thru our lives feeling like this-remember, they loved us as much as we loved them, and the love between parents and child has no boundaries. As parents we will love them forever, and they will always be with us; in our hearts.

# *Our Children Forever Loved and Remembered*

## August Birth Dates

- 8/5 **Andrew Clive Cloyd** Son of Roxann Devereux & Richard Cloyd
- 8/6 **James Richard Dunn** Son of Juanita Allen
- 8/8 **Coy Todd Cosby** Son of Shirley and Jess Cosby
- 8/8 **Cameron Jordan Christopher**, Son of Angelika Traiforos
- 8/9 **Angela M. Meece** Daughter of Claude and Verna Meece
- 8/11 **Robin Ricci Kuniff** Daughter of Norma Forston
- 8/11 **Louis Tsey Gakpo** Son of Seth & Philomena Gakpo
- 8/11 **Christopher Perry Adkins** Son of Linda Brooks
- 8/13 **Stacey Carol Sea** Daughter of Darrell and Jean Sea
- 8/15 **Jason Randall Johnson** Son of Sundae and Brad Parks
- 8/15 **Mathew Scott Coomer** Son of Ray and Bonnie Coomer
- 8/16 **David Davis** Son of Curt Davis
- 8/16 **Rachel Elaine Sutherland** Daughter of Elly and Alan Sutherland
- 8/18 **Spencer David Turner** Son of Kathy and Danny Turner
- 8/19 **James Earl "Travis" Fryman** Son of Rickey and Mavis Fryman
- 8/19 **Robert Allen "Robbie" Joseph II** Son of Mary Treadway
- 8/20 **David James Rison** Son of Karla Scott and David Rison
- 8/21 **Allyson Mailfald** Daughter of Bill and Carole Mailfald
- 8/22 **Michael Terrell John Lee** Son of Vickie L. and Terry C. Lee
- 8/23 **Julian Vincent D. Regalado** Son of Ramon & Mary Frances Regalado
- 8/24 **Luke Bellue**, Son of Andrea Mills
- 8/28 **Corey Len Tackett** Son of Sallie Jones
- 8/28 **"Baby" Potts** Daughter of Jim and Barbara Potts
- 8/28 **Allen Grant Borntraeger** Son of Doug and Cathy Borntraeger
- 8/29 **Jeffrey Scott "Scottie" Wallace** Son of Lynn Wallace
- 8/31 **William "Bill" Kretzer** Son of Shirley and William Kretzer
- 8/31 **Jennifer Lee Toadvine** Daughter of Ted and Cyndi Toadvine

## August Remembrance Dates

- 8/1 **Lori Em Kotzbauer** Daughter of Bob and Connie Kotzbauer
- 8/4 **Joseph Carl Richardson** Son of Jim and Jean Richardson
- 8/4 **David Allen Rose** Son of Ralph and Carmileta Rose
- 8/5 **Thomas Allan Woodrum "Tommy"** Son of Thomas and Mimi Woodrum
- 8/5 **William Fredrick White** Son of Fred and Rebecca White
- 8/6 **John Martin Fay** Son of Mary Ann Fay
- 8/9 **Michael Wallace** Son of Jack and Carolyn Wallace
- 8/14 **Steven Roberts** Son of Elizabeth Roberts
- 8/15 **Cynthia "Cyndy" Ellen Crim** Daughter of Becky & Keith LaVey & Howard Crim
- 8/16 **Todd Jeffries** Son of Jim and Terry Jeffries
- 8/17 **Shawn Wade Kirby** Son of Tommy and Teresa Kirby
- 8/22 **Emily Ann Preston** Granddaughter of Bud and Gwen Preston
- 8/27 **Marcie Reynolds Thomason** Daughter of Barbara and Bill Thomason
- 8/31 **Taiann Nicole Wilson** Daughter of Sue Wilson

**Jennifer Laughlin**

*September 07, 1982 - July 16, 2011*

Jennifer Lynn "Jen," "Fro" Laughlin, 28, of Versailles, Kentucky and formerly Cincinnati, Ohio, passed away unexpectedly Saturday evening, July 16, 2011. The daughter of Ernest and Brenda Laughlin of Versailles, Jenn was a graduate of Paul Lawrence Dunbar High School and studied photography at Northern Kentucky University. She has been employed in photography, in retail sales, as a personal caregiver and most recently in Inventory Management.

Fro loved the outdoors and enjoyed exploring back roads, creeks, streams and old abandoned dwellings. She was an avid photographer. She had a kind and compassionate soul and was a very loving daughter, never to be forgotten.

In addition to her parents, she is survived by a very special nephew, Elijah (Eli), Jayne, several aunts, uncles, cousins and other relatives, and many friends.

She was preceded in death by her best friend and sister Melanie Laughlin.

**A Celebration of Life**

A Celebration of Life Service will be 2-4 pm, Saturday, August 13, 2011 at Clark Legacy Center.

**Donations Information**

In honor of Jennifer's life and legacy, and her love for Eli, please make contributions to Elijah G. Jayne c/o Park Community Federal Credit Union, 440 W. New Circle Rd., Lexington, KY 40505.



In Loving Memory  
Kassey Ann Lund  
"Cass"  
September 18th



**BIRTHDAY MESSAGE**

They say that time heals all things, we wonder if that is true. It has been 12 years and yet we know there's still days. Our tears still fall and our heart still aches.

We find small bits of comfort in daily thoughts of you Kassey. Memories that make moments we will never forget. At times, a bit less sad, and then there are the times, when we're sure we can smell your scent or hear your whispers through an earthly message, and then our hearts rejoice. Messages of hope come on the wings of a butterfly and on days when we feel we need help to cope.

There is a whisper in the wind saying it will be ok, so come what it may. We always know that you are with us. Watching over each and everyone of us. For one day we will all be together.

So we will wait for a message of hope on the wings of a butterfly. Or even just a whisper in the wind saying it will be okay.

We love and miss you so much Kassey.

Mom  
Robin Jenerou



## Butterflies and Visions

By Margaret Gerner, TCF, St. Louis, MO

The daughter of a friend of mine was killed in an auto crash a short time ago. In one of our telephone conversations she hesitantly told me that her surviving son had "a vision" of his sister. I could tell the way she was telling the story that she wasn't sure just how I would react. She told me her son is an intelligent and stable person and wouldn't make up something like this. I could almost hear the relief in her voice when I told her that his experience is not an unusual one, a large number of grieving people report similar experiences.

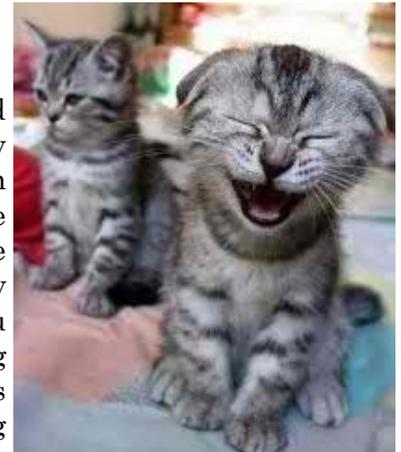
Actually, nearly half of the grieving population have a sensory experience that involves their deceased loved one. Grievers report seeing, hearing, or strongly feeling their loved one's presence. Others report an event or occurrence that assures them that their loved one is safe and happy.

Various theories attempt to explain this phenomenon, but none are conclusive. For those of us who have had these experiences, the only important conclusion we need is that the experience was very real and very meaningful to us. You may be able to explain the presence of a purple butterfly over the grave of my three year old granddaughter on a sunny afternoon, but for me it was a message from Emily saying: "Grandma, I'm okay." Coincidence might explain it, but it was certainly significant for me, considering that purple is a color I wear often and the butterflies are one of my favorite things.

These experiences may be hallucinations or coincidences, but nonetheless, a lot of us are having them. Personally, I'm glad of it.

## Laughter

Can you think of anyone that deserves happiness more than a bereaved parent? I can't! Yet, after your child dies, you find yourself feeling guilty when you laugh or are diverted for a moment from your pain. It's as though there's an unwritten rule that says a parent's depth of grief and love will be measured in direct proportion to the lack of joy and the inability to take pleasure in any part of life again. Laughter is as important to your recovery as tears. It is as vital as the bee to blossom. It provides a balance that you need in your life right now. Many people have survived by finding something funny and thus relieving and releasing some of the stress involved when coping with life's tragedies. If you are able to find something you can laugh about, do it! It doesn't mean you don't love, care, or miss, nor that you have forgotten. It just means you know not to judge your depth of feeling by whether or not you can smile. Grief changes as we go along and it is okay to let go of some of the symptoms of early grief when you are able. To do so in no way insults the memory of your child. Some are afraid to let go of anything for fear they will forget. It is important for you to know that option is not available to you. You will always remember your child. The fact that he or she lived and died is a part of who and what you have been, are, and will be. Most try to be good to themselves by eating the right foods and exercising, with the hope that the end result will be trim bodies and unlined faces. Those things are well and good, but it turns out that the kindest thing you can do for yourself is to develop some lines on your face-laugh lines-for as someone once said, "He who laughs, lasts," and he also survives in a better way.



REMEMBERING RACHEL .....

By: Elly Sutherland

Saturday, March 6<sup>th</sup> 2004 was no ordinary day. That was the day I learned how precious each minute, hour, and day is with your children. That was the day my life changed and a part of me ceased to be. Rachel was on her way to the Keys for Spring Break when she was in a one vehicle accident on I95. Out of the five of them traveling, Rachel was the only one that died. She was ejected from the vehicle and died instantly from a devastating brain injury.

Rachel Elaine Sutherland was born on Friday, August 16<sup>th</sup>, 1985 weighing 7 lb 8 ½ oz. This month celebrates her 26<sup>th</sup> birthday. Rachel was a beautiful human being inside and out. She accomplished so much in her short 18 years working tirelessly for those in need, volunteering at every opportunity, playing soccer, being a friend, a daughter, a sister. They say we should all live as though we were dying and Rachel was certainly an example of not wasting a moment.

Rachel's ashes were laid to rest on the side of a mountain in Lee County at the Cathedral Domain in the memorial garden. The Domain is the Episcopal Church Camp that Rachel loved, spending every summer there first as a camper, then as a counselor. She loved to be on that mountain. After she died when I was sorting through her belongings I came across a poem she had written about the Domain. I am going to share it today because it is so beautiful, written by a young woman with hopes and dreams for a bright future. I had the poem written out in calligraphy and framed. It now hangs in the dining hall at the Domain. Rachel may not be able to live her life as she hoped but her sweet words will touch campers for many years to come. A part of me died that day, a part of me has already left this world but I keep her in my heart always and not for one second would I change the blessing of having that child in my life. I am thankful, so very thankful that she came.....

Up at the Domain, swimming in the valley,  
climbing Wolf Pen to watch the sunrise  
and we were all huddled together cause it was cold.  
Telling ghost stories on the back porch of St. Michael's cabin  
So that when we went to the cabins to sleep we were all in the same bunk  
Focusing on the crickets chirping,  
so we wouldn't hear Whippoorwill John sneaking down out of the  
mountains..  
Watching the leaves change color out of the huge window in the Cathedral,  
That overlooked a cliff,  
While tears ran down our cheeks because of how perfect the moment was,  
With the guitars, floating beautiful voices,  
And God was totally there.



Remembering Rachel ..... Happy Birthday to  
my special angel...



When you come to a meeting of The Compassionate Friends, we ask that you attend at least three meetings before you decide if the group is for you. For many... the first meeting may also be the first time they've been able to talk about what has happened to them, their family and to their child. This can bring a lot of emotion to the forefront. Emotion which seems to disappear over the months as you talk about your loss. Don't worry, we'll bring the tissues. Tears are a natural release for a grieving person and is a way to release stress due to grief.

If you're shy or unable to talk about your loss, you do not have to speak, although you will have the opportunity. Some people believe it's harder to talk in front of strangers about something as intimate as the loss of a child, but because everyone else at the meeting has had a similar experience, they understand much of what you are feeling and you will eventually reach a comfort level with those you meet. A point to always keep in mind is that what is said in the meeting stays in the meeting. The privacy of our members is important. We're all there to work toward healing. It may be hard for you to believe, but occasionally you will hear laughter. This is not a dishonor to any child. Rather it is often a reaction to a wonderful memory of a child.

### Meeting Information

#### Lexington

Third Monday of Every Month  
6:30 p.m.—8:30 p.m.  
Hospice of the Bluegrass  
2321 Alexandria Drive  
Lexington, Kentucky



#### Winchester

First Tuesday of Every Month  
7:00 p.m.—9:00 p.m.  
Hospice East  
417 Shoppers Drive  
Winchester, Kentucky

### Meeting Format

Doors open one-half hour before meeting times to provide the opportunity to visit with old friends and acknowledge new ones. Please plan to arrive early so the meeting can begin on time.

The death of a child of any age, from any cause, is a shattering experience for a family. When a child dies, a family needs emotional support for the long grief journey that lays ahead. Since 1980, the Bluegrass Chapter of The Compassionate Friends has been actively helping families toward the positive resolution of their grief following the death of a child.



**Our Mission & Purpose** is to assist families toward the positive resolution of grief following the death of a child of any age by any cause and to provide information to help others be supportive.