



Bereaved Parents of the USA Anne Arundel County Chapter

June 2014

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Father's Day Reflections

There is no doubt that the loss of a child has the same rippling effects of that when we throw a pebble into a pond. But for the spot of impact where the pebble hits, the two people affected most by the loss are the parents - and then siblings - grandparents and so on. Father's Day is Sunday, June 15th this year, so please reach out to all the Dads and Grandfathers who are grieving. We have not forgotten them and wish them all hope, peace and joy in the memories of their children who have gone before them.

A DAD HURTS TOO

by Judi Walker

People don't always see the tears a dad
cries.

His heart is broken too when his child dies.
He tries to hold it together and be strong,
Even though his world's gone wrong.

He holds his wife as her tears fall.
Comforts her through it all.
He goes through his day doing what he's
supposed to do,
But a piece of his heart has been ripped
away too.
So when he's alone he lets out his pain,
And his tears come like falling rain,
His world has crashed in around him,
And a world that was once bright has gone
dim.

He feels he has to be strong for others,
But Dads hurt too, not just the Mothers.
He searches for answers but none are to be
found,
He hides behind a mask when he is feeling
down.

He smiles through his tears.
He struggles and holds in his fears,
But what you see on the outside is not al-
ways real,
Men don't always show how they really feel.

So I'd like to ask a favor of you,
The next time you see a mother hurting
over the loss of her child,
please remember....a Dad hurts too!

Sponsorship of this newsletter has been made by the following parent:

Maureen Geoghegan
in memory of her son Tom

Thomas James Geoghegan, Jr.
November 13, 1969 - June 30, 2013

Read a poem about Thomas on page 2.



Thomas James Geoghegan, Jr.

You came into my life when I was young; you certainly were not planned.
But you filled my life with love, wonderment, and happiness and life became grand.
Who could not have immediately loved you, with that smile that twinkling eyes of blue?
God blessed you with an adventurous and loving spirit, He blessed me with you.

As the years went by and I watched you grow from a boy to a man;
I was so proud of your accomplishments, your forever optimism; I was your biggest fan.
Life was not always easy, but you followed your dreams and never gave in.
And along the way you encouraged others to believe in themselves and the dreams they held within.

Then one day you were gone, I would never hear your laugh, see those twinkling blue eyes or that beautiful smile – no not today, not even tomorrow.

I look through family pictures and long for those happier days, but sadly know the tears will continue - so much pain, so much sorrow.

Thankfully my faith, although shaken, each day gets a little stronger;
I hold on to that promise that one day we will be together again; I just have to wait a little longer.

~ Mom, Bryan and Chris

Why and How do Men Keep Their Emotional Pain Invisible?

The first element that makes men's grief invisible is the fact that our culture expects men to be independent and punishes men for being dependent. A dependent man is not seen as a "real" man. Is it any wonder that men avoid open expression of emotions? Here's a quote from Peter Marin from an excellent article he wrote titled "Abandoning Men: Jill Gets Welfare—Jack Becomes Homeless". Marin says: "To put it simply: men are neither supposed nor allowed to be dependent. They are expected to take care of others and themselves. And when they cannot or will not do it, then the assumption at the heart of the culture is that they are somehow less than men and therefore unworthy of help. An irony asserts itself: by being in need of help, men forfeit the right to it." Exactly right Peter!

The second element that makes men's grief invisible is how men are locked into their dominant sex role of provide and protect. When you provide and protect others, who is providing and protecting you? No one. You better tough it out and do it quietly. If you don't, shame is coming your way. The provide and protect role pushes men to help others but not think of getting help themselves.

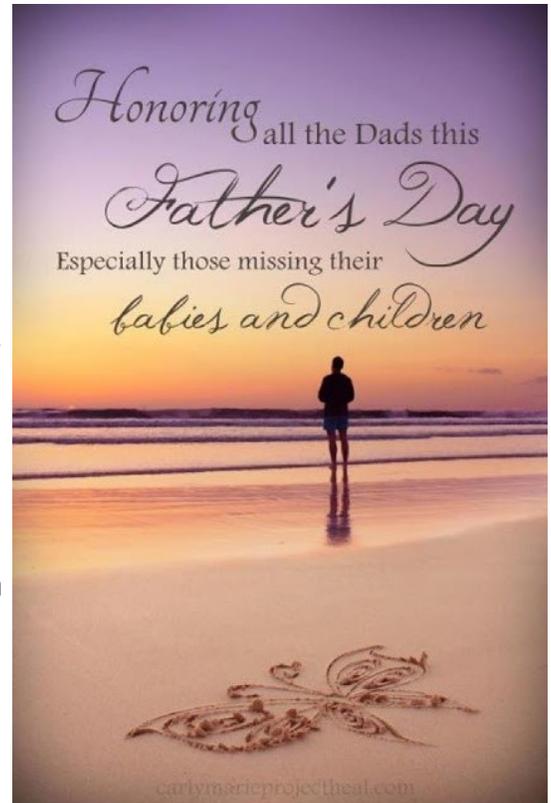
A third element that makes men's grief invisible is our overall cultural taboo on men's emotional pain. A man's emotional pain is seen as a problem while a woman's emotional pain is seen as a call to action. People tend to avoid and disdain men's pain. No one really wants to see it or hear it. Men are acutely aware of this and act accordingly.

A fourth element that makes men's grief less visible is that men tend to live in a dominance hierarchy. We are all aware of the dominance hierarchy of the Big Horn Sheep with their head butting, but few of us are aware that human males are now being seen as living within a similar hierarchy. Within this hierarchy the males strive for status in order to improve their reproductive success. Usually this is done in niches and small groups where males compete, but it can manifest on a national or international level. The important point here is that men will strive to portray their best sides in order to ensure the best possible placement within the hierarchy. Of course this also means that they will have

ample reason to want to conceal “weakness” and “dependency” and that of course includes their more tender emotions.

The last element that makes men’s grief less visible is their unique biology. The impact of men’s hormones and their likelihood of having a “masculine” brain both play into men’s processing of emotions. Men have about 10 times the testosterone as their female counterparts. This seems to play a role in the processing of emotions by limiting emotional tears and diminishing the man’s ability to articulate his emotions as he is experiencing them. Both of these qualities have been badly misinterpreted with men all too often being seen as cold and unfeeling.

Men’s grief is simply less visible. When people start to understand these differences they are in a much better position to not judge men unfairly. All too often men are expected to emote and process emotions in the same way that women do. Women are seen as the default and men who fail to compare to that standard are deemed deficient. We need to see each person as an individual and avoid the trap of expecting them to be like ourselves. We are all different. Viva la difference!



Tom Golden, LCSW has written two books on the way men heal and has co-authored a third. Tom’s work has been featured in CBS Evening News, CNN, ESPN, The NFL Channel and many others. His latest book “The Way Men Heal” is available now at amazon as a kindle book. He offers online consults for women seeking to get closer to the men they love. golden@webhealing.com

For Siblings

Finding someone to talk with following the death of your brother or sister may be one of the best way to cope with the loss. It really doesn't matter who that person is, as long as you can be open and honest in conveying your feelings.

It would be terrific if this person could be a parents or a surviving brother or sister, because sharing your loss and going through the grief process together can make you stronger as a family. But often other members of the family are facing their own struggles with the grief process, and may not be able to open up with you.

Sometimes it is difficult to share your own feelings with other family members because of the emotions this can bring on. Tears are often difficult for us to handle because, as surviving siblings, we may feel guilty for causing someone else to have "a bad day." We may interpret the other person's tears to mean that our deceased sibling is more important than we are, or that we must compete with them for our parents' attention. If you can't talk with your parents or a surviving sibling, talking with another person who has experienced the death of a brother or sister may be the next best thing.

Continued on page 4

For Siblings

Continued

One of the hardest things to do after a sibling dies is to create a life for yourself that will not include your brother or sister. You are going to:

- continue going to work or school
- fight back the tears when that special favorite song comes on the radio
- run to the phone to call your brother or sister - only to realize no one will answer
- think that you see your sibling in a crowd.
- have to answer for the first time the question: "How many brothers and sisters do you have?"

Others around you may not understand these things, but someone who has had a brother or sister die knows what this is like. They, too, have sat at a red light, crying their eyes out. They, too, may wear their sibling's clothes. They, too, may look to date someone who knew their brother or sister.

Although no one can know exactly what you are going through (because no one will have the same relationship you had with your brother or sister), someone whose sibling died has probably gone through any of the same experiences you are going through. It helps to hear that what you're going through is "normal." It helps to talk about what's going on in your life now.

You may feel it helpful to talk with a counselor or therapist. As an objective third party trained in dealing with the bereavement process. They may be able to help you through what will probably be a very difficult time. They may be able to provide you with insights you may not get from family or friends.

But perhaps one of the best ways to find someone to talk with is to come to a national conference of The Compassionate Friends (or Bereaved Parents of the USA). Each year many surviving siblings from 10 years of age or older attend. There are many activities at the conference for siblings: workshops, sharing sessions, a hospitality room with free drinks and snacks, a sibling lunch or dance, and much more. For three days, you get to be with many who understand who you're going through, who accept you as you are, and who give you the opportunity to talk as much or as little as you like. Other times, many surviving siblings will exchange phone numbers and addresses to stay in touch throughout the year.

Regardless of who you find to talk with, talk with someone -- because talking helps!

Mary A. Paulson, PhD, bereaved sibling
child and adolescent psychologist, Worthington, OH
(Reprinted from ***We Need Not Walk Alone***)

Upcoming National Conferences:

Bereaved Parents of the USA 2014
Sheraton Clayton Place, St. Louis, Missouri
July 25 - 27, 2014

The Compassionate Friends
Chicago, Illinois
July 11 - 13, 2014

"When you close your eyes and remember, don't forget that your sibling rests yet in you, in your heart and in your thoughts, in everything you do. They will never leave you alone. You have a listener at your beck and call. What a gift!"

~ from a Sibling.



Your fingerprints are
on my heart.

Fingerprints that teach
me about caring.

Fingerprints that teach
me about love.

Fingerprints that teach
me about courage.

Fingerprints that teach
me about hope.

Fingerprints that bring me
closer to my loved ones.

Fingerprints that bring
me closer to myself.

In the time I cared for you my
whole life changed
– never to be the same again.

All this from tiny fingerprints
that touched my soul.

You will live in my heart forever
– never to be forgotten.

I will always love you.

You are my child.

© 2001 Tom Krause

The First Day of Summer is June 21st



Chapter Notes

Angel Gowns for Anne Arundel Medical Center, Neonatal Intensive Care Unit (NICU):

We have gotten the go-ahead for our chapter to participate in the NICU Helping Hands' Angel Gown Program for Anne Arundel Medical Center. So far Tawny Stitley and June Erickson are donating their wedding dresses and Carol Tomaszewski will be sewing. Not everyone has their wedding dresses, so monetary donations are welcome, or anyone who would like to provide material, pearl white embellishments, lace, blue and pink ribbons, nice boxes, and/or tissue paper are welcome. If you are interested in doing some cutting and pinning, please contact June Erickson

(juneerickson@aol.com) for the dates we will be meeting, or call her at [410-451-8637](tel:410-451-8637).

There is no greater gift that can be given to a grieving family than affirming the importance of the life of their child by offering this simple gift from one bereaved parent to another.



Our Children Remembered

James William Aikin
Grandson of Elizabeth and Barry Aikin
June 5, 1982 - March 18, 2008

William P. Anthony Jr.
Son of Bill and Linda Anthony
June 1, 1965 - January 2, 1999

Johnny Sivert Brungot
Son of Christine and George Brungot
June 28, 1990 - June 29, 2011

Pamela Grace Clair
Daughter of Doris and Charles Clair
June 3, 1954 - May 11, 1984

Olivia Rachel Constants
Daughter of Stephen and Dorothy Constants
July 28, 1996 - June 23, 2011

Ryan Corr
Son of Pam Corr
March 2, 2003 - June 4, 2011

Jack Turner Dumont
Son of Jill and Dave Dumont
June 26, 2003 - June 26, 2003

Dayden Alexander Dunn
Grandson of Beverley and Wayne Dunn
September 12, 2006 - June 1, 2008

Alice Engleman
Daughter of Elizabeth Engleman
November 20, 1997 - June 21, 2011

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

Thomas James Geoghegan
Son of Maureen Geoghegan
November 13, 1969 - June 30, 2013

Carolyn A Griffin
Daughter of Rick and Jan Griffin
February 15, 1983 - June 1, 2011

Nicole Hawkins
Daughter of Joe Hawkins
December 20, 1987 - June 26, 2009

Emilio Juan Honesto
Son of Alexandra Honesto
June 29, 2010 - March 26, 2011

Scott Andrew Katsikas
Son of Linda Snead
June 9, 1980 - August 13, 2004

Bryan Adam Krouse
Son of James and Judy Krouse
March 11, 1965 - June 29, 2007

Deana Jean Marie Lenz
Daughter of Patricia and James Lenz
June 5, 2009 - June 6, 2009

Nicholas Paul Liberatore
Son of Larry and Pat Liberatore
September 27, 1980 - June 9, 1997

Brian Richard Melcher
Son of Norma and Donald Melcher
Brother of Cheryl Lewis
August 30, 1960 - June 14, 2002

Kevin Alan O'Brien
Son of Lorrie and Keith O'Brien
December 24, 1986 - June 29, 2012

Sarah Elizabeth Patterson
Daughter of Cindy Patterson
June 28, 1987 - September 19, 2006

Krystal Brooke Pearce
Daughter of Douglas Pearce
June 1, 1995 - October 3, 2013

James Benjamin Scheff
Son of James and Gail Scheff
May 9, 1979 - June 1, 2012

David C. Schmier
Son of Gordon and Virginia Schmier
June 26, 1964 - February 10, 1992

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

Patrick F. Smith
Son of Fran and Len Smith
February 20, 1978 - June 23, 2000

Christopher John Smith
Son of Debi Wilson-Smith
March 27, 1981 - June 30, 2000

Christopher Lewis Strader
Son of Lewis and Peggy Strader
May 27, 1979 - June 21, 1997

Cindy Sue Walker
Daughter of Edward and Phyllis Frazier-James
June 22, 1959 - June 21, 2010

Michael Shane Wheeler
Son of Lita L. Ciaccio
June 22, 1976 - January 11, 1997

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

*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.*

Chapter Notes: Chapter Leader Position



It is with much sadness that our Chapter Leader, Tiffany Gordon, will be leaving the area soon. Her husband Daniel has been transferred to San Antonio, Texas. We are going to miss them both, but wish them well in their new home. We hope you, and your two adorable children, Eric and Holly, find much happiness at your new destination. Thank you for all your hard work Tiffany, and for sharing your Lahna with all of us. Please keep in touch from Texas. <3

**** If anyone with good organizational skills is interested in helping out with the Chapter Leader position, please contact the Core Group.****

Chapter Notes: Upcoming Meetings & Announcements

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"

July Meeting

7:15 p.m. @ Calvary United Methodist Church, Annapolis, MD - Thursday, July 3, 2014

Mark your calendars now! Instead of our usual program, we're asking attendees to bring a dish to share if they can. Instead of a speaker, we will spend the extra time enjoying the refreshments and each other in a more relaxed setting. It will be a special time for us to meet, greet and eat! Hope to see you in July.....

Chapter's September Core Group Meeting

The Core Group will meet on September 16th 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.



*2014 National Gathering for the
Bereaved Parents of the USA
St. Louis, Missouri
July 25-27, 2014*

Register now at

<http://www.bereavedparentsusa.org/Gathering.html>

Next Meeting: Thursday, June 5, 2014 at 7:30 p.m.

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

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

Chapter Leader: Tiffany Gordon
405.234.6854, dtleh@yahoo.com
Newsletter Team:
June Erickson, Linda Khadem,
Katie Redmiles
Treasurer: Fran Palmer
Correspondence &
Hospitality:
Rick & Carol Tomaszewski
Librarian: Bob and Sandi Burash
Programs: Mary Redmiles
mary.redmiles@gmail.com

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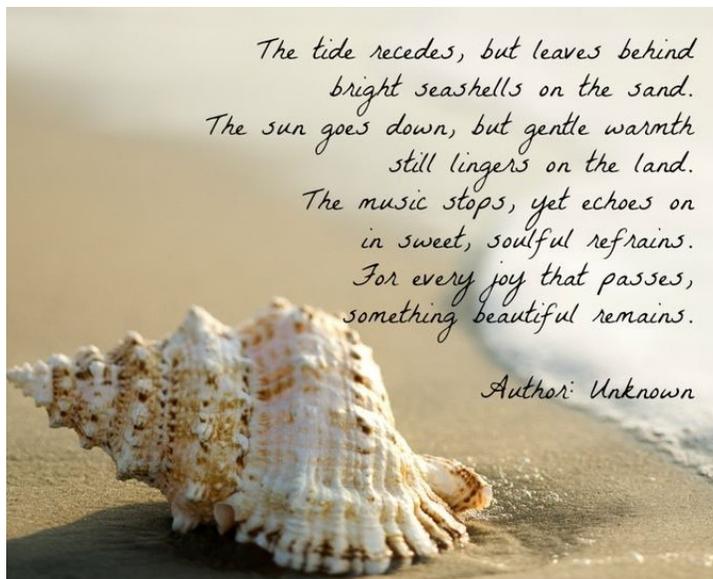
If you enter Amazon through our Chapter's website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's 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.

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

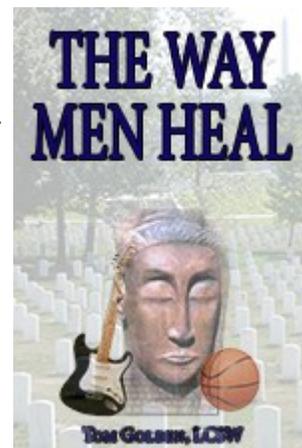
- Kenneth Smith in memory of his niece Tracy Fotino
- Rhonda & Norman French - forever in my heart Brandon



Book Review: The Way Men Heal

The Way Men Heal is a concise book that offers insight into the masculine side of healing. Have you ever wondered why men and women seem to heal differently? If so, this is a book for you. It explains how and why men and some women heal in an active mode rather than an interactive one. It offers plenty of examples including Eric Clapton and how he healed after the death of his young son Conor, and Michael Jordan and how he healed after his father's murder. You will see how these men and many others use action as a means to tell their story. You will see how they are pulled to the future and use honoring as a means to heal rather than the expected interactive "talking about the past" modes. You will see how those who use these modes do so in a way that is simply not easily detected. It is basically invisible. The book offers a section on how to help the men you love and also a section offering therapists clinical ideas for working with men. If you are a man, read this book to affirm your unique way of healing. If you are a woman, read this book to understand the men you love. When we understand each other our relationships flourish.

Tom Golden's website is <http://www.webhealing.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 postings 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.



Bereaved Parents of the USA Anne Arundel County Chapter

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NEXT MEETING: June 5, 2014

Time Sensitive
Must be delivered by June 1, 2014

Upcoming Meetings & Events:

June Meeting

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July Meeting

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

SUMMER SOCIAL Join us for our July Meeting/ Summer Social in lieu of our regular meeting. All attendees are asked to bring a dish to share if they can. It will be a special time for us to meet, greet and eat!

September Core Group Meeting

Tuesday, September 16, 2014 7 pm @ Calvary United Methodist Church, Annapolis, MD

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