



Bereaved Parents of the USA Anne Arundel County Chapter

April 2014

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A Note From the Newsletter Team

As we all know, Terre Belt, with the help of her daughter Eryn Lowe have been putting the Chapter newsletter together for many years. Terre has done an absolutely outstanding job along with her many other duties as our Chapter Leader. They have certainly left big shoes for us to fill. I know she will hate this, but just this once, I wanted to remind everyone of the wonderful writing Terre has done in the past. She wrote the article below in April 2006 and it seemed appropriate to include it for this first newsletter without her. Thank you Terre and Eryn for all you've done in remembrance of Cortney and Traci. There is no way we can ever fully thank you.

SAVE THE DATE...
for our Hope and Healing Conference

Plan to attend the Hope and Healing Conference on **April 26, 2014** at Calvary United Methodist Church in Annapolis. For more details, see pages 6 & 7 or visit our chapter website.

A Bereaved Parent's Spring

Regardless of the calendar or the meteorologists, April marks the beginning of spring for many of us. The world outside begins to awaken from its winter slumber, and the sights and sounds and smells of spring abound, from the flowers peeking out of the ground to the birds chirping merrily outside our windows to the smell of the blooming trees as we venture out for our first walk of the season.

Continued on Page 2.



The printing and mailing of this newsletter have been donated by:

Mary and David Lombardo in memory of their son.

"You are in our hearts and prayers every day until we are together again."

David A. Lombardo
April 11, 1979 - April 9, 2011



Judy Bolly in memory of her daughter.

"Wen-our special "Hurricane"-you came into this world and lived your life like one. We love you and miss you more than any words in any language can say."

Wendy Jean Bolly
April 6, 1977 - October 11, 2002



A Bereaved Parent's Spring (continued from page 1)

This is what spring is all about unless, of course, you are a "newly" bereaved parent, and then you might just be oblivious to it all. In fact, you may even resent the reappearance of spring and its symbolic rebirth. The message to you from an "old timer" on this grief journey is to be easy on yourself...it won't always be this hard, and just feel whatever you feel. Don't let anyone tell you how you "should" feel this spring (or next). Like all seasons, spring will have its share of emotional triggers for the newly bereaved – graduations, Mother's Day, planning for summer vacations, favorite flowers, and just waking up. But just as April showers bring May flowers...the tears of grief will ultimately sow the seeds of hope, and someday you, too, will see the beauty of spring again.

For those of us who have been on our grief journey for awhile, not only do we recognize (and welcome) the beauty of spring again, but we also see our children in everything that is beautiful in spring. It's our way of carrying them with us through spring and through all of the seasons. So, as spring unfolds, here's wishing each of you peace and whatever joy you are able to find.



Terre Belt
Anne Arundel Co. MD Chapter BPUSA
Spring 2006

April

by Sascha Wagner

Time for jesting,
time for laughter?

And if you are not ready,
not yet,
to remember something
that makes you laugh.

Tell April to be patient
Take your time.

Wonderful
Innocent
Loving
Laughing
Intelligent
Amazing
Miracle

By Linda Khadem in
memory of her son
William Khadem
October 24, 1984 -
April 6, 2012

A Little Time for Spring

by Sascha Wagner

Find a little time for Spring
even if your days are troubled.
Let a little sunshine in -
let your memories be doubled.

Take a little time to see
all the things your child was seeing -
and your tears will help your heart
find a better time for being.

Chapter News

Many of our members came to our March 6th meeting with fleece in hand to make blankets in memory of Vickie and Bart Rankin's daughter Samantha. Sam's sorority at Clemson University is collecting handmade blankets for Project Linus. A good time was had by all....

To learn more about Project Linus, visit their website at <http://www.projectlinus.org/> Anyone who is interested in making more blankets, please contact Vickie directly at vrllovesdogs@yahoo.com.



We appreciate your feedback on Chapter meetings. If you have suggestions for future topics of discussion, please contact our Program coordinator Mary Redmiles at mary.redmiles@gmail.com.

Connect With Us on Facebook

We are now on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share post-

ings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved

within 24 hours. If you have any questions or problems, please contact June Erickson at JuneErickson@aol.com.



Next Meeting: Thursday, April 3, 2014

Healing Through Art

Erin McConnell, LCPC, LCPAT will be speaking on healing grief through art. She is the President of the Md. Art Therapists Assoc. (MATA) and a bereavement counselor with Heartland Hospice.

Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401

Sharing groups, a key part of each Chapter meeting, will be held as desired for first-time attendees, and the newly and non-newly bereaved. **Meetings are held on the first Thursday of every month beginning at 7:30 p.m. 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. Doors open at 7:15 p.m.**

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 May newsletter are due to the Newsletter Team by April 10.
Send an email to: newsletter@aacounty-md-bereavedparents.org.

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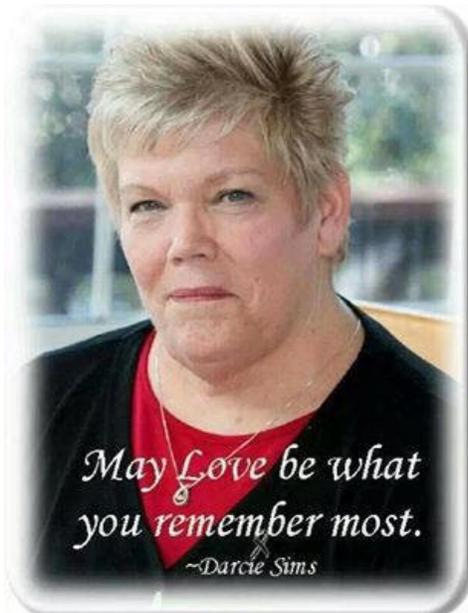
Do You Use Amazon.com?

If you enter Amazon through our Chapter’s website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It’s an easy way to support our Chapter’s activities. Go to the Chapter’s home page, click on the butterflies on the welcome page, and scroll down the first page to the bottom where there is an Amazon.com graphic that takes you to Amazon’s site. Entering Amazon’s site through the Chapter’s website credits the Chapter with the 5% commission on any purchases that follow. Thanks in advance for your help!

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 Mary Redmiles (mary.redmiles@gmail.com) or call her at 410-721-6671, or sign up at a monthly meeting. Say Their Names!!! And help the Chapter, too!

REPRINT POLICY: Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

Very Sad News for Bereaved Parents Everywhere...



As some of you know, Darcie Sims died at her home in Puyallup, WA on February 27, 2014.

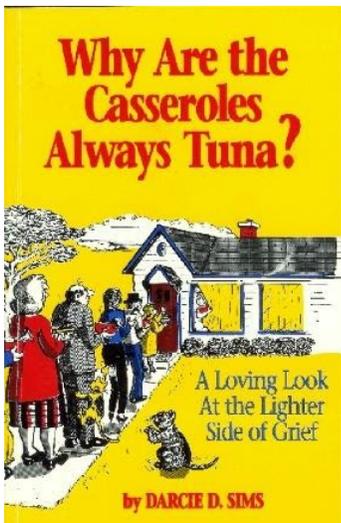
"She was such an integral part of TCF. Darcie served on our organization as a chapter leader and was a member of our National Board of Directors. She spoke and presented workshops at many of our national and regional conferences. (NOTE: BP-USA Conferences also.)

"Darcie was able to take the complex subject of grief and simplify it so that all could easily understand it. Her books, videos, workshops, and radio and television work have helped tens of thousands of people find hope on their grief journey. She taught each of us how to laugh and cry at the same time. She taught us that we all grieve differently and the best gift we give each other is the gift of tolerance.

As she used to say, "Thanks for the Little While."

~ written by Lois Copeland, TFC Northern Virginia & D.C.

Book Review



Why Are the Casseroles Always Tuna?
By Darcie D. Sims

It's hard to put a humorous spin on death and grief, but Darcie Sims has the gift and insight to do so. The book will make you laugh, cry, and learn a lot about yourself and others in times of grief.



Good memories are the perennials that bloom again after the hard winter of grief begins to yield to hope...



REGISTRATION FOR HOPE AND HEALING CONFERENCE

DUE DATE: APRIL 15, 2014

NAME: _____
 ADDRESS: _____
 PHONE: _____
 EMAIL: _____

Enter first and last names, as you would like them to appear on your name tag. This form may be used to register more than one person. Multiple lines are provided for multiple registrations.

1. _____
2. _____
3. _____

Please list your loved one's first name(s) as you want it to appear on your name tag, and age(s) at death.

1. _____
2. _____
3. _____

WORKSHOP CHOICES :

Workshop rooms have occupancy limits, so attendees will be assigned to sessions on a first-come/first-served basis. REGISTER EARLY to get your first choices! Below, please list your 1st and 2nd choices for each of the 4 Workshop Sessions. Find the schedule and workshop information on the WORKSHOP SUMMARY document.

	Workshop 1	Workshop 2	Workshop 3	Workshop 4
Choices:	1st / 2nd	1st / 2nd	1st / 2nd	1st / 2nd
Attendee 1:	_____/_____	_____/_____	_____/_____	_____/_____
Attendee 2:	_____/_____	_____/_____	_____/_____	_____/_____
Attendee 3:	_____/_____	_____/_____	_____/_____	_____/_____

WORKSHOP SPONSORSHIP: A special sign will be created and displayed at the workshop, which you may take after the workshop. The sign will include a picture of your child if you would like, and will state that the workshop is sponsored by you, in memory of your child. Cost is \$25 per workshop.

PHOTO TO USE FOR MEMORY GARDEN: Each loved one will have a Memory Garden sign created for the display. This will be a memento for you to take home at the end of the day. Please provide a photo for us to use, or let us know if we can use the photo from our website, one used for the December Memorial Service, or one used in our Cookbook.

What photo should we use? _____ Website _____ Memorial Service _____ Cookbook
 _____ Other(to be provided) _____ None

LUNCH: Are there any special dietary needs/vegetarian, and for how many? _____

REGISTRATION AMOUNT: \$35 per person = _____

WORKSHOP SPONSORSHIP: \$25 per workshop = _____

Workshop Title(s) _____

TOTAL DUE: \$ _____

Payable by check to: BPUSA, Anne Arundel Co. Chapter

And mailed to: BPUSA / AACo, P.O. Box 6280, Annapolis, MD 21401.

If financial assistance to cover the fee is required, please contact Noel Castiglia, 410-757-5129

HOPE AND HEALING CONFERENCE SCHEDULE

Saturday, April 26, 2014

7:30 a.m. Registration; Continental Breakfast available

The Shops at HOPE'S Corner OPEN

Guest Author Book Sale and Resource Tables OPEN

8:15 – 8:30 OPENING REMARKS & INTRODUCTIONS

8:30 – 9:00 MORNING KEYNOTE ADDRESS – Kay Bevington

“Turning Baggage of Grief into a Trip to Remember our Children”

9:15 – 10:15 WORKSHOP SESSION 1

A. Now Childless - Kay Bevington

B. Yoga to Relieve Stress and Anxiety - Mary Hendrie

C. Through the Lens: Celebrate What's Right to Fix What's Wrong - Patti DiMiceli

D. Where was God when my Child Died - TBD

E. Ghosts and Spirits: Recognizing Signs from Loved Ones - Rob Gutro and Troy Cline

10:30 – 11:30 WORKSHOP SESSION 2

A. Am I Still a Big Sister? - Susan M Coale, LCSW-C

B. Postponing Grief - Claudia Hnatiw

C. Honoring Your Child's Memory - Mary Ellen Young

D. Pro-active Grieving, Taking Control of Your Journey - Mitch Carmody DVD

E. Ghosts and Spirits: Recognizing Signs from Loved Ones - Rob Gutro and Troy Cline

11:45 – 12:45 LUNCH in the Fellowship Hall (main meeting room)

The Shops at HOPE'S Corner OPEN

Guest Author Book Sale and Resource Tables OPEN

12:45 – 1:15 AFTERNOON KEYNOTE ADDRESS – Beth L. Hewett, Ph.D.

“Hope, Healing, and the Look-back Bird”

1:30 – 2:30 WORKSHOP SESSION 3

A. Living with Early Grief - Beth L Hewitt, Ph.D.

B. What to Do With Your Child's and Your Possessions - Kay Bevington

C. Embrace the Angel - Patti Dimiceli

D. Myth Buster: Men and Women Grieve Differently - Bob & Sandi Burash, Janet Tyler

E. Grief Recovery After Substance Passing - Toni Torsch

F. Miscarriage, Infant Loss and Stillbirth (MIS) – Tara Mooney

2:45 – 3:45 WORKSHOP SESSION 4

A. Long Term Grief - Noel Castiglia

B. Writing for Healing - Beginning Tools - Debi Wilson-Smith

C. Is there a difference in Anticipatory and Sudden loss? - Holly M. Enders

D. Signs From Our Children, They Are Still With Us - Jane Schindler, LCSW-C

E. Mens Sharing Group - Bob Burash

F. Womens Sharing Group - Sandi Burash, Janet Tyler

4:00 – 4:30 CIRCLE OF LIGHT GATHERING and CLOSING in the Fellowship Hall



Our Children Remembered

Bethany Anne Balasic
Daughter of Paul and Claudia Balasic
February 13, 1981 - April 5, 1996

Jeff Baldwin
Son of Aurelia Ferraro
April 27, 1967 - April 26, 1991

Stephanie Noell Banchemo
Daughter of Bill Banchemo
December 16, 1985 - April 9, 2012

Joey E Belcher
Son of Joseph and Irene Belcher
April 21, 1975 - December 17, 2012

Alexandra Elizabeth Bolander
April 1, 1996 - April 1, 1996
Daughter of Susan & Matthew
Bolander

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

Paul Shane Brough
Son of Theresa and Steve Bleemke
May 18, 1982 - April 4, 2003

Faith Campbell
Daughter of John and Cathi Campbell
April 5, 1994 - April 5, 1994

William Frederick Carter Jr.
Son of Dot Carter
April 24, 1959 - August 16, 1992

Joseph Fredrick Errichiello Jr.
Son of Susan and Joe Errichiello
April 6, 1979 - May 29, 2004

Joseph A. Esterling Jr.
Son of Joe and Michelle Esterling
June 7, 1967 - April 27, 1990

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
November 14, 1989 - April 22, 2007

Brian Michael Hendricks
Son of Jeannine Hendricks
March 4, 1991 - April 22, 2012

William Mirza Khadem
Son of Yoosef and Linda Khadem
October 24, 1984 - April 6, 2012

David A Lombardo
Son of David D. and Maryann
Lombardo
April 11, 1976 - April 9, 2011

Walter H. Maynard IV
Son of Rose Marie Carnes and
Walter Maynard III
January 2, 1965 - April 14, 2006

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1994

Solymar Rodriguez Torres
Daughter of José Rodriguez and
Vanya Torres
August 27, 1993 - April 13, 2007

Dennis Richard Rohrback
Son of Dennis and Joan Rohrback
April 8, 1964 - July 3, 1988

Andre Marc Sanders
April 8, 1968 - November 27, 2002
Son of Lydia Sanders

Joseph (Joey) Scott Sudo
Son of Joe and Suzanne Sudo
December 3, 1999 - April 23, 2012

Shardeh Danielle Callis Watkins
Daughter of Lori Norris
April 30, 1989 - March 2, 2013

Albert Wallace Whitby, Jr.
Son of Rita and Albert
Whitby Sr.
Brother of Susan Lovet
April 25, 1951 - June 2,
1981

Alisa Joy Withers
Daughter of Jan Withers
July 7, 1976 - April 16, 1992

Maraki Yemane
Daughter of Patrizia Giorgio
and Menelik Yemane
April 1, 2006 - November
21, 2010

*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 recently:

Kenneth Smith in memory of his niece Tracy Fotino



Chapter Notes: Upcoming Meetings & Announcements

May Meeting

7:15 pm @ Calvary United Methodist Church, Annapolis, MD • Thursday, May 1, 2014

Chuck and Kathy Collins, bereaved parents who are active in TCF Va. Chapter. Chuck wrote a book entitled "Holding Onto Love". They will be talking about the differences in men and woman grieving.

June Meeting

7:15 pm @ Calvary United Methodist Church, Annapolis, MD • Thursday, June 5, 2014

Jessica Klug, a bereaved parent, will talk about her experience with perinatal loss. She contributed a chapter to the book "Because They Lived"

Chapter's Core Group Meeting

The Core Group will meet on May 13th at 7 p.m. at Calvary United Methodist Church. Please park in the front of the church and check the bulletin board in the foyer for the specific room number. We will be discussing specifics for the upcoming conference and are in need of volunteers. This is a great way to honor your loved one and we hope to see you there.

Urgent News: We are going green!

In order to save time, money and waste, our Chapter has opted to move to electronic newsletters instead of paper copies beginning in May of 2014. ***If you would like to continue receiving your paper newsletter in the mail each month***, or if you do not currently receive our newsletter in your e-mail each month, ***we need to hear from you***. Please feel free to email us at chapter-leader@aacounty-md-bereavedparents.org or at aabereavedparents@gmail.com, or send us a note at PO Box 6280, Annapolis, MD 21401.

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: April 3, 2014

Time Sensitive
Must be delivered by April 1, 2014

Upcoming Meetings & Events:

Healing Through Art

7:15 pm @ Calvary United Methodist Church, Annapolis, MD • Thursday, April 3, 2014

An art therapist and bereavement counselor will discuss how art can be healing in dealing with grief.

Hope and Healing Conference 2014

7:30 a.m.-4:30 p.m. @ Calvary United Methodist Church, Annapolis, MD • Saturday, April 26, 2014

May Meeting

7:15 pm @ Calvary United Methodist Church, Annapolis, MD • Thursday, May 1, 2014

Chuck and Kathy Collins, bereaved parents who are active in TCF Va. Chapter. Chuck wrote a book entitled "Holding Onto Love". They will be talking about the differences in men and woman grieving.

The Compassionate Friends National Conference

Chicago, IL • July 11 – 13, 2014

BP/USA 2014 National Gathering

Sheraton Clayton Plaza • St. Louis, MO • July 25 – 27, 2014

Resources:

Hospice of the Chesapeake

www.hospicechesapeake.org or 410-987-2003

Maryland Crime Victims' Resource Center

www.mdcrimevictims.org or 410-234-9885

Suicide Support Group

410-647-2550; meets the first Tuesday of each month in Severna Park, MD

MIS Support Group (miscarriage, infant death or stillbirth)

443-481-6114; meets the first Monday of each month in Edgewater, MD

Grief Recovery After a Substance Passing (GRASP)

www.grasphelp.com or 843-705-2217

The Compassionate Friends of Prince George's County

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

The Compassionate Friends, Reston Satellite Group (for no surviving children)

North County Government Center

Reston District Police Station

12000 Bowman Towne Drive

Reston, VA

Second Saturday of each month; 2pm - 4pm