

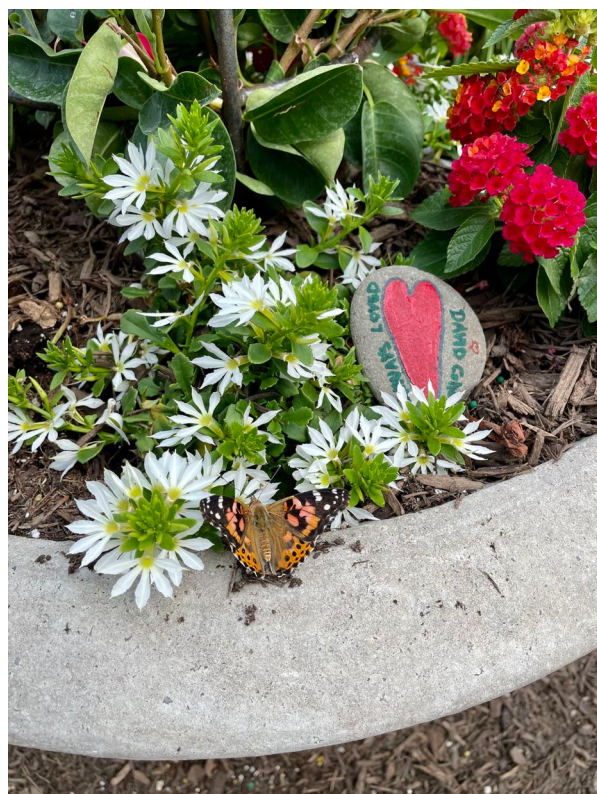


Serving Upper Bucks and Montgomery Counties

The Compassionate Friends

Quakertown Chapter July/ August 2023

Thank you to all who came to our Memorial Walk at our Memorial Garden. What a wonderful day to honor our beloved children.

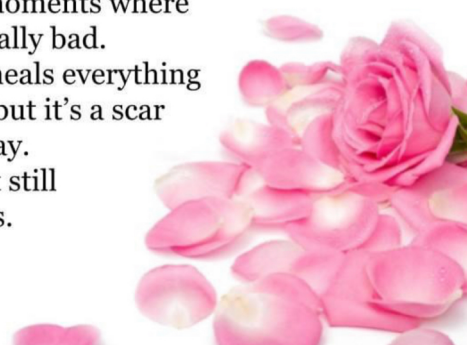


I don't believe time heals everything. It helps, it does. After awhile you won't cry about it all the time. It won't consume your every thought anymore. You do get better. You'll laugh, and smile. You'll even have a lot of great days.

But it's still there. You just learn to live with it. This is how things are now. So you get used to it. But, that doesn't mean it ever goes away. It's still deep in your soul. Still makes you cry when you think about it too much. Still stops you in your tracks when something reminds you of it.

You'll have those moments where your heart hurts really bad. I don't think time heals everything sure it gets better, but it's a scar that never goes away. A broken bone that still aches on rainy days.

Melinda Caroline
HEALING HUGS



As our membership grows costs are rising to mail paper copies of the newsletter each month. Please consider receiving the newsletter by email, or Facebook, or our website. Please contact us with your email address!!! Thank you for helping us SAVE funds!!! email or scan -----> contact@tcfquakertownpa.org



Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 215-703-8431
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org

NEW

Please give some thought to volunteering with The Compassionate Friends. Our Chapter is growing and we need helping hands to continue to help others that are new to this path of grief. We need not walk alone.

My angel up in heaven,
I wanted you to know,
I feel you watching over me,
everywhere I go.
I wish you were with me,
but that can never be,
Memories of you in my heart,
that only I can see.
My angel up in heaven,
I hope you understand,
That I would give anything,
if I could hold your hand.
I'd hold you oh so tightly,
and never let you go,
And all the love inside of me,
to you I would show.
My angel up in heaven,
for now we are apart,
You'll always live inside of me,
deep within my heart.

Scott and Kyle

Where did you go, my son?
You've been gone 12 years.
Though it seems like yesterday
Since I still cry silent tears.

Where did you go, grandson?
For six years you've been away.
And the sorrow I felt then
Is the same sorrow I feel today.

I miss you both terribly
I wish I could be stronger.
And the day that I see you again
Is the day I miss you no longer.

In Memory of Scott and Kyle
Silver by Jeanie Hofman



Spotlight on the Heimerdingers

Barb and Bob have played a large role in the success of our chapter Memorial Garden. They attended the very first planning meeting of the the newly formed garden committee. Both offered professional advice, time, energy and equipment. They

had a contracting business which included much needed machines to turn a flat part of the township park into a garden.

Both were there each step of the way assisting in a variety of ways. They are also responsible for the placement of each and every memory plaque that is on the bench. Through trial and error they have mastered a technique to apply the plaques to the stone bench.

The chapter thanks them for all their assistance in helping with the success of our beautiful Memorial Garden. They do this in remembrance of their son Ryan.

Visit our Website

<http://www.tcfquakertownpa.org>



Sept. 20, 2019- For 20 years, I have been healing from the loss of my son to suicide. I learned to survive one day at a time. I've put this list together, from one parent to another, in the hope that it will be of some help to other parents who are just starting this journey. You will survive.

By Marcia Resnick

- 1 You are not alone. You may think that as a parent whose child took his or her life, you are on another planet, all by yourself: but there are many parents walking the same road. You don't yet know them. [Find an AFSP chapter](#) in your community, make use of the support they offer, and connect with other survivors of suicide loss. There are many people enduring the same pain as you. We all understand.
- 2 Get the help you need. After my son died, I found a therapist for my surviving son, as well as a grief counselor for myself. My husband and I continued to see our couple's counselor. I eventually took anti-depressant meds. There is no shame in getting help. If you don't have the energy to do it yourself, have a close friend find the appropriate therapist or support group for you. Speaking of which...
- 3 Let your friends provide support in whatever ways you or they can think of. If I had a doctor's appointment, I asked a friend to call in advance to tell the doctor what had happened, because I couldn't bear the thought of answering the typical question, "So did anything important happen this year?" As another example, I'm a lawyer, and eventually after my son's death, I had to appear in court for clients. I took a friend with me for support each time. Everyone is different. Your friends

want to help. Let them be there for you.

- 4 When you're ready, re-connect with your regular routines. Before my son died, my daily routine included going to the gym. As emotionally shattered as I was, I continued to go. It wasn't always easy, but in the end, it helped. Figure out what you liked to do before your child died. Knitting, reading, cooking, cross word puzzles, yoga, reality TV, painting. Everyone has their own thing. It will help you maintain your sanity.
- 5 There is no right or wrong way to grieve. Do whatever feels comfortable for you, and don't do anything you don't want to do. You have a "pass." If you are invited somewhere, and don't want to go, you can say something like, "I'm not up to it, but please keep asking. Eventually I will accept your invitation."
- 6 When you go back to work, make sure you have a safe place to hide when you have a meltdown. Let those close to you know it will probably happen, and have them protect you as much as possible.
- 7 It's okay to smile and laugh. You are miserable enough. You don't have to prove, or show, how sad you are to anyone.
- 8 Plan ahead for holidays, or have several alternate plans, depending on how you're feeling. Holidays can bring up a lot of complicated feelings after a loss. See how you feel that day, and do whatever feels right to you then.
- 9 Try not to make any big decisions for at least a year. Don't move out of your home. Don't clean up your child's room or their belongings until you are ready.

- 10 Try your best not to spend a lot of time agonizing over the question of, “Why?” There is probably no good way to protect yourself from doing this. But try to keep in mind that no matter how long you think about the “why,” you may come up with possibilities, but never a conclusion.
- 11 Know that you will always be your child’s mom or dad. You might wonder, “If I lost my only child, am I still a mother or father?” You raised your child, and can keep your child’s memory alive in meaningful ways, when you are ready. My son’s picture is on a [memorial quilt](#). You can share happy memories of your child with others. Some people find that giving their child’s friends a special item of theirs is meaningful. Many raise awareness and funds through [Out of the Darkness Walk](#) teams, or by [creating their own events](#) in honor of the people they’ve lost. Whatever feels right to you.
- 12 Many people feel guilty after the loss of a loved one to suicide. You might think, “I should have done more, or done things differently.” Our children did not come with instructions. Know you did the best you could. We would give our own lives to have our children back. It was not within our control. Taking one’s life is not a rational decision.
- 13 Realize your child did not take their life to hurt you. You might feel angry; it’s a common response. Realize your child had tunnel vision in that moment, and just wanted to end their pain.
- 14 Know how to deal with inappropriate questions, like people wanting details about your child’s death. It is none of their business unless they are close to you and you feel like sharing. You can simply say, “I do not want to discuss it.” Or, “This isn’t helping me right now.” You need consoling. You do not need to console others.

- 15 When you’re ready, consider volunteering. Get involved with [your local AFSP chapter](#). Whether it’s helping out with the annual [International Survivors of Suicide Loss Day](#), the [Healing Conversations](#) program, or any number of other ways you can get involved, I have found that once I had given myself time to process my loss, giving back to a community of fellow loss survivors aided me in my own grief journey.

We need to work hard not to be ashamed or embarrassed by the way our children died. Our children had an illness, just like cancer or any other disease. There’s no need to hide it. As survivors of suicide loss, we learn to survive and live a fulfilling, although different life than what we had expected. My hope is that you can use some of the ideas I’ve shared to help you find your own way forward.

Upon learning that one of my daughters died, people ask, “What was her name?” The hair immediately stands up on the back of my neck as I use the present tense and say,
“Her name is Allison.”

While death took away her physical presence, death did not take away the spiritual relationship we continue to have. Neither did death take away her name.

Our child's name becomes the living reference point for our relationship with them throughout their lives as well as after their deaths.

Allison is and will always be my child.
And her name will always be Allison.

*By Barbara J Reboratti, Allison's Mom
TCF Quakertown, PA, Chapter*

Our Children Remembered on their Birthdays

July

7/1 - **Karen Slotter**, daughter of Dolly Bibic
7/3 - **Shane Bowen**, son of Agnes & Robert Bowen
7/6 - **Morgan Basciano**, daughter of Sharon & Nicholas Basciano; sister of Olivia Basciano
7/6 - **Ryan McMullen**, son of Kathleen & John McMullen
7/8 - **John Tyler Rotelle**, son of Jill Rotelle
7/9 - **Kyle Silver**, grandson of Jeanne Hofmann
7/9 - **Brian Beyer**, son of Eileen Beyer Curry
7/13 - **Scott Silver**, son of Jeanne Hofmann
7/18 - **Brian Michael Leigh-Manuell**, son of Ginny Leigh-Manuell; brother of Jennifer Wills
7/20 - **Katie Leck**, daughter of John & Anita Bardsley
7/20 - **Adriana Toro**, daughter of Israel Toro
7/20 - **Alycia Pinkowski**, daughter of Patty Rugulo
7/21 - **Lisa Dawn Weatherly**, daughter of Norma Jean Weatherly
7/22 - **Michael Cogossi**, son of Cheryl Cogossi
7/25 - **Joe Discher**, son of Martha & Art Discher; sister of Wendy Park
7/28 - **Mitchell Yelovich**, son of Jacquie Yelovich
7/30 - **Robert Marich**, son of Michele Callon
7/30 - **Douglas Minner**, son of Louise & Toby Minner



August

8/4 - **James Monahan II**, son of Kim Kleinsmith
8/8 - **Jamie Stewart**, son of Jim & Beverly Stewart; sibling of Sherrie
8/8 - **John Turner**, son of Joanne Turner; brother of Jackie
8/9 - **Joshua Woods**, sibling of Eliot Woods, Tricia Woods & Jenn Kroll
8/10 - **Brenda Meehl**, daughter of Patricia & Harold Hunsicker
8/10 - **Tom O'Donnell**, son of Thomas & the late Susan O'Donnell
8/10 - **Ronald "Petie" Shultz**, son of Maria Shultz; grandson of Doreene Pettie
8/10 - **Jamie Frick Standish**, daughter of Terry Frick
8/12 - **Christopher Thomas**, son in law of Barbara & Eduardo Reboratti
8/13 - **Trevor Baelz**, son of Marsha Leary
8/13 - **Julia Smith**, daughter of Deborah Hetherington
8/13 - **Emmalee Ingrid Bryan**, daughter of Terri Bryan
8/16 - **Lillian Claire Ciccarone**, daughter of Claire & Frank Ciccarone
8/16 - **Christopher Ulmer**, son of James & Patricia Ulmer
8/17 - **Michael Morgan**, son of Deb & Ray Vrtis
8/18 - **Michael Gurecki**, son of Diane & Stanley Gurecki
8/18 - **Zachery Roessler**, son of Pam Howell
8/21 - **Eric Smith**, son of Mary & Ross Smith; sibling of Ashley
8/25 - **Jim Roberts III**, son of Sue & Jim Roberts
8/29 - **Kimberlee Godshall**, daughter of Terry & Fairlie Godshall
8/29 - **Corbin Christopher Snider**, son of Chris Snider
8/30 - **Dustin David Weiss**, son of Nikki Radcliff
8/30 - **Kyle Paul Royer**, son of Kay Herwig Royer

Our Children Remembered on the Anniversary of Their Death Loved, missed and always in our hearts

7/1 – **Dustin David Weiss**, son of Nikki Radcliff
7/2 – **Peter Smith**, son of Angela & Richard Smith
7/3 – **Lynda Mohlenhoff**, daughter of Frank & Peggy Posivak
7/4 – **CalliMae Derstine**, daughter of Lucy & Mike Derstine
7/5 – **Adam Graham**, son of Albert & Carol Graham
7/5 – **Michael Detweiler**, son of Mary & Larry Detweiler
7/6 – **Joshua Woods**, brother of Jenn Kroll, Eliot Woods, Tricia Woods
7/6 – **Alex Shiloh**, son of Irena Shiloh
7/6 – **Eric David Schwartz**, son of Amy DeLellis
7/7 – **Michael Bolan**, son of Jennifer Bolan; brother of Bridgette
7/9 – **Steven Ketterer**, son of Steven & Gail Ketterer
7/10 – **Heather Wagenseller Ash**, daughter of Janet Wagenseller
7/11 – **Emmalee Ingrid Bryan**, daughter of Terri Bryan
7/12 – **Hunter Larrabee**, son of Michelle Larrabee Argue
7/13 – **Joshua Sotak**, son of Mary Catherine Nederostek
7/17 – **Melinda Daniel**, daughter of Jacqueline & Bob Daniel
7/17 – **Scott Silver**, son of Jeanne Hofmann
7/21 – **Kyle Paul Royer**, son of Kay Herwig Royer
7/25 – **Denise Layton**, daughter of Edward & Gloria Layton
7/26 – **Eric Hill**, son of David & Susan Hill
7/29 – **Chris Guidotti**, son of Nancy & Al Guidotti
7/30 – **Morgan Basciano**, daughter of Sharon & Nicholas Basciano; sister of Olivia Basciano
7/30 – **Chris & John Inscho**, sister & brother-in-law of Diane Anderson

8/2 - **Joseph Cooper**, son of Edith Cooper
8/2 - **Brian Dorsey**, son of Mindy Dorsey
8/2 - **Ryan McGuinness**, son of Tim McGuinness
8/4 - **John Roeder**, son of Don & Joan Roeder, brother of Kerrie
8/8 - **Jim Roberts III**, son of Sue & Jim Roberts
8/12 - **Jason Pini**, brother of Jennifer Pini
8/13 - **Alexandria Gasior**, daughter of Linda & Dan Brophy; Ellen & Duke Misnik
8/13 – **Candace Lambert**, daughter of Brenda Halikias
8/21 - **Kinsey Duvall**, son of Craig Duvall
8/21 - **Kisha Hesse**, daughter of Donna Hesse; sister of Brienne
8/25 - **Shannon Frederick**, son of Cindy Rodgers
8/26 - **Crystal Cordero**, daughter of Linda & Rich Ervin
8/27 - **Austin Jacobs**, son of Penny Jacobs
8/28 - **Peter Hallinan**, son of Carol & Tom Hallinan
8/28 – **Rachael Whiteley**, daughter of Kristine Fallows
8/29 - **Rourke O'Donnell**, son of Cindy O'Donnell
8/29 - **Joshua Slotter**, son of Nina Slotter



Special Thanks

A special thank you to Jennifer Pini, Diane Gurecki, Sierra Doyle, and Ginny Leigh-Manuell for the Remembrance cards that you receive

They do this in memory of their children/ siblings: An appreciated Thank You to our members for helping to set up and tear down for chapter meetings. Thank you to Linda Stauffer for supplying the ink and paper and printing our newsletter and creating and maintaining our website. She does this in memory of her daughter Katie. Thank you to Theresa Sitko for managing our memorial garden. She does this in memory of her son Clayton. Thank you to Dianna Cox for addressing our monthly newsletters for mailing. She does this in remembrance of her son Michael. Thanks to Barb and Bob Heimerdinger for applying the memorial Plaques to the wall in the memorial garden. They do this in remembrance of their son Ryan.

A special Thank you for the donations that came in with your orders for the Memorial Walk:

Agnes Bowen	In Memory of Robert, Shane and Michael Bowen
Edey Martorana	In Memory of Jean, Sandor and Barbara Martorana
Kayla Kieu	In Memory of Nhi Nguyen
Gloria Pliszka	In memory of Lorene Pliszka
Regina White	In memory of Therese & William Lee
Sharon Killough	In loving memory of Ryan James Killough
Cheryl Cogossi	In memory of Michael Cogossi
Michelle Larrabee	In memory of Hunter Larrabee
Claire & Frank Ciccarone	In memory of Lillian Claire Ciccarone
Beth Campbell	In memory of Patrick Chandler & Andy Campbell
Carol Graham	In memory of Adam & Peter Graham and Linda Wroblewski
Maureen & Michael Coury	In memory of Estelle, Michael Burke Sr., Michael Burke Jr., and Edward Coury
Mary Smith	In memory of our greatly missed Eric-Forever Loved Mom & Ashley
Thomas O'Donnell	In memory of Thomas E. & Susan O'Donell
Richard & Suzanne Panettieri	In memory of Drew Panettieri
Ginny Leigh-Manuell	In memory of Brian & Michael Leigh-Manuell
Jeanne Hofmann	In loving memory of Scott & Kyle Silver
Mom & Dad	In Memory of Michael Cox 2 Mandeville for garden
Linda Stauffer	In Memory of Katie Stauffer, Program for walk, Shirt design



Love Gifts

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love."
Washington Irving

Sending a very special thank you to those who sent in love gifts this month:

To Patti Dille, in memory of her Son, Matthew Ryan Dille

"In Loving Memory, never forgotten, Thank you for all the great laughter you brought me."

To Ginny Leigh-Manuell, in memory of her Son, Brian Leigh-Manuell

"Love you and Miss you Brian-Forever 23"

To Curt Johnson-In memory of Faye Johnson and Barry Johnson

"Always in our Hearts"

To Jeanne Hofman, in memory of her Son and Grandson, Scott Silver & Kyle Silver

So very missed, So deeply loved, Forever in my heart, Always with me.

Donations made in memory of your child, grandchild or sibling are always welcome,.
Please help us help others. We Need Not Walk Alone.



LOVE GIFTS

A Love Gift is a donation of money in support of our Quakertown Chapter of The Compassionate Friends. Donations can be in memory of a child, sibling, or grandchild on their birthday, angel day or anytime. Your Love Gift will be acknowledged in our newsletter. Love Gifts are our Chapter's main monetary support. Anyone can donate and we thank you for your support of our chapter.

We are a 501(c) 3 nonprofit, chapter #2053. Donations are tax deductible.

In Memory of: _____

Birth Date _____ Death Date _____

Check One: Please use my gift for:

☐ General Operating Expenses ☐ Memorial Garden

Your Name: _____

Email: _____

Phone: _____

Address: _____

Love Gift Message _____

Please make check payable to:

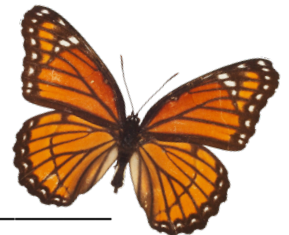
The Compassionate Friends, Quakertown Chapter

Mail to:

PO Box 1013

Quakertown, PA 18951

Yes or No - include my name / love note in the newsletter.





The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Chapter Leader – Crystal Hunter
Chapter Treasurer – Lisa Dechant
Chapter Secretary – Gail Blase
Assistant Secretary –
Mary Anne Macko
Newsletter Editor/Webmaster –
Linda Stauffer
Membership Outreach –
Ginny Leigh Manuel
Social Media Coordinator & Sibling
Coordinator – Crystal Hunter
Memorial Garden Chairperson –
Theresa Sitko
Committee members – Dianna Cox,
Diane Gurecki, and Lynette Lampman,
Barbara Reboratti, Lynne Rainey
TCF National Office:
877-969-0010
www.compassionatefriends.org

The Compassionate Friends is a nationally renowned 501 C (3) non-profit organization with 700 chapters in the US. All donations are tax deductible.



**New Chapter
phone number
215-703-8431**

Self-help Program

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

To Our New Members

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain!. Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work.

To our Members who are further down the "GRIEF ROAD"

We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF "veterans" to welcome you, share your grief, encourage you and tell you, "your pain will not always be this bad, it really does get better!"

Information Regarding Our Meetings

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Re-member also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

Support Group Meetings

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you're able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

Your Friends at TCF Quakertown Chapter

Library Books

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us. Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

Newsletter Errors and Omissions

For any errors or omissions please contact Linda via email at kt4ever@mac.com with the error and the correction for the next month newsletter. Please remember we are all volunteers and grieving

About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by email: newsletter@tcfquakertownpa.org

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have not notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the preceding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: newsletter@tcfquakertownpa.org



The Compassionate Friends
Quakertown Chapter
PO Box 1013
Quakertown, PA 18951

Support Group Meetings are July 11th and August 8th at The Gathering Place

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We Need Not Walk Alone.

We Are The Compassionate Friends.

