



Bereaved Parents of the USA Anne Arundel County Chapter

October 2008

www.aacounty-md-bereavedparents.org

Not A Goodbye

As you may know, I will be stepping down as Leader of the Anne Arundel County Chapter as of October 1st. Terre Belt, whose daughter Courtney Michele died July 9, 1996, and whose niece Traci Jeanne died March 10, 2002, will be taking over as our Chapter Leader. Of course I will remain involved with the chapter; helping where I can and am needed. I believe that it strengthens us to continually bring in new people to lead our chapter. New leaders bring new ideas, different perspectives, and fresh energy. We owe nothing less to those who come to our chapter seeking comfort and help in dealing with the death of a child. I know that our chapter and those seeking our help will be in good hands with Terre.

Serving as your chapter leader has been an incredible experience and opportunity for me. Through the work of the Core Group and many, many volunteers, we have accomplished much over the last five plus years. Our chapter has gained in reputation and is respected in the community as an outstanding resource to help families grieving the death of a child. Our newsletter reaches about 450 people each month. Our annual conference serves close to a hundred people, both from our chapter and from others in the region. Our Annual Memory Walk and our Annual Service of Remembrance continue to provide comfort and hope to both new and old members of our chapter. We have a robust website, we have computerized our information, and through your contributions and those of our community, we are in a strong financial position to continue our work.

What has been the most rewarding for me personally has been the opportunity to touch and help so many people. The comfort I have offered is far out weighed by the help it has given me as I continue to deal with my grief over Jamie's death.

It has been almost 10 years since our son Jamie died. It seems like just yesterday that I got the call – It seems like it has been all of my life.....*you know what I mean!* But, if I were to have the chance to see and hold Jamie again, and if he were to ask me how I used my time since he left, I would be able to tell him about the parents, grandparents, siblings, aunts and uncles I have helped deal with the death of a child – and he would be proud. He would say, "You did good, Dad."

You have given me that. Thank you!

— *Dave Alexander*
Jamie's Dad

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*The printing and mailing of this newsletter has been donated
By Rhonda and Norman French in memory of their son
Brandon Robert French*

And

*By Mary Studham in memory of
Brandon Robert French, Eric William Herzberg, and
Kenneth Lee Merson*



**Anne Arundel County Chapter
Bereaved Parents of the USA**

P.O. Box 6280

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**Submissions for October newsletter
due to Newsletter Team by October 1
newsletter@aacounty-md-bereavedparents.org**

We are a non-denominational, self-help support organization that is dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We also aim to provide information and education to extended family, friends and coworkers desirous of being supportive to our Chapter members. We gather to listen, to care, and to understand the process of grieving as we start our recovery process and attempt to heal. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong", and offer us hope that together – we can make it.



Telephone Friends: Sometimes we may have the need to talk to someone who can understand our pain. If you feel the need to talk, have questions to ask, or just had a difficult day, these people will welcome your call and are willing to listen to you.

Bob Bramhall 410.867.4956 Daughter (19), drunk driver; men's grief.

Marie Dyke Daughter (17), single parent, only child; car accident.

Sandy Platts 410.721.6457 Infant death.

Tia Stinnett 410.360.1341 Miscarriages and infant death.

Janet Tyler 410.969.7597 Daughter (5) and brother (33); car accident.

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MEETING INFORMATION

Next Meeting: October 2, 2008

Doors open at 7:15 P.M.

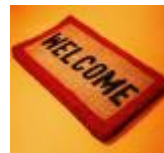
Meeting begins at 7:30 P.M.

Calvary United Methodist Church*


301 Rowe Boulevard

Annapolis, MD 21401

***Please park in lower lot behind church**



Meetings are usually held on the **first Thursday of every month**. We meet on the lower level of the building in the fellowship room which is accessible from the rear entrance. There is no cost to attend our monthly meetings.

Refreshments at our monthly meetings are donated by Chapter members. To make a contribution, please see the sign-up sheet on the refreshment table (drinks, ice, and paper products are provided).  For information please contact Carol Tomaszewski at 410.519.8448.

Lost & Found

Did you leave something at our Annual Picnic in July? We found several items, including a Tupperware Deviled Egg Carrier, 2 Umbrellas, a Flowered Plate, and a Spatula.

If any of these items are yours, please contact Janet Tyler at 410.969.7597 or by email to djtyles@cablespeed.com



Save the date -

***Annual Service of Remembrance
Sunday, December 7, 2008
3:00 p.m.***

Invitations will be in the mail
the first week of October

Creating a Memory Garden

When a loved one passes, the road to healing is usually a long and challenging one. When you feel the time is right, planting a memory garden can provide healing and remembrance as a tribute to a deceased loved one. People generally send flowers and plants to funeral homes, which are symbolic of new life. In retrospect, first, a hole is dug, and then a plant is placed. Tending to the garden with water and sun and nurturing for its survival are key. When the time is right, a beautiful bloom emerges. Since, healing comes from within, a memory garden allows you time to feel your environment and accept life's natural progression. People are often more depressed during the winter months, days are shorter and darkness seems eternal. This is the time that the earth needs to rest in order to produce an explosion of color, fragrance, and new life that comes with spring.

Here are some ideas to get you started

Set aside uninterrupted time to think about your space

Make a list of characteristics of your loved one

Write down a list of plants, bags of soil, mulch along with any other pieces you would need for your garden

You can work on your garden at any time once you have some basic materials

When do you want most of the plants to bloom? (at the time of your loved one's passing to lift your spirits)

Location of the garden

Sunny or Shady Spot

Accessibility

Exposure to the wind

Will the garden be visible from your home?

Can the garden be incorporated into existing landscape?

How much time do you want to spend on maintenance?

Do you want perennials or seasonal annuals?

Could you relocate this garden to another house?

Getting Started

Clean the site of weeds and debris

Bring in rich soil -Your plants will live longer and have a better chance of surviving drought.

Planting should take place in the early Spring or Fall

Mulch should be at 3" depth

Water, water water (Make sure to water at a depth of 1" every third day until roots have been established)

Other options if you don't have space for a garden, you can be creative and place plants on a deck, porch patio or balcony. Be creative and place plants in something other than a planter. Also, incorporating statuary, memorabilia.

Pots -cinderblocks- bird bath-bird house-wagon- kitchen pots and pans-old boot- watering can.

In honoring a baby:

Consider a small garden that incorporates blue, pink or white flowers. Use flowers that produce small flower heads like forget-me-nots, babies breath or crocus bulbs. What was the theme of the nursery? What were the baby's favorite songs? What were your dreams for him/her?

If honoring a golfer:

Plant an area strictly of dwarf mondo grass, which represents golf green

Create a sand trap using pea gravel

If honoring a music lover:

Outdoor speakers. rain chimes

When planting grasses, the movement of wind on the blades of grass create a beautiful sound

If honoring a spouse

Plant a rose garden

Incorporate a wood structure for a climbing rose

Plant shrub roses at the base

Tree roses and miniature roses could be planted in pots.

The perimeter of the garden could be in the shape of a heart

In honoring a boater/fishermen

In an area of your garden, which is wet, place an old rusty anchor as a focal point.

Plant water loving plants like yellow flag iris, red twig dogwoods, bald cypress or weeping willow trees.

Incorporate large boulders for seating.

Some plants have specific meanings

Forget-me-nots mean memories

Rosemary means remembrance

Oak Tree means liberty

Daisies- innocence

Lily means purity

Allspice shrub means compassion

Some plants incorporate a word in their name.

Royal star magnolias

Star of Bethlehem bulbs

Blue star ammonia

Planting Pointers

Remember not only are the blooms of ornamental value. Plants and their leaves have unique shapes, color and touch.

Eastern redbud trees and sweetheart ivy are heart shaped

Sweet gum trees are star-shaped

Ginkgo trees are fan shaped

Leaf-lambs ear have a very soft texture

Rosemary is fine and soft

Yucca plant is very coarse

Burning bush, nandina, barberry and burgundy are red plants

Maple trees are yellow fall color



The Tree for Jamie

A month into our grief, we received a tree,
A large, heavy fir, a burden.
Three men lugged it into a hole outside the window.

A gift, a remembrance of Jamie,
Planted now for 10 years, and today
It is taller, greener, stronger, alive.

Why a tree? What's the point?

It's not him
Doesn't look like him,
Doesn't move like him,
Doesn't laugh, smile, stride.

No quick charm or mischief,
No bugging or beguiling his brothers and sisters,
Taking things he covets—toys, comics, clothes.

Does a tree loudly play an electric guitar, practice a trumpet?
Does it bound around, play tricks?
Give sweet gifts?



Where is the graceful athlete?
The boy who threw gliders into the air,
The pilot who flew through clouds,
The instructor who took to the skies,
hung
And dove down?

Why do I want this tree?
It sparkles with light beams,
Blue-greens ripple
Branches grow and spread out .
The top goes ever up.

It stands strong and tall as he was
Sparkling as his smile and his eyes
Beautiful and graceful
A living tribute to his spirit

This tree isn't him.
And I love this tree.
I love him.



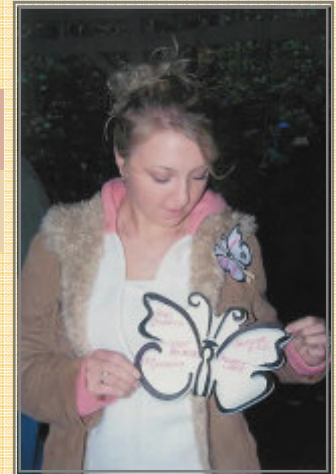
— Sue Alexander
Anne Arundel County Chapter/BPUSA
In loving memory of James William Henry Alexander
October 12, 1970 – October 26, 1998



SIXTH ANNUAL
ANNE ARUNDEL CHAPTER
BEREAVED PARENTS of the USA

MEMORY WALK

Saturday, October 11, 2008
8:30 a.m. Rain or Shine
Quiet Waters Park
600 Quiet Waters Park Road
Annapolis, MD 21403



Please join your fellow bereaved families and friends as we gather to walk and remember our children who died too soon, but who live on in our hearts. Whether you walk a hundred feet or the whole two miles, what matters the most is that you join us as we all travel the same difficult life journey together. We will meet in the Dogwood Pavilion covered picnic area for: registration; creation of butterfly tags to be displayed with your child's name; submission of optional donations; light refreshments; and a few moments of fellowship before we proceed onto our walk. There will be a brief closing ceremony and we ask that you join us for a final group photo and dedication.

For more information or to offer last minute help contact Memory Walk organizers Barbara Bessling at 410-761-9017 or Aimée Kilian at 301-674-7872. To see more photos of previous walks, go to our website and click on Memory Walk tab.

SIBLING PAGE

The Importance of Self-Care, Dr. Dixon

One of the most notable characteristics of bereaved siblings is their ability to help others who are grieving. In research studies, this particular characteristic is mentioned again and again. However, bereaved siblings are often unable to help themselves with their own grief. I wrote the poem on the right side of the page to highlight the importance of self-care in healing.

One of the patterns of dynamics that is often seen in bereaved siblings is as follows. The surviving siblings have been so hurt and become so vulnerable that they cannot tolerate their own feelings. They would like to dis-own their own vulnerability. So they *project* their feelings on to others who are grieving, and then take care of the other person. If this dynamic is operating in your life, you need to work on self-care. Withdrawing the projection from others, and accepting your own vulnerability is not easy, but is essential for healing.

In order to take care of yourself, you have to know yourself and know what your needs are. Sometimes we spend more time trying to get someone else to take care of us than we do in actively caring for ourselves. First, you must learn what your needs are. Everyone knows about needs--we know that babies need love and attention as well as food. Needs do not go away when we become adults. Some of the needs that we all share are: needs for food, security, love, acceptance, beauty, order, appreciation, and self-expression. Get to know yourself and what it takes to make you happy.

Learn about the process

You can help yourself to heal in other ways too. One is to educate yourself about the process of grief--just being able to give a name to what is happening to you is helpful. As you consider the phases and stages of

grief, you don't have to agree with any particular theory. In fact, you might make up your own theory of grief stages, based on your own experience. Who else is better qualified? Learning about the stages helps you to put your experience into a specific context. This feels better than living with the vague ill-defined "soup" of mixed emotions and thoughts about your loss.

It is also helpful to learn about the lifelong impact of sibling loss, so you can compare and contrast your experience with what has been learned through research. Every time you read about someone else's experience or the results of research on sibling loss, you have an opportunity to sort out your experience. You say to yourself, "my experience wasn't like that" or "that's exactly what I felt." This process of turning the experience over and over in your mind works somewhat like a rock tumbler--you put in jagged rocks and tumble them until they become smooth. Comparing and contrasting your experience helps you to work it through.

A word of warning, however--if this process is especially painful or anxiety producing for you, you may need a professional to help you process this part of your healing.

Connect with other bereaved siblings

Connecting with others by reading about or sharing experiences is an essential part of your healing. At the moment you learn that your brother or sister is going to die or has died, you begin to form a special place within you to put this experience and keep it away from the rest of your life. This "trauma membrane" keeps others away from your pain and your experience. Other bereaved siblings can often get inside this trauma membrane when no one else can. Once you open this part of yourself to another person whom you trust, healing can begin.

*Unable are the loved to die. For
love is immortality.*

— Emily Dickinson

If tears could build a stairway,
And memories a lane,
I'd walk right up to Heaven
And bring you home again.

— Author Unknown

Our Children Remembered

James "Jamie" William Henry Alexander
Son of Dave and Sue Alexander
Nephew of Jeanne Angier
Nephew of Susan Alexander
October 12, 1970 - October 26, 1998

David Sheridan Astle
Son of John and Jayne Astle
October 21, 1974 - December 6, 1997

Ian Andrew Baggett Jr.
Son of Debbie and Scott Brengle
October 18, 1983 - October 27, 2007

Joseph Phillip Baressi IV
Son of Sandy and Joseph Baressi
October 26, 2002 - October 28, 2002

Lydia Suzanne Barr
Daughter of Cyndi Barr
October 15, 1996 - October 18, 1996

Jamie Bessling
Son of Judy and Ed Bessling
October 23, 1974 - September 23, 2002

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

James Allan Bryant
Son of Pat and Jim Church
May 4, 1961 - October 8, 2005

Eric Reynolds Burns
Son of Beth Burns
October 20, 2000 - November 7, 2002

Hannah Lindley Campbell
Daughter of John and Cathi Campbell
October 10, 1992 - October 10, 1992

John Christopher Campbell
Son of Kathy and Jeff Campbell
April 18, 1981 - October 9, 2002

Tria Marie Castiglia
Daughter of Noel and Ann Castiglia
Sister of Carla Castiglia
July 6, 1963 - October 14, 1984

Raymond Joseph "Ray" Day
Son of Donna Day
Grandson of Ruby Russell
Nephew of Patricia Brightwell
November 11, 1968 - October 22, 2005

Vincent Mark DiBerardinis
Son of Laura and Mark DiBerardinis
October 16, 1996 - June 14, 2002

Gary Lee Downey Jr.
Son of Pat and Gary Downey
Brother of Melissa Barnhart
October 30, 1980 - December 24, 2005

Andrew George Eser
Son of Karl and Linda Eser
August 12, 1982 - October 10, 2000

Andrea Faith Fiscus
Daughter of Debby and Kenny Fiscus
April 27, 1982 - October 9, 1993

Lisa Michelle Foster
Daughter of Audrey E. Foster
October 17, 1979 - October 11, 2003

Daniel Paul "Danny" Freeburger
Son of Melanie Freeburger
June 4, 1959 - October 20, 2007

Brandon Robert French
Son of Rhonda and Norman French
October 8, 1983 - July 29, 2006

Katie Fritz
Daughter of Carol Fritz
October 29, 1977 - February 27, 1993

Craig Robert Galyon
Son of Susan Galyon-Pyle
August 23, 1979 - October 11, 2001

Jennifer Marie Garvey
Daughter of Mark and Cheryl Sylce
November 4, 1983 - October 18, 1999

Christopher George Gilmour
Son of Carole and Paul Gilmour
Brother of Sean Gilmour
Grandson of Jennifer and Roy Gilmour
Grandson of Gloria P. McDonald
October 17, 1997 - April 2, 2003

Andrew Thomas Gwaltney
Son of Hope Dorman
October 1, 1987 - April 6, 2004

Romana Alice Hale
Sister of Bobbi Remines
October 8, 1948 - November 5, 1976

Brian Jeffrey Haley
Son of Jerry and Pam Haley
October 26, 1973 - March 4, 1990

Traci Jeanne Heincelman
Daughter of Ed and Jeanne Heincelman
Niece of Terre and John Belt
Cousin of Eryn Belt
October 6, 1980 - March 10, 2002

Our Children Remembered

Eric William Herzberg
Son of Gina Barnhurst
June 7, 1986 - October 21, 2006

Charles "Chip" Marshall Hodges
Son of Betty and John Hodges
October 24, 1954 - March 14, 2005

Ty'Lik De'Shawn Jenkins
Son of Tonya Lyons
July 28, 1999 - October 16, 2001

Mark Charles Knepper
Son of Pat and Joe Knepper
June 28, 1968 - October 17, 1988

Steven J. Landis
Son of Edwin and Susan Landis
April 4, 1968 - October 10, 1991

Raymond Wilson Leager
Son of Tom and Betsy Leager
October 3, 1991 - October 3, 1991

Temple Sidney Leager
Daughter of Tom and Betsy Leager
October 3, 1991 - October 3, 1991

Andrea Jean Loatman
Daughter of Janet and John Hewitt
January 12, 1980 - October 5, 1999

Timothy J. Mabe
Son of Marilyn Mabe
October 29, 1977 - February 18, 2001

Julia Milesky
Daughter of Stanley Milesky
October 26, 1986 - November 22, 2003

Calvin Russell Miller
Son of Laura and Curtis Miller
October 11, 2003 - October 11, 2003

Kyle Brenner Millman
Son of Susan Millman
October 27, 1976 - June 10, 1989

Kevin Michael Morris
Son of Gayle and David Morris
October 7, 1982 - March 30, 2007

Chad William Muehlhauser
Son of Paula and Bill Muehlhauser
October 3, 1983 - September 16, 1992

Melanie Carol Murphy
Daughter of Fred and Phyl Murphy
April 21, 1966 - October 17, 1985

Glynn Allen Owens
Son of Michael Owens
October 21, 1973 - April 2, 2003

Connor S. "Jag" Persons
Son of Deirdre Persons
June 19, 1990 - October 16, 2002

John Christopher Poe
Son of Sharon and Ben Poe
October 12, 1967 - September 24, 2001

Jayla Monet Powell
Daughter of Dorie Powell
Granddaughter of Doris Powell
September 26, 1998 - October 22, 2005

Robert William Rey II
Friend of Peggy Smeltzer
September 14, 1965 - October 2, 2003

Tanager Rú Ricci
Son of Kathy Franklin
October 19, 1977 - February 16, 2004

Zachary Daniel Robertson
Son of Mary Ellen and Jim Young
March 3, 1978 - October 26, 2006

David John Rose
Son of Carol Rose McAuliffe
October 21, 1969 - September 1, 1988

Thomas "Tommy" Richard Short
Son of Karen Short
September 25, 1997 - October 16, 1997

Rachel Beth Showacre
Daughter of Daynie Showacre
May 7, 1980 - October 30, 2002

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 8, 2001

Jami Leigh Smith
Daughter of Deannie and Gerry Smith
October 19, 1977 - September 30, 1987

Faith Hope Stinnett
Daughter of Tia and Rodney Stinnett
October 18, 1990 - October 18, 1990

Matthew Jason Temple
Son of Jim and Karen Temple
October 6, 1987 - April 23, 1995

Marshall Maurice Tullier
Son of Martin and Kathryn Tullier
October 29, 1986 - November 10, 1986

Our Children Remembered

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
October 12, 1986 - August 23, 1992

Richard C. Watts
Son of Tom and Fran Cease
December 28, 1966 - October 28, 1998

Kevin Michael Wengert
Son of Debbie and David Wengert
October 2, 1987 - September 3, 2005

Grant Alan Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

Hope Marie Williams
Daughter of Nicole Hawkins
September 26, 1998 - October 6, 1998

Samuel Mark Williams
Son of Mark and Randy Williams
October 25, 2000 - October 25, 2000

Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to dralex@sdalex.com

We gratefully acknowledge the following donations:



Judy and Ed Bessling in memory of their son Jamie Bessling
Kathy Franklin in memory of her son Tanager Rú Ricci
Ken Smith in memory of his niece Tracy Ann Fotino

Donations are gratefully accepted to offset the costs of our local Chapter's events and communications.
Please contact Chapter leader Terre Belt for more information. Please see page 2 for more contact information.

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)

www.bereavedparentsusa.org or call 708.748.7866

Maryland Crime Victims' Resource Center, Inc. (formerly known as The Stephanie Roper Committee for Victims of Violent Crime)

For more information go to www.mdcrimevictims.org or please call 410.234.9885. Located at 14750 Main Street, Suite 1B, Upper Marlboro, MD 20772.

S.O.S. (Survivors of Suicide)

Meets 1st Tuesday of each month at Severna Park Methodist Church, 731 Benfield Road, Severna Park, MD 21146. For information call 410.987.2129.

G.R.A.S.P. (Grief Recovery After A Substance Passing)

Provides help, compassion and understanding for families or individuals who have had a loved one die as a result of drugs. Go to: www.grasphelp.com; or contact founders Pat or Russ Wittberger at 843.705.2217. Email is mom@jennysjourney.org

Hospice of the Chesapeake, Maryland

Serving A.A. and P.G. counties. Provides help for adults, teenagers, children who are grieving the loss of a loved one. Counseling; support group sessions; weekend camps for children, teens (summer) and adults (fall). Go to: www.hospicechesapeake.org or call 410.987.2003.

M I S Support Group

For those who have experienced loss through miscarriage, infant death or stillbirth. Meets 1st Monday of every month from 7 P.M. to 8:30 P.M., St. Andrew's United Methodist Church, 4 Wallace Manor Road, Edgewater, MD. For information contact Ann O'Sullivan, R.N., at 443.481.6114.

Subsequent Pregnancy Support Group

For those who have experienced a previous loss and are now pregnant. For more information, please call a Class Educator at Anne Arundel Medical Center's "askAAMC" Helpline at 443.481.4000, Monday - Friday, 8 A.M. to 8 P.M.

My Advice to a Someone Who Has Just Lost a Child

Since my son died, when I learn of the death of a child, I have taken to sending the parents a note, sharing what I have learned from my own grief journey, and what helped me. Here is the gist of what I say in my note:

Dear.....

Just as the Leader starts each meeting of the Anne Arundel County Chapter of Bereaved Parents of the USA with the words, "I'm sorry that you have to be here," well I'm sorry that I have to share this information with you.

I'm a reader, and here is a list of books which I found helpful after Scott died --

The Bereaved Parent, by Harriet Sarnoff Schiff
Beyond Tears (Living after Losing a Child), by Ellen Mitchell, et. al.
After the Death of a Child – Living With Loss through the Years, by Ann Finkbeiner
How to Survive the Loss of a Child, by Catherine M. Sanders
I Have No Intention of Saying Good-Bye, by Sandy Fox
The Worst Loss, by Barbara D. Rosof
I wasn't Ready to Say Goodbye, by Brook Noel and Pamela Blair
A Broken Heart Still Beats, Anne McCracken and Mary Semel

In addition, some people found the following two helpful – I didn't.

When Bad Things Happen to Good People, by Harold S. Kushner
Hello from Heaven (after death communication), by Bill Guggenheim and Judy Guggenheim

In the first couple of months, the information I extracted from these books saved my sanity...from the pain, to anxiety of even going to the grocery store, to handling inappropriate comments, to my reactions coming back home after being away for a weekend, etc. They are written in extremely short chapters – because attention span is minimal. Being a single mom who lost her only son to a car/semi-tractor accident, I didn't read the chapters regarding dealing with siblings, the differences in how men and woman grieve, etc. but the books include most every topic.

If one book isn't for you, try another, if one chapter of Bereaved Parents isn't for you, try another – I drive from Howard County to Anne Arundel, because I like the structure and format of the meetings. Support of friends and family is extremely important, but no one can truly understand the depth of your pain (and you wouldn't want them to) as those who have walked in your shoes. It also can be helpful to be with others that are "living" again, without ever forgetting their child.

Don't let "others" dictate how you should grieve....or that you need medication....or whatever. LISTEN to your own body and to your instincts. Unfortunately you need to feel the pain; initially it's like living in an outer-body experience. Always keep in mind that at some point you need to grieve, to go through the horrific process....or it will be extremely difficult to ever "live" again...so be leery of those who want to put you on medication immediately.

I am a BIG believer that initially we must just get through each day. But then, at some point you need to exercise, and take care of yourself mentally and physically or you will get sick from the pain that will always reside in your heart. "They say" you will never be the same person again....."they are right" ---

— Nancy Caplan
 Anne Arundel County Chapter/BPUSA
 In loving memory of Scott Eric Caplan
 October 20, 1986 – January 6, 2006



Would You Like to Participate in the Annual Service of Remembrance?

There is a wide range of roles and tasks — both large and small — that go into organizing and producing the Service, including doing a reading, helping light the candles, participating in the music, setting up for the reception, preparing sandwiches, handing out the flower bulbs at the end of the service, serving as an usher, and, of course, helping clean up after the service and after the reception.

If you would be interested in helping, please contact Terre Belt not later than Friday, October 10th.

410.721.1359 — tbelt@nahbrc.org

Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org



NEXT MEETING OCTOBER 2, 2008



RETURN SERVICE REQUESTED
DATED MATERIAL



UPCOMING MEETINGS & EVENTS :

“Making It Through Holidays and Special Days”
Thursday, October 2, 7:30 P.M.

The holidays, particularly those in November and December, can be very difficult for bereaved parents. Noel Castiglia, one of our chapter’s founding members, will discuss these issues and offer suggestions on preparing for and dealing with holidays and significant dates such as Thanksgiving, Christmas, Chanukah, Mother’s Day, Father’s Day, Valentines Day, the birthdate of the child, the deathdate of the child, the day the child would have first gone to school, etc.

Sixth Annual Memory Walk — Quiet Waters Park
Saturday, October 11 — 8:30 A.M. — Rain or Shine!

“What Do I have to be Thankful For?!”
Thursday, November 6, 7:30 P.M.

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact one of our Program coordinators:
Paul Balasic at pjbspmd@gmail.com or 443.566.0193, or
Jane Schindler at cwschind@cablespeed.com.



WHAT TO EXPECT AT OUR CHAPTER MEETINGS

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. We occasionally schedule a 30 minute presentation at the beginning of our meeting to address a topic that we hope is of interest and value to many of our Chapter members. When the speaker or panel has concluded the presentation, you will be invited to introduce yourself and then say your child's name - but only if you are able to participate in this manner. We then take a short break before dividing into sharing groups.

These sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time the issues that are discussed - particularly for the newly bereaved - do not necessarily have to focus on the evening's topic, unless it is relevant to the group.

Please see page 2 of this newsletter for more details including our meeting location and other helpful information. If you have questions please contact our Chapter leader Terre Belt (410.761.1359) or tbelt@nahbrc.org.