



MAR/APR 2016

Bereaved Parents of the USA

Anne Arundel County Chapter

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Our Children Remembered

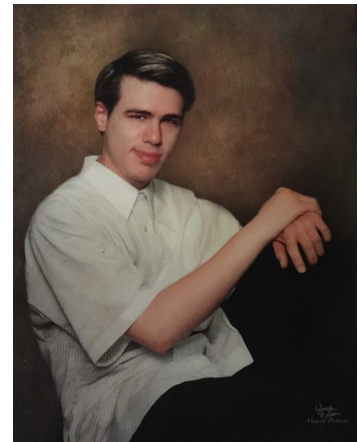
You may be gone from my sight...but you are never gone from my heart.



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

Happy memories, happy times.
These are the memories & love
that keep you in our hearts &
thoughts forever.

Mom, Dad, Brian & your new
nephew, Andrew



William Mirza Khadem

October 24, 1984 - April 6, 2012

Someone once wrote: "You can complain because
roses have thorns, or you can rejoice because thorns
have roses." Your death is like a thousand thorns, your
life like a million roses.

~Yoosef and Linda Khadem

In memory of their son

Joey E Belcher, Jr.
04/21/1975 - 12/17/2012

As I go through life and think I've run out
of tears, the memory of your smile brings
me to my knees again.
And while I hug your teddy bear I can't
help but think I'd give my life if it was
you and you could hug me back.

If only you knew how much
you are missed...

Papa, Mimi, Riley and mom.



I NOW KNOW:

THAT: ONE DAY I WOULD CRAWL OUT OF THE DARK AND ICY FOG MY JOEY'S DEPARTURE LEFT ME ENVELOPED IN.

THAT I WOULD GO OUT INTO A WORLD WHICH WAS CRUELLY UNCHANGED, INDIFFERENT TO MY PAIN, INEXORABLY MARCHING ON.

THAT: ONCE I LEARNED THAT LIFE IS RANDOM I WAS ABLE TO STOP BLAMING GOD AND I COULD THEN FIND REFUGE IN HIS UNFATHOMABLE LOVE.

THAT: I WOULD NEVER "HEAL" IN THE MOST BASIC MEANING OF THAT WORD, BUT THAT I WOULD FIND THE WAY TO JUST GO ON.

THAT: WHILE JOEY'S LIFE CAN NEVER BE RESTORED, I CAN LIVE HIS UNLIVED LIFE FOR HIM AND WITH HIM EVERY SECOND OF THE REMAINDER OF MINE.

THAT: PEOPLE WOULD STOP CALLING OR COMING AND THAT I'D BE ABLE TO FORGIVE, AS HIS LOSS WAS MINE AND NOT THEIRS.

THAT: ASKING 'WHY' OVER AND OVER WOULD NEVER GIVE ME THE ANSWER I NEEDED TO HEAR.

THAT: INSTEAD OF ASKING "UNANSWERABLE WHY'S" I COULD GIVE SOME LOGIC TO THE HORROR OF WHY HE DIED INSTEAD OF ME.

THAT: I COULD HONOR HIS NAME BY DOING ALL THE THINGS HE WOULD HAVE DONE FOR OTHERS.

THAT: THERE WAS A REASON FOR THE INDESCRIBABLE PAIN OF LOSING WHAT I LOVED MOST IN LIFE.

THAT: THE REASON WAS THAT HIS LOSS WAS MEANT TO MAKE ME A NEW PERSON, A BETTER PERSON THAN I WAS.

A NEW PERSON WHO STRIVES TO BECOME WHAT JOEY WAS.

A PERSON WHO DEFERS JUDGEMENT TO GOD AND LOVES NEVERTHELESS.

A PERSON WHO BELIEVES THAT GENEROSITY AND COMPASSION SHOULD NOT ONLY BE BOUNDLESS, BUT ALSO ENDURING.

A PERSON WHOSE HUMILITY BECOMES THE TRADEMARK OF A WORTHY LIFE.

In loving memory of our dearly beloved son Joey Belcher, Joe and Irene Belcher



Proactive Grieving Seminars at Sea ~ Journeys of Hope, Healing & Health

Hosted by: Nationally Recognized Grief Specialists & Authors
Linda Findlay & Mitch Carmody

Two Bereavement Cruises Are Set to Sail

Both cruises will provide an opportunity to better understand the grief journey, receive compassionate support and enhance coping skills. All grieving workshops and activities will take place in the evenings and on the days at sea. There will be plenty of time to relax, spend time with others, share meals with new friends and much more.

SEPTEMBER 15-18, 2016

3 NIGHT BAHAMAS CRUISE

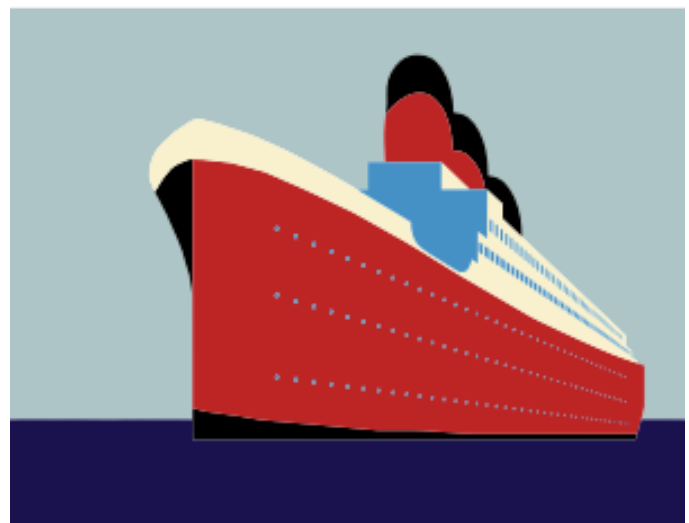
CRUISE LINE: CARNIVAL VICTORY

FEBRUARY 4-9, 2017

5 NIGHT BAHAMAS CRUISE

CRUISE LINE: CARNIVAL ECSTASY

Carol Tomaszewski is the Anne Arundel County Bereaved Parents Chapter patron for the Feb 2017 cruise. If you sign up and mention our Chapter and/or Carol's name the group may be eligible for onboard credit.



MYTHS

Myths and Facts About Grief

MYTH: The pain will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

MYTH: It's important to be "be strong" in the face of loss.

Fact: Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

MYTH: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

MYTH: Grief should last about a year.

Fact: There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

Source: Center for Grief and Healing



Book Reviews

Loss came suddenly for Jerry Sittser, a Professor and Chair of Theology at Whitworth University and the author of several books. In an instant, a tragic car accident claimed three generations of his family: his mother, his wife, and his young daughter. While most of us will not experience such a catastrophic loss in our lifetime, all of us will taste it. And we can, if we choose, know as well the grace that transforms it.



"A Grace Disguised: How the Soul Grows through Loss" explores the depths of sorrow, whether due to illness, divorce, or the loss of someone we love. The author believes the circumstances are not important; what we do with those circumstances is. In coming to the end of ourselves, we can come to the beginning of a new life—one marked by spiritual depth, joy, compassion, and a deeper appreciation of simple blessings. Mr. Sittser shares the horrific depths of sorrow into which he was abruptly plunged and his strong belief system that brought him back from the darkness.

“Don't be a Waster of Sorrows” by Peter C. Wilcox

Everyone experiences sorrow in their lives. As a bereaved parent we have experienced the ultimate sorrow and we are challenged with trying to find positive personal growth in our lives, in spite of this sorrow. Peter Wilcox looks at this challenge in his book *Don't be a Waster of Sorrows*, as he says, “The reality is that what we do with our sorrows can have a tremendous impact on our growth as a person psychologically, emotionally and spiritually.” This book suggests ways we can learn to integrate our sorrows into our lives in a positive, healthy way.



Peter Wilcox is a local psychoanalyst and bereaved parent. He has spoken numerous times over the years at Chapter events and meetings. He has published three books and has a website www.petercwilcox.com. Watch for his latest book in our library.



Training for Chapter Volunteers

“As we light a path for others, we naturally light our own way.” –
Mary Anne Radmacher



When you lose your child, in the early years of your grief, you reach out to others to help you find your way through the ravages of this journey. We have all been there and vividly remember that pain and affectionately remember those who provided comfort, encouragement and hope for the future.

As time passes, and your grief is not so raw, it is time to consider being the one who reaches out to provide the comfort and encouragement. By helping others, you will ultimately be helping yourself.

Our Chapter is offering a training session for anyone interested in learning more about our mission and our methods of relating to the newly bereaved. The training will provide information on greeting there newly bereaved and obtaining their information. There will be a short session on providing the Opening for our meetings. Discussions on facilitating and helping with the sharing groups will include guidelines for interactions, suggestions for encouraging sharing, pointers on dealing with different situations, and much more.

This training is open to everyone. This is an opportunity that our Chapter provides only every five years or so. However, this training will give you a basis for understanding more about our meetings, our mission and the principles of the Bereaved Parents.

Understand that you are not expected to immediately volunteer to become an active greeter, helper or facilitator. You can volunteer when you feel ready, and you will know when that time comes. But I encourage everyone to seriously consider taking advantage of this opportunity for personal growth, for that is indeed what we are offering you.

Help us light the path for others....as we light our own way. We need your help.



What: Training for Chapter Volunteers

When: March 19, 2016

Time: 11:00 – 3:00

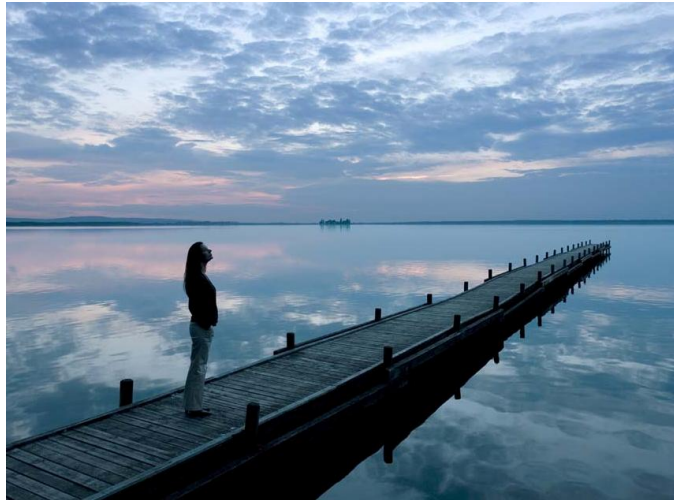
Where: Castiglia Home, 726 Darlow Dr, Annapolis MD

RSVP: chapterleaderaacountymd@gmail.com, Noel Castiglia 410-757-5129

Carol Tomaszewski
Chapter Leader, BP/USA AAC



Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, it also has physical, cognitive, behavioral, social, and philosophical dimensions. ~<https://en.wikipedia.org/wiki/Grief>



<http://www.harrisonshope.com/wp-content/uploads/2013/01/grief.jpg>

The Best Things to Say to Someone in Grief

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I don't know how you feel, but I am here to help in anyway I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. I am always just a phone call away
7. Give a hug instead of saying something
8. We all need help at times like this, I am here for you
9. I am usually up early or late, if you need anything
10. Saying nothing, just be with the person

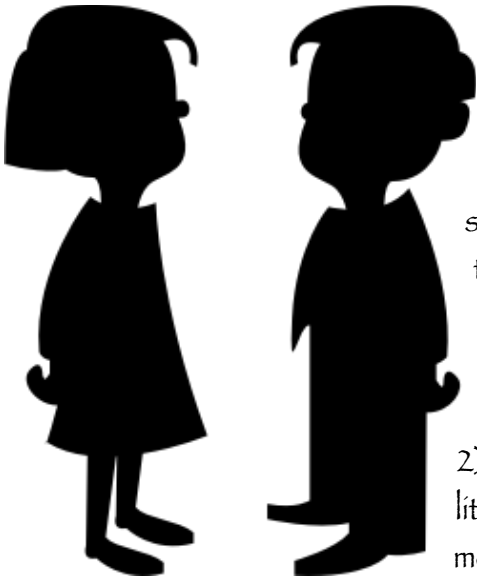
The Worst Things to Say to Someone in Grief

1. At least she lived a long life, many people die young
2. He is in a better place
3. She brought this on herself
4. There is a reason for everything
5. Aren't you over him yet, he has been dead for awhile now
6. You can have another child still
7. She was such a good person God wanted her to be with him
8. I know how you feel
9. She did what she came here to do and it was her time to go

<http://grief.com/10-best-worst-things-to-say-to-someone-in-grief/>



10 Things Everyone Should Know About Siblings & Grief



1) Sibling grief is often misunderstood—by parents, families, friends, and counselors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother? Who now face that lifetime alone?

2) Sibling grief “has been almost entirely overlooked in the literature on bereavement.” [1] It’s no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking?

3) Common emotions siblings may feel when a brother or sister dies include:

- Guilt
- Abandonment
- Loss of Innocence
- Fallout from the Family
- Somatic Symptoms
- Fears and Anxiety

4) Siblings may feel “trumped” by the grief of other family members. I sure felt this way, and it’s common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling’s own loss.

5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety; “Survivor guilt” is also common. Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behavior or



for unacceptable feelings (jealousy) is common. Young children may think, before the death, “I wish my brother were dead!” then believe they somehow caused it to happen. Older siblings may wonder, “Why them and not me?” Because siblings are usually similar in age, it can bring up many questions about the sibling’s own life and death, and guilt along with it.

6) Surviving children do, unfortunately, end up taking the fallout from parents’, siblings’, or other family members’ mistakes, emotional blowups, or neglect. In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren’t so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a “parent” figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced my life. It profoundly changed our family.

7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling’s symptoms. Especially in young children, symptoms like stomachaches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.



8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal. Little children don’t comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn’t their fault, to validate what they feel. If parents aren’t able to do so, another family member or friend may, and hopefully will, step in.

9) Even adult siblings will feel the loss deeply. The pain isn’t less simply because you’re older. In fact, in many ways, it’s harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven’t developed abstract thinking and understanding, will. Grieve your loss. If you’re not sure how, here are some ideas.



10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal. Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be “over it by now.” They don’t know sibling loss. Now, you do. It takes time. Lots of time. It’s not about “getting over” the loss of a sibling. You don’t get over it. You create your life and move on, when you’re ready. But you will always remember your brother or sister—the missing piece of your life.

I once heard someone say, “When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose the past and the future.” That is the grief of a sibling—grief for what was past, and grief for what should have been the future.



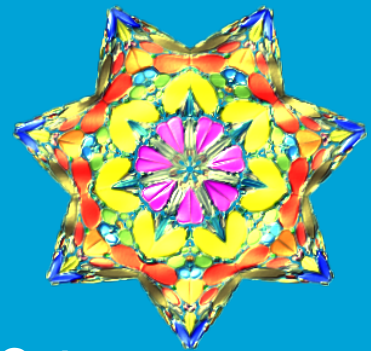
Just remember these things, my friends. Remember to be there for siblings in grief. You can be the difference in helping them create a bright future, even if they now must do so without their beloved sibling.

<http://www.drchristinahibbert.com/dealing-with-grief/siblings-grief-10-things-everyone-should-know/>

**“Life Lesson 3: You can't rush grief.
It has its own timetable.**

**All you can do is make sure there are lots
of soft places around --
beds, pillows, arms, laps.”**

**~ Patti Davis, Two Cats and the Woman
They Own: or Lessons I Learned from My Cats**





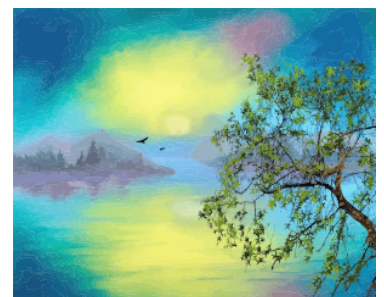
The Mask

I feel as if I am buried alive
 Yet I smile, and respond
 "Fine, thank you."
 I have been appropriately conditioned that
 No one wants to hear the painful t r u t h.
 An essential part of me
 A constituent of my earthly being
 Has been violently amputated.
 Yet I must tolerate mediocre conversations
 A verbal splash in a shallow puddle
 Pretending to be a player of the words
 That have no m e a n i n g.
 My heart has been ripped from my chest
 No benevolence granted
 No explanation -No apologies
 Only cataclysmic p a i n
 Only agony
 No anesthesia remains, just the bitter pain.
 Yet I wear the m a s k
 Day to Day.
 Pretending I fit in
 But really I'm a foreigner here
 They speak a foreign language
 It means nothing to me.
 Sequestered behind the mask
 They cannot know the sadness of my heart
 Nor understand the words I speak
 Nor the longing of my arms
 Nor the native language of my e y e s
 They will never really know me,
 If I hide behind the mask.

Excerpt from Dear Cheyenne
 © 1996 by Dr. Joanne Cacciatore
 - See more at: <http://www.misschildren.org/support/articles/copingwithgrief#sthash.ghbHZyFA.dpuf>

Native American Prayer

*I give you this one thought to keep -
 I am with you still - I do not sleep.
 I am a thousand winds that blow,
 I am the diamond glints on snow,
 I am the sunlight on ripened grain,
 I am the gentle autumn rain.
 When you awaken in the morning's hush,
 I am the sweet uplifting rush,
 of quiet birds in
 circled flight.
 I am the soft stars
 that shine at night.
 Do not think of
 me as gone -
 I am with you
 still in each new dawn.*



March is Trisomy Awareness Month



Most people have 23 pairs of chromosomes in most or all of their cells for a total of 46 chromosomes in all. These chromosomes include DNA and other material that provide a blueprint for “building” a person. Some people have trisomy conditions—those related to having an extra chromosome in most or all of their cells, for a total of 47 chromosomes in all. An extra chromosome can cause a variety of health problems ranging from mild intellectual and developmental disability (IDD), to severe physical problems.

#rememberingchildrenlosttotrisomy

[~https://www.nichd.nih.gov/news/resources/spotlight/Pages/031513-trisomy.aspx](https://www.nichd.nih.gov/news/resources/spotlight/Pages/031513-trisomy.aspx)

The specific health issues of a trisomy condition and how severe those issues are depend on:

- Which chromosome: An extra copy of some chromosomes is lethal; for example, an embryo with three copies of chromosome 1 will not develop.
- Whether there is a partial or complete extra chromosome: If cells include only a partial extra chromosome, symptoms are usually milder than if cells have a complete extra chromosome.
- How many cells have the extra chromosome or partial chromosome: If the extra chromosome is in only a few cells, the symptoms are usually milder than if the extra chromosome is in all or most of cells.

Health conditions and problems associated with trisomy include physical abnormalities, such as extra fingers or toes; physiological issues, such as irregular heartbeat patterns; and problems related to intellectual and developmental functioning.

Most of the time, trisomy conditions are not passed from one generation to the next, but result from a random error that occurs during cell division very early on in development.

Trisomy can occur with any chromosome, but the most well-known syndromes are:

- Trisomy 21, more commonly known as Down syndrome, occurs in 1 in 691 live births in the United States each year, according to the Centers for Disease Control and Prevention. People with Down syndrome usually have mild-to-moderate intellectual and developmental disability (IDD), heart abnormalities, and are at risk for hearing and vision loss and a number of other health conditions..
- Trisomy 18, also called Edwards syndrome, occurs in about 1 in 5,000 live births each year in the United States. Infants with Trisomy 18 often have severe IDD, as well as serious heart problems and other life-threatening issues that make them less likely to live past their first birthday.
- Trisomy 13, also called Patau syndrome, occurs in about 1 in 10,000 to 16,000 live births each year worldwide. Trisomy 13 is associated with more severe IDD and multiple physical problems, including serious heart problems.



Our Library

Our Chapter of Bereaved Parents has a relatively extensive library covering a wide range of topics. Many of our materials, books, pamphlets, and tapes, were donated by bereaved parents in memory of their children. When members find a particularly helpful resource, they often donate it to our library as a way of helping others. You are always invited and welcome to take any book from the library and keep it for as long as it is useful to you. We always ask that when you have finished the book, you return it so someone else may benefit from the book.

We inventoried the library books on hand in late 2008 and compiled a list of the books in our library. We recently compared that list with the books currently in our library and found that many books are checked out -- some since before 2008. WE NEED YOUR HELP. Our library is missing 168 books, pamphlets, or tapes. We would appreciate your taking a look around your home, office, car, or wherever you keep your reading and listening material. If you have a book and it is helpful and you are still using it, please continue to use it. If you have checked out a book and have finished it; please return it to the chapter so that another bereaved parent can check it out. If you cannot easily return a book to one of our monthly meetings, just drop the book or cassettes in the mail, addressed to BPUSA/AA Co, P. O. Box 6280, Annapolis, MD 21401. Thank you.

Recently, we purchased new books that may be helpful to our members. If you have read a book that you found to be particularly helpful, please share the title and author with us, and we will see about purchasing it for our library. The following are some of the books that you will find available at the next monthly meeting:

When Bluebirds Fly by JoAnn Kuzma Deveny -- is about the death of a young child from the parent's perspective and shares the journey of young sibling grief through their observation.

Breathe by Kelly Kittel – Breathe is a story of motherhood, grief, and family in the face of unspeakable tragedy and ultimately how she learns to breathe again.

After Suicide Loss – Coping with your Grief by Jack Joran, Ph.D and Bob Baugher, Ph.D. -- is written for the person whose loved one has died by suicide.

Grieving Dads -- To the Brink and Back is a collection of candid stories from grieving dads that were interviewed over a two year period.

The Bereaved Parents by Harriet Sarnoff Schieff -- takes you through all of the emotions and feelings you go through when you child dies.

Understanding Guilt during Bereavement by Bob Baugher, Ph.D. -- is written to help bereaved people gain insight into their guilt feelings and to begin the process of moving beyond the heavy burden of guilt.

The Crying Handbook by Bob Baugher, Ph.D and Darci Sim, Ph.D. -- for those who always cry, for those who never do, and for those who cry somewhere in between.



Our Children Remembered

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.

MARCH

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

Melanie Suzanne Berkow
Daughter of Sandra Winans
January 2, 1956 - March 23, 2012

Richard Allen Bessling
Son of Robert and Barbara Bessling
March 18, 1982 - March 15, 1995

Linda Lou Boyce
Daughter of Cora Boyce
March 29, 1967 - November 30, 2004

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

Robert "Bo" William DePaola
Son of Jill and John DePaola
March 22, 1995 - May 23, 2015

Michael J. Dickens Jr.
Son of Marla and Michael Dickens Sr.
July 7, 1968 - March 29, 1996

Zachary Lee Dukes
Son of Cindy Dukes
February 12, 1989 - March 31, 2010

Manuel Junior Esparza
Son of Dianna McKinnon
March 20, 1987 - February 14, 2012

Cynthia Lynn Ferguson
Daughter of Doris and Charles Clair
September 4, 1952 - March 28, 2010

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

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

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

Andrew Scott Hoffman
Son of Donna and Bryan Hoffman
March 6, 1986 - October 27, 2013

Kole William Hoffman
Son of Erin and Jim McKinney McDonald
December 23, 2007 - March 7, 2010

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

Matthew James Katz
Son of Bob and Sue Katz
March 13, 1982 - September 7, 2003

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

Jerry Mason Jr.
Son of Mary and Jerry Mason
May 6, 1968 - March 23, 2005

Edwin Brandon Molina Jr.
Son of Carole and Edwin Molina
July 6, 2005 - March 3, 2007

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

Michael Dwayne Nokes
Son of Ellen Foxwell
November 9, 1963 - March 15, 1988

Brian James Para
Son of Joan Para
February 19, 1970 - March 19, 1991

Sydney Elaine Patronik
Daughter of Holly and Michael Patronik
March 26, 2002 - May 11, 2002

Thomas H Redmiles
Son of Mary and Joe Redmiles
February 22, 1985 - March 14, 2011

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



Erin Michelle Shannon
Daughter of Karen Shannon
November 21, 1979 - March 18, 2009

Vejay Singh
Son of Jessica and Hardeep Singh
October 12, 1992 - March 21, 2014

Abigail Helen "Abbey" Skuletich
Daughter of John and Glenda Skuletich
March 9, 1984 - May 12, 1992

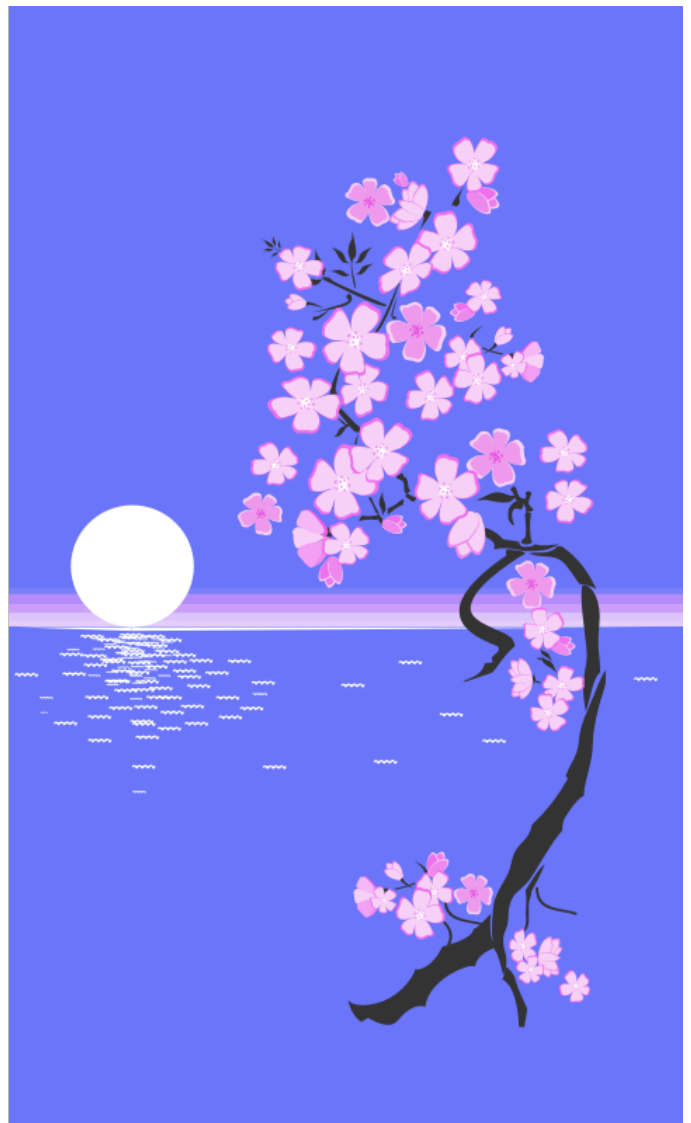
Mark Edward Smeltzer
Son of Peggy Smeltzer
December 11, 1969 - March 15, 1997

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

Joseph Claude Smith
Son of Gary and Desirae Smith
March 19, 2005 - July 11, 2006

Tenoch Bennett Sweeney
Son of Richard Sweeney
March 30, 2011 - May 21, 2011

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



APRIL

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

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
 Brother of Janet Tyler
 Brother of Lisa Beall
 April 24, 1959 - August 16, 1992

Jasmin Aliyah Corria
 Daughter of Diran and Mila Corria
 April 14, 2015 - April 16, 2015

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

Lynda Jo Quigley
 Daughter of Betty Quigley
 April 2, 1967 - December 13, 2011

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

André Marc Sanders
 Son of Karen Sanders
 April 8, 1968 - November 27, 2002

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 Lovett
 April 25, 1951 - June 2, 1981

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



Donations to our Chapter: George and Catherine Schindler in memory of their daughter Emily Ann Schindler and Carol Fritz in memory of her daughter Kathryn “Katie” Fritz. Thank you.

Meeting Summary: 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. (Doors open at 7:15) 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.

Next Meetings: Mar 3rd & Apr 7th at 7:30 p.m.

* March Monthly Meeting: Thursday, March 3, 2016. Vickie Rankin will present “Project Linus” which is an organization that donates handmade blankets to children, ages 0-18 who have experienced trauma or are seriously ill. The blankets are donated to hospitals, homeless shelters and churches. Whomever would like to make a blanket should bring 1 1/2 yards of a colored fleece material and 1 1/2 yards of fleece material with a pattern that match each other. Scissors would also be helpful.

* April Monthly Meeting: Thursday, April 7, 2016. Our speaker will be Carol Fritz who is a bereaved mom and member of the group since 1993. She works at the Hospice of the Chesapeake Life Center and will be talking about the services they offer. The Chesapeake Life Center provides grief and trauma support and education to children, adults, families and members of the community. Chesapeake Life Center is a program service of Hospice of the Chesapeake, a nonprofit agency serving the community for over thirty years.

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.



Newsletter Submissions – If anyone has a story to tell, a poem to share, a bereavement book they read, an upcoming grief conference, a photo they took of an event, or an article they thought was particularly helpful in their grief journey, please pass them on to others through our Newsletter. These personal submissions will make the newsletter more interesting for everyone. *NOTE:* Newsletters have changed to bi-monthly and all submissions should be submitted no later than the 15th of the month prior to newsletter publication (i.e. submit by Feb 15th for the Mar/Apr Newsletter). That includes those sponsoring the newsletter in memory of their child. Sponsorship submissions should include a photo, poem/saying, parents' name, child's full name, birthday and angel date. 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 ((www.aacounty-md-bereavedparents.org)) is \$25. Just send an email to Mary Redmiles (Say Their Names!!! And help the Chapter, too! Please email all of these directly to mary.redmiles@gmail.com or call her at 410-721-6671 or sign up at a monthly meeting. Submissions for the MONTH newsletter are due to Tawny Stitely. Send an email to: TWSbpaac@gmail.com

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!

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.



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Chapter Web Site: <http://www.aacounty-md-bereavedparents.org/>

Chapter Address:

BPUSA/AA County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

Winter Months: Inclement weather on a meeting night** - Meeting cancelled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m.

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

Connect With Us on Facebook: We are 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.



In Loving Memory Conference

April 7 to April 10, 2016

“Finding your Lifeline”, Hyatt Fairfax Hotel, Fairfax, Virginia

This four-day conference is for bereaved parents who have lost their only child or all their children. Grandparents, bereaved parent support group chapter leaders, friends and the professionals, who assist parents in walking through their grief, are also encouraged to attend. Mark your calendars now as this is the only Conference that focuses **entirely** on the needs of parents who have no surviving children. Kay Bevington, from Alive Alone will be participating, as will many other speakers and workshops to be announced. Register at <http://www.inlovingmemoryconference.org/>

Bereaved Parents of the USA 2016 National Gathering

June 29 – July 3, 2016

“Crossroads of Your Heart”

Wyndham Indianapolis West, 2544 Executive Drive, Indianapolis, IN 46241

39th TCF National Conference

July 8 – 10, 2016

“Hope Rises on the Wings of Love”

The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National Conference on July 8-10, 2016. "Hope Rises on the Wings of Love" is the theme of next year's event, which promises more of this year's great national Conference experience. The 2016 Conference will be held at the The Fairmont Scottsdale Princess. We'll keep you updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience.

GRIEF RESOURCES:

For Grief Resources, please visit our Chapter website at:

<http://www.aacounty-md-bereavedparents.org/HTML/Resources.htm>

Also try this useful website at <http://grievingparents.net>

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