



**THE  
COMPASSIONATE  
FRIENDS**

# Bluegrass Chapter Newsletter

*"We need not walk alone."*

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

**P.O. Box 647, Nicholasville, Kentucky 40340**

**February 2010**

**Chapter Co-Leaders**

Jim Sims & Richard Hardin

**Treasurer**

David Fields

**Newsletter Mailings**

Janie Fields

**Newsletter Editor**

Lisa Fields

**Bluegrass Chapter  
The Compassionate  
Friends**

**Regional Coordinator**

Dusty Rhodes  
(502) 330-4769

**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



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.

**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.

**We Welcome You with Compassion, Love and Hope**

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.

New to our Lexington Meeting:

- Missy Devasher, mother of *Kayleigh Devasher Horn*
- Eva Ensmann, mother of *Rein Zook*
- Pat Haight, mother of *Dale Patrick Haight*
- Suzanne Tudor & Lewis Perry, parents of *Katherine "Kate" Tudor*

**The Compassionate  
Friends**

**National Office**

P.O. Box 3696  
Oak Brook, IL 60522  
(877) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## 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 **Jason Thomas Music** 2/13 Son of Sandra Miller  
 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

### Love Gifts

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 send Love Gifts to:

David Fields  
 P.O. Box 647  
 Nicholasville, Kentucky 40340

Please remember, if given in memory of your child, to include his/her full name. A very special **THANK YOU** to those who contribute to the basket during monthly meetings.

***We greatly appreciate your support!***

---

---

## 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  
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  
2/13 *Jason Thomas Music* 2/16 Son of Sandra Miller  
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  
2/19 *David Nelson Hunt* 1/17 Son of Judy and Walter Hunt  
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 Wallace Bellomy  
2/27 *Vicki Lyn Easter* 9/16 Daughter of Beulah Williams  
2/27 *Chris Rudnick* 9/30 Son of Julia Rudnick-Woodall  
2/27 *Christopher Todd Riley* 5/15 Son of Robert and Linda Riley

---

---

### Upcoming Meeting

February 15  
Facilitator: Stephanie Mayberry

**In the event of inclement weather, please call Lexington Hospice (859) 277-2700 or  
Winchester Hospice (859)744-9866 to find out if meeting is canceled.**

---

---

**Leader's Corner****By: Jim Sims**

The Bluegrass Chapter has achieved a significant accomplishment by reaching the 30<sup>th</sup> anniversary since the chapter was formed. The first meeting was January 17, 1980 when seven bereaved parents (Jo Hepburn, Jim & Iris McLaughlin, Mary Haynes, Mary & John McCarthy and Nat Amoozegar) along with 3 interested professionals gathered at Jo's home on Albany Rd. in Lexington. How grateful we are to those seven, former chaplain Bonnie Lossie and others that soon followed to lay the foundation for our group. Jo Hepburn not only was the driving force behind forming the chapter but also was the chapter leader for nine

years. How blessed we are that Jo continues today to be an active member providing warm hugs, sage advice and being such an inspirational example to all that we can "survive" and find that quiet peace she exhibits. Thanks also to the other leaders/co-leaders, newsletter editors, treasurers, facilitators and countless others that have given their time and effort as leaders of the group.

TCF Executive Director Pat Loder said in offering congratulations to the chapter "*To be long running and successful, a chapter must have many caring people, both in the leadership and membership. Your chapter has, with a doubt, been blessed with dedicated and*

*committed individuals through it's many years of existence. You have our heartfelt appreciation and thanks for all you do for the bereaved parents and family members who have come to your chapter for help and found it—because you have taken the time to be there and truly care. Your contributions to your chapter, community, and society are an incredible tribute to all of your children!"*

I wholehearted agree! We've had a wonderful past and with the continued dedication and commitment of all our members, we can continue toward our goal that all who need us will find us and all that find us will be helped.



"Reflections of Love, Visions of Hope" is the theme of The Compassionate Friends 33rd National Conference which will be held in Arlington Virginia July 2-4, 2010. The event will be held at the Hyatt Regency Crystal City promising a beautiful venue for the 33rd TCF National Conference. Independence Day will not only feature our Walk to Remember, but will include a world-class display of fireworks over the National Mall, visible from Arlington.

You can now be among the first to reserve hotel accommodations at the Hyatt Regency Crystal City, host hotel for The Compassionate Friends 33rd National Conference in Arlington, Virginia July 2-4. Reserve your accommodations online at [Hyatt Regency Crystal City](#). Room rates are \$129 for single or double occupancy, \$154 for triple and \$179 for quad. These are specially negotiated rates available only to those attending the national conference. For those wishing to make reservations by telephone, please call 1-800-233-1234 and specify you are with The Compassionate Friends.

**Please join us March 19 & 20th**  
**for the**  
**Frankfort, Kentucky Regional Conference**  
***"Remembering, Helping, Healing"***  
*Capital Plaza Hotel, Frankfort, KY*

Featuring...

Documentary,  
"Space Between Breaths"  
produced by Rosemary Smith

Special guest speakers, entertainers include Darcie Sims and Alan Pedersen. Workshop presenters will include Bill Ritter, Alice Wisler-Koller, Misti Lynn Hall, and Terri Daniel.

The conference will be held at the Capital Plaza Hotel and discounted room rates will be available for those booking a room prior to February 25, 2010 who mention they are with The Compassionate Friends. Room reservations can be made by calling the Capital Plaza Hotel at 502.227.5100.

*~Registration form found on page 6 of this newsletter~*

Detailed agenda can be found at:

<http://www.thecompassionatefriendsfrankfortky.com>

**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.

©2007 The Compassionate Friends



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

**Remembering, Helping, Healing**  
 Frankfort, KY Regional Conference 2010  
 March 19 & 20

**Registration Form:**

Guest Name: \_\_\_\_\_  
(please print)

Guest Name: \_\_\_\_\_  
(please print)

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 \_\_\_\_\_

Name of Child: \_\_\_\_\_ age \_\_\_\_\_ birth date \_\_\_\_\_ death date \_\_\_\_\_

To insure a complimentary shirt for those registering and to include your child(ren's) picture in the slideshow, please make sure your registration is received by **February 25, 2010.**

**Conference Registration: \$55.00 per person includes Friday night dinner, continental breakfast Saturday morning and banquet lunch on Saturday. Rooms available for \$74 + tax at Capital Plaza Hotel. Must be reserved by Feb. 25 and mention TCF. 502-227-5100**

**Mail Registration to:**  
 The Compassionate Friends of Frankfort, KY, PO Box 4075, Frankfort, KY 40604

If you have family/friends that wish to only attend Friday night dinner or join us for only lunch on Saturday, we are making this possible, but please let us know how many in your group attending Friday night only? \_\_\_\_\_ \$10.00 dinner (how many). Saturday luncheon \_\_\_\_\_ \$15.00 lunch (how many)?

**One complimentary shirt will be provided for each registration**, if you would like to order additional shirts for family/friends the charge is \$6.00each. \_\_\_\_\_ How many additional? (Add \$1.00 for X sizes:)

**Conference T-Shirt:** Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XLarge \_\_\_\_\_ XXLarge \_\_\_\_\_ XXXLarge \_\_\_\_\_  
(please specify how many of each size when you mark the form, example: Small 2 )

**Child care will not be available.**

Please submit a small photo of your child with your registration for our slideshow by February 25th. Place child's name and dates on the back of the picture. We do our utmost to return all pictures but **please** do not send originals.

There will be tables available for memory items if you would like to bring a picture or special item to share.

Our speakers and workshop conductors will have CD's, DVD's, books, etc for purchase and make themselves available to sign the materials during the conference breaks, before and after sessions.

**Workshop Selection:**

<b>Friday 2:30-4:30pm</b>	<b>Saturday 10:30am-11:45am</b>	<b>Saturday 1:30pm-3:15pm</b>
<input type="checkbox"/> Space Between Breaths <input type="checkbox"/> I Can't Imagine <input type="checkbox"/> Journaling	<input type="checkbox"/> Surviving Suicide <input type="checkbox"/> Building Self Esteem After the Death of a Child <input type="checkbox"/> Butterfly workshop <input type="checkbox"/> When the House is Empty	<input type="checkbox"/> Creative Arts <input type="checkbox"/> How Men & Women Grieve Differently <input type="checkbox"/> Love Beyond Life <input type="checkbox"/> Butterfly Workshop