



Bereaved Parents of the USA

Anne Arundel County Chapter

October 2011

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CHAPTER NOTES

In an effort to reduce the Chapter's monthly expenses, we are going to resume email distribution of this monthly newsletter to those who are willing to receive it electronically going forward. IF you are willing to stop receiving the printed newsletter via the U.S. mail, please visit our website — www.aacounty-md-bereavedparents.org — and click on the "Contact Us" button on the left-hand side of the homepage. "Email Us" and we will begin electronic distribution beginning with the December issue of the newsletter.

Our Chapter's ninth Annual Memory Walk is set for Saturday, October 1; see page 9 of this newsletter for logistical details. Other notes of interest:

- **Getting Walk Sponsors** – Some who participate in the Walk get "sponsors" for their participation in and successful completion of the Walk; sponsors make donations to the Chapter in support of the Walk participant and in memory of the participant's child. Donations help to cover the costs of the Walk and ongoing Chapter activities.
- **Sponsor Sign-Up** – Sponsor sheets are included in this newsletter (see page 11). And, Walk registration forms are also needed for all Walkers; see page 10.



The printing and mailing of this newsletter has been donated by

Carol Fritz in memory of her daughter

Kathryn "Katie" Fritz

October 29, 1977 – February 27, 1993



Wishing you were somehow here again
Wishing you were somehow near...
Sometimes it seemed...
...If I just dreamed
Somehow you would be here.
(from Phantom of the Opera)
Forever loved, forever missed, Mom

Diane Citron in memory of her son

Sean Michael Citron

September 24, 1971 – January 18, 2010

In Loving Memory and with great



appreciation for the support I've
been given.



Next Meeting: October 6, 2011

Holidays and Special Days – What Can I Do? -- Special days and holidays, particularly those in November, December, and January can be very challenging for bereaved parents. Come and listen to other bereaved parents, who will offer suggestions for preparing for and dealing with the holidays and other special days.

Sharing groups – a key part of each Chapter meeting – will be held as usual for first-time attendees, and the newly and non-newly bereaved.

Calvary United Methodist Church
301 Rowe Boulevard
Annapolis, MD 21401

Meetings are held on the first Thursday of every month and are open to anyone grieving the death of a child. Come around to the back of the church—there is parking and an entrance directly into our meeting room.

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. 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.

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. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups.

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—focus on the issues facing participants today.



Submissions for the November newsletter due to the Newsletter Team by October 1.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

Chapter Leader: Terre Belt
410.721.1359
tbelt@nahbrc.com

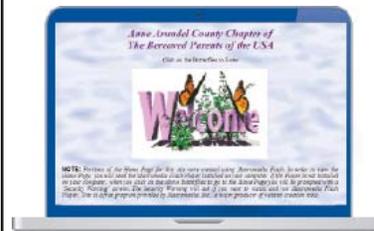
Newsletter Team: Terre Belt
Kathy Ireland
Eryn Lowe

Treasurer: Fran Palmer

Correspondence & Hospitality: Rick & Carol Tomaszewski

Librarian: Bob and Sandi Burash

Programs: Paul Balasic



Would you like to sponsor the Chapter's newsletter or website (www.aacounty-md-bereavedparents.org) for one month in memory of your child? It's a wonderful way to honor your child's memory – to say his or her name for all the world to hear -- while providing financial support to the Chapter and its many activities offered to all those mourning the loss of a child.

Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Chapter Leader Terre Belt (tbelt@nahbrc.com), or call her at 410-721-1359, or sign up at a monthly meeting.

Say Their Names!!! And help the Chapter, too!

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BPUSA/AA County Chapter
P.O. Box 6280
Annapolis, MD 21401-0280



Two Experiences with Halloween

Halloween used to be one of my favorite holidays. I enjoyed creating costumes for my family so much that, as we went out to “Trick or Treat,” I was already coming up with ideas for the following year. My photo albums show happy pictures of my sons over the years, dressed up as an American Indian and as the court jester; as an Army soldier and Air Force captain; as Wolfman and Telletubby. From sorting (and tasting) the candy to putting up the decorations, I always had as much fun as my children did. But after my younger son died, I felt very differently.

Decorations that used to seem clever and even comical at times, now made me look away. The coffins, the RIP tombstones, skeletons, ghosts – the morbid images suddenly seemed too dark and ghastly. We had already experienced true horror when we lost our cherished son and brother. In our first year, I think I stayed in bed that night (I can’t even remember), leaving candy out in a bowl to avoid hearing the doorbell ring – and then seeing the faces of children who would be happily asking for treats. Now, a few years down the road, I am comforted to see our older son having a laugh as he dresses up with his buddies. I am ready to hear the bell ring and see the little children in their precious costumes. But while I’ve learned to accept Halloween again, and what it means to the rest of the neighborhood, for me October 31 has lost its magic.

As a bereaved parent, I’ve learned that masks are not exclusively reserved for Halloween. When the initial shock of my son’s death abated, and I felt ready to go out and face the world again, I learned to put on the mask of the functioning adult and parent of my surviving son. The passing stranger asks, “How are you?” and I wonder if they would really want to know. Well, I’ve learned to live with giving the socially graceful response (“I’m fine”) and continuing on my way. Facing new situations and unknowing people, I’m faced with the inevitable question, “How many children do you have?” Are they prepared to hear what I want to say? “I have two sons. My older son turned 14 and started high school this year. And the younger one would be turning 10 this month, but he died in 2003.”

Sometimes I can say it. Sometimes I need my mask.

— Carole Gilmour, BP/USA, Anne Arundel County, MD



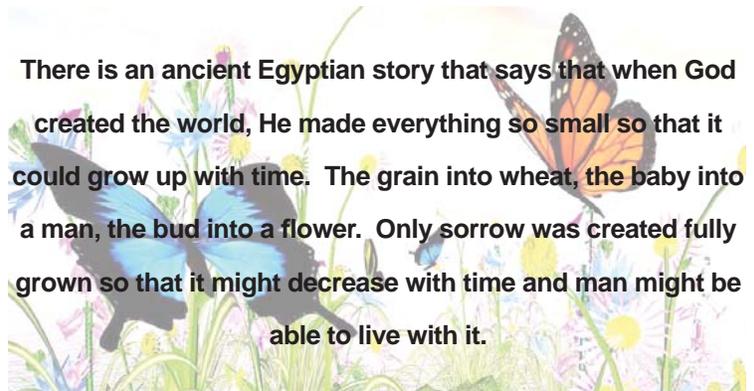
If Roses Grow in Heaven

If roses grow in heaven, Lord, pick a bunch for me.
Place them in my son’s arms and tell him they’re from me.
Tell him that I love and miss him, and when he turns to smile,
Place a kiss upon his cheek and hold him for awhile.
Remembering him is easy, I do it every day.
There’s an ache within my heart...
That will never go away.

— Author Unknown



There is an ancient Egyptian story that says that when God created the world, He made everything so small so that it could grow up with time. The grain into wheat, the baby into a man, the bud into a flower. Only sorrow was created fully grown so that it might decrease with time and man might be able to live with it.



I do not ask that you forget your dear departed. I want you to remember. I only ask that you remember more than the moment of death, more than the funeral, more than the house of mourning. Remember life! Remember the whole, not the final page.



— Rabbi Maurice Davis, Baltimore





Getting on with Life – What Does It Mean?

Of all the statements and spiritual platitudes quoted to me since my son, Daniel's, death, the phrase that I hear

most frequently makes me squirm the most. "You have got to get on with your life." Recently, I quit squirming long enough to ponder the meaning behind this phrase that is usually said to the bereaved in the form of a command. Exactly what does this phrase mean? What are people implying when they say it?

I was pregnant when Daniel died and three months later, I gave birth to a baby girl. Wasn't that getting on with my life? I nurtured my three children, took them to school, the park and birthday parties. Now wasn't that going on with my life? I even cooked dinner four times a week!

At first after Daniel's death, I would have liked to have had my life literally stopped and been buried next to my son, but I kept existing. Like the plastic bag tossed about by the wind, I was fluttering, being carried by the events of life. Seasons came and went. In the spring, I planted marigolds and tomato vines. In the autumn I jumped in fallen leaves with my children. I continued and I am still continuing to live.

Now, I may be bereaved, but I am by no means a fool! As I ponder the meaning behind "getting on with life," I am capable of knowing exactly what those who say this have in mind. "Forget about your dead child. Quit grieving. You make me uncomfortable." Getting on with life means don't acknowledge August 25th, Daniel's birthday, anymore. Forget how he slid

down the snowy bank in the recycle bin, put sand in the van and ate gummy bears. Forget he had cancer, suffered and died at only age four. Don't see the empty chair at the dinner table; don't cry, just live!!!

Some who are more religious would like to believe that a bereaved parent can claim, "My child is safe and happy in Heaven. Therefore, why should I yearn for him?" Perhaps, I pose a threat to certain types because I let it be known I question God. I weep, I have been angry. I miss Daniel. Many old friends feel if they hang around me too long I might convince them that a few of their illusions about life are just that, only illusions. As my cries of anguish are heard, there are those who can only think how to make me quiet. To stop my heartfelt feelings, they say quite sternly, "You must get on with your life."

I am living. I do move on with life with Daniel in my mind and in my heart. Although he is not physically here as I continue to live, I continue to love. To sever his memory totally from my life would be creating destruction and damage that would ruin me. To push Daniel out of my life and not be able to freely mention his name or write and speak about who he was on earth would only bring more pain to my life. I'd shrivel up. Comfort for me comes in remembering with smiles how he drew with a blue marker on his sister's wall, ran outside naked and picked green tomatoes. For the reality is getting on with life and that means continuing to cherish Daniel.

— Alice Wisler

From a Grandmother's Viewpoint

Death was not something I thought about when my grandchildren were born. Thirteen months after our fifth grandchild came into this world, I was standing in the snow, holding my daughter's arm, and looking down at a tiny white box containing him.

The grief came in waves, sometimes bearable, sometimes not. As well as dealing with the loss and watching my daughter, her husband, and two sons grieve, I felt helpless to ease their pain. When you lose a grandchild, you also lose the people that your daughter and her family were. They no longer look at life the same. They change. Grief does that – it changes the entire family and all those that the family touches.

Unless one has lost a child or grandchild, you cannot even imagine what life is like in this grieving process. It has been six years since Kyle died. We are still healing, yet we have come a long way. We are stronger and closer for having come this far. We will never forget this child.



— Kyle's Grandmother, TCF, Central Connecticut

SIBLING PAGE

Because

Because you can't feel me...doesn't mean I'm not there.
 Because you can't see me...doesn't mean I'm not near.
 Because you can't hear me...doesn't mean I don't speak.
 Because you can't see me...doesn't mean I'm out of reach.
 Because I'm dead...doesn't mean I'm gone.

— *Beth Oldani, TCF, Arlington Heights, IL*

Table for Four

We walked slowly,
 Cautiously into the musky, dim room.
 We had put on our Saturday best to eat steak,
 And take our minds off of the harsh reality of our new lives.
 In a daze, we almost ran into the hostess desk.
 She smiled, "A table for how many?"
 The question lingered in the air,
 On our minds,
 The words turning our stomachs.
 We shifted uncomfortably, waiting for one of us
 To answer the heart-stopping question.
 My father's voice boomed as though he had no control.
 "We're 4."
 The number made me shudder,
 As hot tears burned behind my eyes.
 My mother's face had turned red.
 Tears rolled down her cheeks uncontrollably.
 My brother stood in silence,
 Eyes glazed over in a coma.
 My brain told me NO,
 For I did not want to be here,
 But my legs told me YES.
 My first steps were uneasy
 As though the ground had become soft.
 Together we solemnly walked
 To the table of our new life.

—*Lauren Alperstein, in memory of her younger brother and best friend Ethan*



A Sibling Speaks Out

What happens to the children when a brother or sister dies? In some ways it is a very different experience from that which parents go through, while in others it is very much the same. Part of the reason for the difference is that the child who has died has a unique relationship with each family member. Part of the reason for the similarity is that all have suffered a loss.



One of the strongest desires expressed by siblings is that they are much more likely to want to return to a normal routine. They want to return to school fairly quickly, and to go out with their friends. They want their parents to stop crying, not because they don't care, but because they do care and want to see the hurt stop. Just because a child wants to go to a movie doesn't mean he isn't grieving. Children are much less concerned with socially "appropriate" behavior after someone has died, and may do things that do not fit into an "appropriate" role.

Another strong feeling I see is guilt. As much as parents know about their children, there are some things they will never know. A child's private thoughts or an exchange between children may never come to the parents' attention. The source of a child's guilt is frequently the result of an argument, a hastily shouted "drop dead," or similar fleeting thought. These incidents come back to haunt children, as though one such incident had something to do with the death.

There are a few more concerns that may develop. One is how to take over for the dead child; for example, the household chores that were always done by him or her, but that now have to be done by someone else. Related to this concern is a situation in which a child always shared a particular activity simply because the sibling did it, too. After the death, the surviving sibling may feel compelled to continue the activity because to give it up would be to take away a reminder of the dead sibling. Another concern is that whatever happened to the brother or sister may happen to the survivor. This is particularly acute if the sibling who died was older. As the child approaches the age of the sibling when he or she died, a feeling of anxiety may develop. Many children realize this fear to be groundless, but find themselves wondering if they will survive. Consequently, birthdays are often occasions with unexpressed conflicts.

Children share some of their parents' feelings: loneliness, looking for comfort, the feeling that no one else really knows what they're going through. They also share the unanswerable questions: "If I could have...?" and "What if...?"

A child's life is changed forever when a brother or sister dies. If I could advise parents, it would be to say: "Children do not grieve the same way as parents do because relationships differ. Keeping these differences in perspective will help you understand why children sometimes do the things they do. It helps to consider a child's point of view when you are hurting so much. During such an emotionally draining time as grieving, don't leave anything to chance. Don't assume anything. Making sure you and your children are aware of each other's feelings will mean less confusion, less tension, more sharing, and more growing together as a family."

— *Julie Peterson, TCF, Pawtucket, RI*

Our Children Remembered

Dakota Kelly Alder
Son of Denise and Robert Alder
October 20, 1990 - November 11, 2009

James "Jamie" William Henry Alexander
Son of Dave and Sue 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

Heath Brad Balick
Son of Beth and Larry Balick
October 20, 1984 - May 8, 2009

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

Christopher Ryan Boslet
Grandson of Carol N. Boslet
October 23, 1985 - February 20, 2003

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

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

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

Gary A. Camponovo
Son of Claire Redmon
October 21, 1964 - December 7, 2009

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

John Mario DeMichiei Jr.
Son of John and Linda DeMichiei
February 24, 1979 - October 23, 2008

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
October 30, 1980 - December 24, 2005

Bryan Clinton-Duvall Edwards Jr.
Son of Jenny Bush
October 28, 1988 - September 16, 2007

Christine Kelly Enders
Daughter of Holly and Alli Enders
September 26, 1986 - October 15, 2008

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

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
Sister of Marc Heincelman
Niece of Terre and John Belt
Cousin of Eryn Belt Lowe
October 6, 1980 - March 10, 2002

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

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

Our Children Remembered

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

Demrick Paul "Rick" Mayes
Son of Rosemary and Steve Poppish
August 11, 1961 - October 11, 2008

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

John Carl Moreland
Son of Debbie and Fred Moreland
November 7, 1981 - October 28, 2007

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 Phyllis Murphy
April 21, 1966 - October 17, 1985

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

Elizabeth Anne Paschall
Daughter of Carol Paschall
October 10, 1994 - May 15, 1999

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

Kelcey R Silva
Daughter of Francisco Martins Silva
Daughter of Kristen Silva
October 28, 1991 - June 16, 2011

Deonte Joseph Simms
Grandson of Deborah Simms
October 1, 1981 - September 9, 2001

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

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

Brittany Nicole Tyler
Daughter of Janet and Dan Tyler
Granddaughter of Dot Carter
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

Samuel Mark 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

Ashley Jayné Younger
Daughter of Stephanie Younger
October 12, 1990 - September 28, 2008

*This is for all the caterpillars that never became butterflies.
All the butterflies that never caught the wind in their wings.
And all the hearts that had hopes and dreams of a
wondrous flight together.*

Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made in the last month:

DONATIONS:

Edward and Judith Bessling in memory of Jamie Bessling
Alli and Holly Enders in memory of Christine Enders
Robert and Susan Mawhinney in memory of Timothy Easton
Donna Slawson Hart in memory of Charles
Kenneth Smith in memory of Tracy Fotino



Cemetery Visits

Are you one of those people who have a need to go to the cemetery often? The non-bereaved frown on that as a rule. Many people feel there is something morbid about those visits; that you're obsessing. Unless you know the pain of losing someone you love better than yourself, you can't understand that need.

Some people need to visit every day; others go now and then; and still others never go back once the funeral is over. There are no rules. If it makes people uncomfortable when you make your cemetery visits, go alone. Don't feel you need to get anybody's permission or approval. Call a friend who won't judge you by the number of miles you travel to and fro.

It is important to understand that how often you go to the cemetery has absolutely nothing to do with the length and depth of your expression of grief. Do what comforts you, not what pleases others. Your needs should and must come first, especially right now. You won't always require visits this often, and when that happens, don't feel guilty. It means you are progressing. For right now, do what makes you feel better.

— Mary Cleckley, Atlanta, GA

The most wonderful things in life are neither seen nor touched, but are only felt with the heart.

— Helen Keller

Parents, Would You Like to Share Your Story?

Chris Denhup, a master's prepared nurse, has contacted our Chapter. She is studying what it is like for parents after their child dies. She would like to talk with parents and learn from them so that she can help nurses to provide better care for mothers and fathers after the death of a child in the future.

She writes, "If your child died from cancer at least one year ago and was between 0 and 18 years at the time of his or her death, please contact me by email or telephone if you would like to learn more about volunteering to be a part of this study."

Ms. Denhup's contact information is as follows:
 Chris Denhup, APRN, Doctoral Nursing Student
 College of Nursing, Seton Hall University
 Email: Christine.denhup@student.shu.edu
 Telephone: 203-257-6202



Angel Food ...and Special Memories

A cookbook to celebrate the lives and memories of our loved ones.

Please participate in our cookbook project.
 We need more recipes to make this a success.

Send us your favorite recipes along with those special memories of your loved ones, and include a picture, too. Share favorite recipes and memories of grandparents, parents, siblings, and other family members, in addition to your children.

QUESTIONS ??? : 410-519-8448 or 410-551-5774

Submission DEADLINE: October 8, 2011
 Email: memorycookbook @gmail.com
 Mail: Memory Cookbook
 BP/USA Anne Arundel County Chapter
 PO Box 6280, Annapolis, MD, 21401



NINTH ANNUAL

ANNE ARUNDEL COUNTY CHAPTER Bereaved Parents of the USA

Memory Walk

Saturday, October 1, 2011 • 8:30 a.m.
Dogwood Pavilion at Quiet Waters Park
600 Quiet Waters Park Road
Annapolis, MD 21403
Rain or Shine!



On Saturday, October 1, the Anne Arundel County Chapter of the Bereaved Parents of the USA is sponsoring the ninth annual Memory Walk...to remember all of our children who died too soon, but who still walk in our hearts and in the hearts of family and friends.

We will meet in the Dogwood Pavilion beginning at 8:30 a.m. for registration, light refreshments, and a few moments of fellowship before we proceed on the Walk.

Please come join us to remember.

Parking is free at Quiet Waters Park for those participating in the Chapter's Memory Walk. Indicate to the attendant at the entrance booth that you will be participating in the Walk. Once again we will be posting pictures of our children along the course of the Walk. If you are going to join us at the Walk and would like your child's picture posted, please send an email to pjbspmd@gmail.com. Attach a digital picture to the email or send a photo to PO Box 6280, Annapolis, MD 21401-0280. If your child's photo was in the 2010 Service of Remembrance slide show, you don't need to submit an additional photo.

For more information or to help with the Walk, call Barbara Bessling at 410-761-9017, or email BeBessling@aol.com, or go to our website at www.aacounty-md-bereavedparents.org.

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

**Ninth Annual Memory Walk
Quiet Waters Park, Annapolis, MD
October 1, 2011**

8:30 a.m. Rain or Shine

REGISTRATION & WAIVER FORM

**A separate Registration & Waiver Form must be completed and signed
by each person participating in the Memory Walk**

I Am Walking In Memory Of

Name _____

Street Address _____

City, State Zip Code _____

Telephone _____ Email Address _____

Pledge Amount* _____ **Please make checks payable to: BP/USA – AA County*

The Anne Arundel County Chapter of The Bereaved Parents of the USA, states that no goods or services were provided in exchange for your contribution. Your contribution is tax-deductible to the extent allowed by law. The Anne Arundel County Chapter of The Bereaved Parents of the USA, is a 501(c)3 tax-exempt not-for-profit organization. Our employer identification number is 36-4081249.

A pledge is not required to participate in the Walk. If you cannot participate in the walk, but would like someone to walk in your child's memory, please print out and fill in this form and send it along with your pledge to:

BPUSA/AA County, P.O. Box 6280, Annapolis, MD 21401-0280

If you have any questions about this event, please send an email to: **bebesslings@aol.com**
or go to our website at **www.aacounty-md-bereavedparents.org**

LIABILITY WAIVER MUST BE SIGNED BEFORE PARTICIPATING IN MEMORY WALK

WAIVER AND RELEASE: I recognize that participation in the Anne Arundel County Chapter Memory Walk may involve certain hazards. I understand that I should not participate unless medically able. I assume all risks associated with involvement in this activity, including but not limited to falls, contact with participants, the effects of weather, including high heat and humidity, the conditions of the track and/or road, traffic on the course, and all risks being known and appreciated by me. Having read this waiver or release, knowing these facts and in consideration of my acceptance into this Memory Walk, I, for myself and anyone entitled to act on my behalf, waive and release the Anne Arundel County Chapter of The Bereaved Parents of the USA, and all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from involvement in this activity.

Signature (Parent or Guardian if under 18): _____ **Date:** _____

Bereaved Parents of the USA
Anne Arundel County Chapter
P.O. Box 6280
Annapolis, MD 21401-0280
www.aacounty-md-bereavedparents.org

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NEXT MEETING: October 6, 2011



Time sensitive
Must be delivered by SEPTEMBER 30, 2011

UPCOMING MEETINGS & EVENTS:

Holidays and Special Days

Thursday, October 6, 2011

Special days and holidays, particularly those in November, December, and January can be very challenging for bereaved parents. Come and listen to other bereaved parents, who will offer suggestions for preparing for and dealing with the holidays and other special days.

Using Writing as a Healing Tool

Thursday, November 3, 2011

Laurel Goodrick of Gilchrist Hospice will discuss how writing can be healing and will show members different types of writing that may work for them. She will share guidelines for creating a comfortable and safe writing environment and will provide handouts for those interested.

Service of Remembrance

Sunday, December 4, 2011

St. Martin's-in-the-Field
Severna Park, MD

RESOURCES:

Bereaved Parents of the USA

www.bereavedparentsusa.org

The Compassionate Friends of Prince George's County

Meetings are held the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchellville Road, Bowie, MD

TLC: Coming Together after the Loss of a Child

(For those who have lost minor children; led by a professional grief counselor)

One Wednesday a month from 6:30 p.m. - 8 p.m. (October 5, November 2, December 7)

The Gilchrist Center for Hospice Care
555 W. Towsontown Boulevard
Towson, MD

Mothers' Grief Group

(For mothers who have lost adult children; led by a professional grief counselor)

One Wednesday a month from 3 p.m. - 4:30 p.m. (October 19, November 16, December 21)

The Gilchrist Center for Hospice Care
555 W. Towsontown Boulevard
Towson, MD

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact our Program coordinator: Paul Balasic at pjbspmd@gmail.com or **443.566.0193**.