



**THE
COMPASSIONATE
FRIENDS**

Bluegrass Chapter Newsletter

"We need not walk alone."

www.tcfbluegrass.org

P.O. Box 647, Nicholasville, Kentucky 40340

May 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 the Lexington Meeting:

Serajul Majumder, mother of **Foqrul Majumder**
Polly Schewe, mother of **Stephen Craig Jones**
Michelle Landers, mother of **Hannah Megan Landers**

*The Compassionate
Friends*
National Office
P.O. Box 3696
Oak Brook, IL 60522
(877) 969-0010
www.compassionatefriends.org

Our Children Forever Loved and Remembered

May Birthdates

- 5/1 **Emily Ann Preston** Granddaughter of Bud and Gwen Preston
5/6 **Mitchell Allen Jaquish** Son of Ellie and Thomas Jaquish
5/7 **Mark Robert Bartella** Son of John and Brenda Peterson
5/8 **Michael Patrick Randall Morgeson** Grandson of Carl & Phyllis Hardin
5/9 **Riley London Clark** Son of Jordan and Sherrie Clark
5/10 **Lori Em Kotzbauer** Daughter of Bob and Connie Kotzbauer
5/10 **Steven Roberts** Son of Elizabeth Roberts
5/10 **Kim Varney** Daughter of Judy Varney
5/12 **Mitch Baber** Son of Steve and Kim Baber
5/12 **Margaret Angela Hunt** Daughter of Linda & James Litzinger
5/14 **Jayne Ann Smith** Daughter of Jeanette McGee
5/14 **Michael Bransford Burns** Son of Emily and Mike Burns
5/14 **Robin Lee Webb** Daughter of Ricky and Sharon Blakeman
5/15 **Olivia Faith Higgs** Daughter of Wesley and Beverly Higgs
5/15 **Parker Blair** Son of Bill and Jennifer Blair
5/15 **Samantha Blair** Daughter of Bill and Jennifer Blair
5/15 **Robert Riley** Son of Robert & Linda Riley
5/16 **Lisa Jean Johnson** Daughter of Sam and Doris Strader
5/18 **Christopher Frederick Lenz** Son of Mark and Karen Lenz
5/19 **Denise Brantigan Engdahl** Daughter of Maureen & Richard Brantigan
5/19 **Terry Hayes** Son of Patricia Morgan
5/19 **Dillon Andrew Scott Waldrige** Son of Meredith Waldrige
5/21 **Colby Giles** Son of Debbie and Robert Giles
5/23 **Michael Patrick Randall Morgeson** Son of Stacy & Michael Morgeson
5/23 **John Martin Robinson** Son of Pat and Jim Robinson
5/23 **Howard "Jay" Joseph Crim** Son of Becky & Keith LaVey & Howard Crim
5/23 **Stephen Booher** Son of Mary McCormick
5/24 **Tracey Lynn VanHoose** Daughter of Karolyn and Sam Guy
5/25 **Nathan Charles Stamper** Son of Charlie and Missy Stamper
5/27 **P. J. Phillip Duncan** Son of Donna Breeze
5/27 **Keich Allen Newby** Son of Sharon Newby
5/27 **Adam Harold Cave** Son of Mark Cave and Krystal Landers
5/31 **Scarlett Lynn Miller** Daughter of Ronald and Ruby Miller
5/31 **Matthew "Beau" Salsman** Son of Ray and Vicki Salsman
5/31 **David Scott Fine** Son of Aida and David Fine

Our Children Forever Loved and Remembered

May Remembrances

- 5/1 **Jason Davis** Son of Curt Davis
5/1 **Bridget Elizabeth Kolles** Daughter of Greg and Mary Kolles
5/1 **Christina Leigh Kolles** Daughter of Greg and Mary Kolles
5/4 **William Elliott Sommer** Son of Tim and Rita Sommer
5/4 **Stan Caudill** Son of Tom and Patricia Tschop
5/7 **Jayne Ann Smith** Daughter of Jeanette McGee
5/9 **Missy Fields** Daughter of David and Janie Fields
5/10 **John Harold Putman** Son of John and Harriet Putman
5/11 **Janene Carpenter** Daughter of Linda Carpenter
5/11 **Bill Mahan III** Son of Bill and the late Susie Mahan
5/11 **Jacob Scott Harrod** Son of Mike and Cindy Harrod
5/12 **Colby Giles** Son of Debbie and Robert Giles
5/14 **Brian Paul Staats** Son of Juanita and Paul Staats
5/14 **Eugenia L. Morton** Daughter of Eugene & Joyce Morton
5/18 **Heidi Allen Hunt** Daughter of Judy B. Horne
5/19 **Robert Patrick Dehner** Son of Tim and Connie Dehner
5/20 **Tyler Benjamin Johnston** Son of Joe and Andi Johnston
5/20 **Jim Taylor, II** Son of Dinah and Jim Taylor
5/22 **Mark Romond** Son of Jan and Ed Romond
5/23 **Kimberly Ann Holder** Daughter of David and Sondra Holder
5/26 **Erin Renee Glass** Daughter of Martha and Wesley Glass
5/28 **Garrett Witt** Son of David and Linda Witt
5/28 **Timothy Ray Elkin** Son of Betty and the late Billy Elkin
5/29 **Denise Brantigan Engdahl** Daughter of Maureen & Richard Brantigan
5/29 **Jonathan Brewer** Son of Teresa and Don Bush

*If love could have saved you, you would have lived forever
~ Author Unknown*



Mother's Day

Annette Mennen Baldwin, TCF, Katy, TX

Mother's Day.....a time set aside to honor each mother's role in her child's life.....is often dreaded by bereaved parents. This holiday, like Father's day, is dedicated strictly to us, as parents. Other holidays differ from this one. That difference, which once was so meaningful to us as parents, is now a poignant reminder of all that once was and will never be again.

Bereaved mothers often approach this holiday with much anxiety. Yet, the holiday itself is generally not as difficult as the ramp-up to it. There are television specials, movies, commercials, signs in stores and advertising everywhere we look.....all of which remind us that our children are no longer with us. This is a difficult time for many bereaved mothers-difficult but not insurmountable.

During the month before the second Mother's Day without my son, I realized that it was my perspective that was the problem. I understood that the

world was going to continue to spin, the commercialism would build and the reminders would increase until the holiday arrived. I could either ignore the advertisements through my superb channel surfing skills or I could watch them and torture myself. Passing up print ads was simple....I scanned right past them in the newspaper, and I put the mailings in the trash without comment. Each time I actively said "no" to these reminders, I became a little stronger.

As the week before Mother's Day crawled to a close, I thought I had it aced. Then came Mother's Day. My husband gave me a card and a gift. That was it. The gift and card were both lovely and sweet. My husband cried. I cried. Then we settled down and read the Sunday paper. We had both agreed that we would stop protracting the self-torture and live in the moment. Since I was keeping Mother's Day in my heart, the celebrations and thoughts and sales projections

of others mattered not. I keep Mother's Day as I choose.

Each of us must work at developing coping skills. Logic is the choice for some. Setting boundaries works for others. Some parents choose to go with their emotions.

The decision to celebrate a holiday and the level of the celebration is a choice unique to each parent. We cannot allow others to set our agenda. Mother's Day is the singular holiday which serves to reinforce that I am forever Todd's mom. My child lived, loved and laughed with us, and this holiday brings deep, beautiful memories of that time. I choose to keep those sweet memories of my son in my heart. Making that decision was one more emotional choice in my grief work. Letting go of what was, living in the moment and cherishing my child forever.....all of these have helped me to find an ever brightening light of hope.

In memory of my Son, Todd Mennen.

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!***



The Compassionate Friends Bluegrass Chapter



Annual Picnic



Date: Saturday, June 26, 2010



Location: South Elkhorn Christian Church



Time: 5:00 pm.



Chapter will provide:



- hamburgers/hotdogs/buns



- condiments



- drinks



- paper goods



- silverware



Please bring a side dish or dessert



Events planned for this year:



- Memory Table



Please bring a photograph of your child or sibling to share.



- Silent Auction to benefit the Garden of Angels at Bluegrass Memorial Gardens.



Please contact Suzie McDonald at (859) 576-7680 if you have items to donate in memory of your son, daughter or sibling.





SAVE THE DATE

TCF NATIONAL CONFERENCE

JULY 2-4, ARLINGTON, VIRGINIA

"Reflections of Love, Visions of Hope" is the theme for this year's **TCF NATIONAL CONFERENCE** — an event unlike any other! Bereaved parents, siblings, and grandparents are able to share with others walking the same grief journey — with well-known speakers, entertainment, and more than 100 workshops on most topics of grief following the death of a child. And join us for our 4th of July **WALK TO REMEMBER** or sponsor a walker in remembrance of your loved ones! (*You don't have to attend the conference to participate*). While you're in the area, visit other nearby attractions or catch the world-class display of 4th of July fireworks over the National Mall.

Hyatt Regency Crystal City is hosting our conference. (Be sure to ask for TCF conference rates; 1-800-233-1234 or <http://www.crystalcity.hyatt.com>.)

**LEARN MORE, SIGN UP TO ATTEND, OR
FIND OUT HOW YOU CAN HELP.**

For more information, contact your local chapter or visit:

WWW.COMPASSIONATEFRIENDS.ORG

Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.

The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.

Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

Annette Mennen Baldwin

In Memory of my son, Todd Mennen

May 2006

TCF, Katy, TX