



THE COMPASSIONATE **Bluegrass Chapter Newsletter** FRIENDS

P.O. Box 647, Nicholasville, Kentucky 40356

February–March 2009

Chapter Co-Leaders

Jim Sims
Stephanie M.

Treasurer

David Fields

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Janie Fields

Newsletter Editor

Lisa Fields

Bluegrass Chapter

The Compassionate Friends

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The Compassionate Friends National Office

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www.compassionatefriends.org

We need not walk alone..

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.

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

Monique Podgorski

(859) 381-8256

Suzie McDonald

(859) 576-7680

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.

It is always difficult to say “welcome” to those coming to our meetings for the first time because we are so very sorry for the reason they came. For some, the first meeting or two can be rather overwhelming, especially for the newly bereaved. We hope that anyone feeling that way will return to at least a couple more of our meetings. Everyone is welcome to attend regardless of the age at which their child died or the length of time that has passed since that day.



Co-Leader's Message

By: Jim Sims

It becomes easier to cope with your own grief when you help someone else that is also grieving. That is the lifeblood of TCF - that unending cycle when the more experienced grievers reach out to help the more newly bereaved who in turn eventually become the more experienced. I, along with many others in the Bluegrass Chapter have "gotten and given" and it has helped make our journeys easier from all of those experiences. But helping is not restricted to the experienced; there are things that anyone can do. Our chapter is blessed with a core of hardworking individuals but in order for the group to continue in a positive way, more help is needed. Maybe you're not ready to lead a meeting, greet new members or become a chapter leader but there's other ways to help. You could keep the library records, bring refreshments, and help arrange the room before meetings or various other things. If you are interested

please let Stephanie, myself or someone know and we can match you with something you are comfortable doing. We do need your help!

One person that has given much time and effort to our chapter is Rebecca Woloch as newsletter editor for the past year. Years ago, Jo was the first of many Bluegrass chapter editors that have established a standard of excellence that Rebecca certainly continued and based on the many compliments I've received, raised the bar as well. In addition, she spent untold hours with the redesign, construction and maintenance of our website <http://tcfbluegrass.org/>. Thank You Rebecca, I definitely appreciate all that you've given to our group.

I'm very pleased that Lisa Fields has graciously agreed to be our next newsletter editor. I look forward to her upholding

the traditions set by those "ink stained" or "eye strained" editors before her. Welcome aboard Lisa!

You may have noted that because of the transition this newsletter is for February and March. We plan to resume our normal monthly schedule in April. I hope you enjoy this current issue.

I urge all of you to attend the Frankfort regional conference "Coping When Good-Bye Is Forever" on March 20th & 21st. Karen Cantrell and the Frankfort chapter have an excellent program planned with first class speakers and workshops that I'm sure you will find very rewarding. The Bluegrass chapter is in charge of the Reflection & Meditation Room thanks to Suzie and her "elves". Program and registration information is on our website and in this newsletter.

Save the Date!
The Compassionate Friends
2009 National Conference
August 7-9, 2009
Portland Oregon

An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree.

-R. Benjamin Cirlin,
 Grief counselor

Steering Committee meets on the first Monday of each month at 6:30 at Hospice of the Bluegrass. All are welcome to attend and participate.

Love Gifts

In Memory of Travis Fryman
Given by his parents, Rickey and Mavis Fryman

There are no dues or fees to belong to The Compassionate Friends. Some parents remember a birthday or anniversary date of their child, or a holiday with a "Love Gift". The Love Gifts help with the mailing of the newsletter, maintaining and updating our library and meeting costs. Please remember, if given in memory of your child, to include his/her full name. A very special Thank You to those who contribute Love Gifts to the basket during monthly meetings. We greatly appreciate your support!

Please send Love Gifts to:

David Fields
P.O. Box 647
Nicholasville, Kentucky 40356

TCF "Online Support Community" Offers Opportunity for Grief Sharing

The Compassionate Friends national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. These include "Pregnancy and Infant Loss," "Bereaved 2 Years and Under," "Bereaved 2 Years and Over," "Men Only Sharing Session," "No Surviving Children," "Survivors of Suicide." There are also sessions for surviving siblings.

The sessions last an hour and have trained moderators present. For more information, visit www.compassionatefriends.org and click "Online Support" in the "Resources" column.

Check Out Our Library

Our library is a great resource for our members, friends and families. Before meetings is an ideal time to browse the selections.

Grief Resources

Looking for a Particular Grief Book? Look no further than Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief related resources in the United States, Centering Corporation will probably have just about anything you're looking for-or they'll be able to tell you where to find it.

Call Centering Corporation for a catalog at 402-553-1200 or visit their website at www.centering.org. When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.

Our Children Forever Loved and Remembered

February Birthdates

- 2/1 *Kevin Brant Prenatt* 2/25 Son of Susan J. Prenatt
- 2/3 *Brian Alan Frith* 11/1 Son of Larry and Rowena Frith
- 2/3 *Brian J. Bergin "Bri"* 10/2 Son of Robert and Sherry Lowry
- 2/6 *David Allen Rose* 8/4 Son of Ralph and Carmileta Rose
- 2/7 *Jacob Issac Gibson* 6/22 Son of Veronica and Darrell Gibson
- 2/8 *Keith Allen Gadbois* 12/23 Son of George Gadbois
- 2/8 *Glenn Cope* 3/13 Son of Sheila Cope
- 2/12 *Christopher Michael Jackson* 12/15 Son of Guy and Debbie Jackson
- 2/14 *Mark Christopher Wills* 1/4 Son of John and Patricia Wills
- 2/15 *Bill Varney* 4/15 Son of Judy Varney
- 2/15 *Eugenia L. Morton* 5/14 Daughter of Eugene and Joyce Morton
- 2/16 *Dawn Chrystine Beckett* 6/14 Daughter of Mike and Lynn Lindsey
- 2/17 *Bobby Sherman Parsons* 3/21 Son of Anna McKinney
- 2/18 *James Michael Farris* 4/18 Son of Hulda Farris
- 2/18 *Christopher Thomas Miller* 9/12 Son of Colleen and Tim Miller
- 2/21 *Stan Caudill* 5/4 Son of Tom and Patricia Tschop
- 2/22 *Michael Becraft* 2/25 Son of Raymond and Lucille Becraft
- 2/24 *Kristopher Ryan Gordon* 2/25 Son of David and Chris Gordon
- 2/25 *Missy Fields* 5/9 Daughter of David and Janie Fields
- 2/26 *Griffin Alexandar Watson-Mills* 2/26 Son of Blake Mills & Candice Watson
- 2/27 *Trista Erin Lane Hail* 4/24 Daughter of Bill and Debbie Lane
- 2/28 *Melody Cay Guffey* 2/23 Daughter of George Foley
- 2/28 *Kimberly Sue Toyne* 6/7 Daughter of Gail Toyne
- 2/28 *Joshua Scott Barker* 4/27 Son of Deborah Barker

We quickly find there are no words to describe the experience of losing a child. For those who have not lost a child, no explanation will do. For those who have, no explanation is necessary.

-Mary Lingle

Our Children Forever Loved and Remembered

February Remembrances

- 2/4 *Tressa Parsons Adams* 6/10 Daughter of Linda and Bobby Parsons
- 2/4 *Michael Terrell John Lee* 8/22 Son of Vicky L. and Terry C. Lee
- 2/5 *Sheena Christine Kiser* 12/26 Daughter of Tina Kiser
- 2/5 *James “Jamie” Earl Flynt* 3/15 Son of Suzie McDonald and Jim Flynt
- 2/6 *Andrea Kaye Huggins* 8/16 Daughter of Jim and Sheila Huggins
- 2/6 *Brandon Todd Wilson* 7/15 Son of Bob and Starr Wilson
- 2/13 *Jerry Denver Ison* 1/20 Son of Genett Ison
- 2/14 *Steven Matthew Service* 10/2 Son of Ruth McGill
- 2/16 *David Michael Harmon* 8/20 Son of Jody Harmon & Luanne Murphy
- 2/18 *Jack Charles Bahm, II* 3/16 Son of Jack Bahm
- 2/18 *Will Fister, III* 12/23 Son of Gayle and J. W. Fister
- 2/21 *Brandon Lee Lorance* 3/31 Son of Callie Lorance
- 2/22 *Hillary Paige Troidl* 7/30 Daughter of Jim and Barb Troidl
- 2/22 *Robin Lee Webb* 5/14 Daughter of Ricky and Sharon Blakeman
- 2/22 *Joe Collins Hisle IV* 10/25 Son of Barbara and Joe Hisle
- 2/24 *Crystal Ann Knafl* 1/12 Granddaughter of Karen and John Knafl
- 2/25 *Wicky Blakeman* 12/6 Son of Mr. & Mrs. Wendell Blakeman
- 2/25 *P. J. Phillip Duncan* 5/27 Son of Donna Breeze
- 2/25 *Ross Kemper* 8/13 Son of Becky Kemper
- 2/26 *Jacob “Jay” Lovenguth* 4/20 Son of Jake and Markeata Lovenguth
- 2/27 *Tony R. Applegate* 4/13 Son of Dolly Wallce Bellomy
- 2/27 *Vicki Lyn Easter* 9/16 Daughter of Beulah Williams
- 2/27 *Chris Rudnick* 9/30 Son of Julia Rudnick-Woodall

March Birthdates

- 3/1 *John Martin Fay* 8/6 Son of Mary Ann Fay
- 3/1 *Ryan Jason Ross* 7/31 Son of Mitzi and Rick Holbrook
- 3/4 *Barclay (Bart) Knafl* 7/3 Son of Karen and John Knafl

Our Children Forever Loved and Remembered

March Birthdates Continued...

- 3/7 *Kiah Nicole Milsom* 7/25 Daughter of Lisa Scott
- 3/10 *Andy Jones* 4/10 Son of Jean and Cal Jones
- 3/10 *Victor Paul Basil* 12/2 Son of Lorena Basil
- 3/10 *Jesse Caldwell Higginbotham* 4/19 Son of Rebecca Woloch and Jerome Higginbotham
- 3/11 *Mark A. Romond* 5/22 Son of Ed and Jan Romond
- 3/12 *Laura Ann Lemieux* 3/28 Daughter of Vincent and Jackie Lemieux
- 3/14 *Eric Ritchey* 1/1 Son of Lynn and Harley Ritchey
- 3/15 *James "Jamie" Earl Flynt* 2/5 Son of Suzie McDonald and Jim Flynt
- 3/16 *Matthew Charles Estes* 7/17 Son of Barry and Cheri Catron
- 3/16 *Edward Charles Campherl* 6/27 Son of Martha E. Stone
- 3/16 *Jack Charles Bahm II* 2/18 Son of Jack Bahm
- 3/17 *Jayne Lynn Wawrzyniak* 7/7 Daughter of Loretta Wawrzyniak
- 3/19 *Doug Steinkuhl* 7/3 Son of Gary and Barb Steinkuhl
- 3/20 *Matthew Patterson* 3/29 Son of John and Ann Patterson
- 3/21 *Jackie Peel* 7/30 Son of Carl and Pansy Peel
- 3/28 *David Ryan Goldey* 1/7 Son of George and Julia Goldey
- 3/28 *Chip Cheek* 9/29 Son of Betty Milton and Ercel Cheek
- 3/29 *Andy McLaughlin* 7/6 Son of Iris McLaughlin
- 3/30 *Joshua Montgomery* 3/24 Son of Jo Barnes and Eddie Montgomery
- 3/31 *Michael Wallace* 8/9 Son of Jack and Carolyn Wallace
- 3/31 *Davey Allison Dunavant* 6/28 Son of Anita and J. C. Harris
- 3/31 *Brandon Lee Lorance* 2/21 Son of Callie Lorance

March Remembrances

- 3/1 *Addison Elise "Addie" Koch* 10/15 Daughter of Charles and Katie Koch
- 3/1 *Donald Ray Bingham, Jr.* 6/11 Son of Barbara Bingham
- 3/2 *Patrick McDonnell* 11/11 Son of Anne and Bob McDonnell
- 3/2 *Jonathan Derek Perdue* 9/25 Son of Donna and Chris Perdue

Our Children Forever Loved and Remembered

March Remembrances

- 3/6 *Grant Casey Blethen* 3/3 Son of Casey Grant Blethen
- 3/6 *Rachel Elaine Sutherland* 8/16 Daughter of Elly and Alan Sutherland
- 3/7 *Stephen Booher* 5/23 Son of Mary McCormick
- 3/7 *Zack Camp* 12/13 Son of Mary Camp
- 3/7 *Brenna Jiwon Kihlman* 4/22 Daughter of Dale and Shan Kihlman
- 3/9 *Robin Lemaster Ratliff* 12/26 Daughter of Jesse and Betty Lemaster
- 3/10 *Jeffrey Scott Wallace* 8/29 Son of Lynn Wallace
- 3/11 *Randy Blake Johnson* 11/8 Son of Randy and Doris Johnson
- 3/12 *Mitchell Allen Jaquish* 5/6 Son of Ellie and Thomas Jaquish
- 3/13 *Glenn Cope* 2/8 Son of Sheila Cope
- 3/13 *Charles Hayden "Chip" Lampe* 7/25 Son of Betsy Lampe
- 3/13 *Benton (Ben) Warner Blanton, III* 12/19 Son of B. W. Blanton, Jr.
- 3/13 *Brian Philpot* Son of Mitch and Dee Philpot
- 3/13 *Cole Brian Gilliam* 1/15 Son of Joan B. Gilliam
- 3/15 *Amy Jeanine Click* 5/18 Daughter of Kathy and Steven Click
- 3/17 *Darius Xavier Jerome Young* 6/28 Son of Deborah Young
- 3/20 *Lauren Elizabeth Stokley* 9/7 Daughter of Jackie Webb
- 3/20 *Robert (Robbie) Lewis Byrd II* 12/14 Son of Beverly and Bobby Byrd
- 3/21 *Amanda Williams* 11/23 Daughter of Donna Riley
- 3/21 *Bobby Sherman Parsons* 2/17 Son of Anna McKinney
- 3/23 *Scott Carter Jeffers* 7/3 Son of Susan Jeffers
- 3/24 *Joshua Montgomery* 3/30 Son of Jo Barnes and Eddie Montgomery
- 3/29 *Matthew Patterson* 3/20 Son of John and Ann Patterson
- 3/30 *Victor M. Martina* 6/3 Son of Don and Judy Martina
- 3/30 *Erica "Shi" Richie* 12/30 Daughter of Carol Scott
- 3/30 *Kimberly Varney* 5/10 Daughter of Judy and Lewis Varney

Frankfort, KY Regional Conference - March 20 & 21, 2009
 "Coping When Good Bye is Forever"

Conference Registration *Includes* Friday Dinner and Saturday Lunch - \$45 per person

Attendees:

#1 Name: _____ #2 Name: _____

Address: _____

City: _____ State: _____ Zip _____ Phone: _____

Email: _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

Name of Child: _____ age _____ birth date _____ death date _____

Please circle your preference for 9:30am workshop:

- 1) Keeping Your Child's Memory Alive in Journaling & Writing
- 2) From Loss to Hope,
- 3) How Do I Get Through All the Firsts

Please circle your preference for 11:00am workshop:

- 4) Coping Separately Together
- 5) Grief vs. Depression
- 6) Coping with Would've, Should've, Could've

Please circle your preference for 2:00pm workshop:

- 7) After Death Communications
- 8) Children Grieve Too
- 9) Complicated Factors Around Grief & Loss

Workshops subject to change



Make Checks Payable to: The Compassionate Friends of Frankfort, KY

Mail registration and picture of your child to:

TCF of Frankfort, KY • PO Box 4075 • Frankfort, KY 40604-4075

For more information, email Karen Cantrell at Karen821285@yahoo.com, or call (502) 320-6438.
 Or Sue Tutt at suetutt@fewpb.net, or call (502) 223-4419.

Block of rooms reserved at Holiday Inn Express 3 ½ miles from conference location-1000 Vandalay Drive, Frankfort, KY Ph. 502-352-4650. 1-4 persons \$90 plus tax, includes continental breakfast. You must mention you are with The Compassionate Friends code CMF. Reserve rooms prior to March 14 to receive discounted rate.

Conference location First Christian Church, 316 Ann St., Frankfort, KY 40601

Reflection Room – Library Butterfly Boutique – Butterfly and child loss related items for sale.

Please submit a picture of your child with your registration. This picture preferably wallet size, 4 x 6 or 5 x 7 will be used for the slideshow and will be returned. Put your name, child's name and dates on the back of the picture.

Regina Blanton will be joining us and making picture buttons for you. If you would like a picture button, please bring a 4" picture that will be used to make the button and cannot be returned.

Please allow time before, during, and after the conference to visit our speaker's tables where their books, CD's and more will be available for purchase.

Memory Table will be provided if you would like to bring some memory items of your child to display.

Frankfort, KY Regional Conference-March 20, 21, 2009

“Coping When Good Bye is Forever”

Conference Speakers

Paul Alexander Paul Alexander is a singer, songwriter, psychotherapist, author, actor and performing artist who has shared his music and message of hope throughout the United States and Canada. Paul has been in private practice and spent over 10 years with hospice working with terminally ill children and their families.

William Ritter Now retired Methodist minister, wrote the book *Take the Dimness of My Soul Away—Healing After a Loved One's Suicide*, which has received national recognition for its thoughtful and personal look into a very difficult subject. Bill's first son Bill Jr., died from suicide at the age of 27. An attorney, Bill Jr. was diagnosed with ADD, Adult Attention Deficit Disorder, and died at his own hand in 1994, only four months after diagnosis.

Sherry Russell Has worked in Grief and Crisis Management for over twenty years. She is the originator of a series of educational Grief and Trauma Workshops(R) which are currently being utilized in Funeral Home Aftercare Programs and in Community Outreach Programs. She is the founder of Catch A Falling Life and Pull Your Own Wagon.

Alice Wisler- Alice's son Daniel was four when he died after cancer treatments in 1997. Alice founded Daniel's House Publications, a support group to help other bereaved parents and for six years sent TRIBUTES, an ezine. She compiled 2 cookbooks, SLICES OF SUNLIGHT and DOWN THE CEREAL AISLE. Her first novel, RAIN SONG, made its debut in October 2008. HOW SWEET IT IS will be out in May of 2009. Alice lives in Durham, NC with her three children. Alice also teaches courses on "Writing the Heartache".

Workshops

- ~ Keeping Your Child's Memory Alive in Journaling & Writing ~
- ~ After Death Communications ~
- ~ Coping Separately Together ~
- ~ Grief vs. Depression ~
- ~ Children Grieve Too ~
- ~ From Loss to Hope ~ Coping with Would've, Should've, Could've ~
- ~ Complicated Factors Around Grief and Loss ~
- ~ How Do I Get through All the Firsts ~



Conference location First Christian Church, 316 Ann St., Frankfort, KY 40601

Friday, March 20, 2009

6:00 pm – Dinner
Performance by Paul Alexander
7:30 pm – Candlelight Program & Slideshow

Saturday, March 21, 2009

7:00am-8:00am – Registration
8:00am-9:00am – Welcome and Key note address
9:30-10:45 am – Workshop 1, 2, 3
10:45-11:00am – Break

Please submit a picture of your child with your registration form. This picture should preferably be wallet size, 4 x 6 or 5 x 7 and will be used for the slideshow and will be returned. Put your name, child's name and dates on the back of the picture.

Regina Blanton will be joining us and making picture buttons for you. If you would like a picture button, please bring a 4" picture that will be used to make your button and cannot be returned.

Please allow time before, during and after the conference to visit our speaker's tables where their books, CD's, and more will be available for purchase.

Memory Table will be provided if you would like to bring some memory items of your child to display.

Saturday, March 21 (cont)

11:00am-12:15pm – Workshop 4, 5, 6
12:15-2:00pm – Lunch with Speaker
2:00-3:15 pm – Workshop 7, 8, 9
3:15-3:30 pm – Break
3:30-4:45 pm – Closing Address

Reflection Room ~ Library
Butterfly Boutique ~ Foyer

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We are The Compassionate Friends.

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Bluegrass Chapter
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