



Serving Upper Bucks, Southern Lehigh and Montgomery Counties

# The Compassionate Friends

Quakertown Chapter February 2024

## Self-Care When Grieving

By Grace Y. Lin and the Farewelling Editors

The death of a loved one affects us on every level. Mentally, we're preoccupied with thoughts and memories; emotionally, we experience a rollercoaster of intense feelings; and physically, we're overwhelmed by the immediate and long-term responsibilities.

The chronic stress that results from grieving can cause anxiety, trouble sleeping, anger, depression, loss of appetite and general aches and pains. Taking care of yourself is so important for many reasons, but here's one that may surprise you. Did you know that constant stress, such as that following a loss, may actually increase your own risk of a heart attack or stroke?

But the goal is not just to avoid the worst. We're talking about *wellbeing* here, and it often slips away when grief comes into our life.

While in the middle of it all, we may find it difficult to focus on our own needs. Grief is painful, and frankly, many of us would rather distract ourselves with work or activities than deal with the full magnitude of our feelings.

## Repair

Grief pushes us out of our comfort zone and into one that is physically and emotionally draining. In response, it's important that we actively take time to heal. A conscious effort to focus on our self-care may help. How? It can create the strength and space we need to navigate all the obstacles that grief seems to drop in our path.

- **Lower expectations:** Just as you wouldn't expect to put dinner on the table after running an ultra-marathon, you shouldn't assume you'll be able to operate at full capacity as you grieve a loss. Lower your expectations at home and at work. Give yourself time and don't be afraid to let other people know what adjustments you'll be making, or to ask for help filling in the gaps. Accepting help is good for you and for those who want to support you in your healing.



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# Our Children Remembered on their February Birthdays

2/1 - Brian Dorsey, son of Mindy Dorsey  
2/1 - Gavin Stewart, son of Courtney Trimble  
2/3 - Robert Kyle Rainey, son of Lynne Rainey  
2/4 - Andrew Flath, son of Lori Jordan  
2/4 - Lynda Mohlenhoff, daughter of Frank & Peggy Posivak  
2/5 - Jonathan McCormick, son of Jacqueline & Bob Daniel  
2/6 - Michael Pettie, son of Doreene Pettie  
2/9 - Katey Blasé, daughter of Gail Blasé & sister of Hiliary Blasé  
2/9 - Derick M. Lawley, brother of Tara LawleyBergey  
2/10 - Shawn Lampmann, son of Lynette Lampmann  
2/14 - Nici Grawonski, sister of Michelle McDaniels  
2/14 - Marc Falcone, son of Carolyn & Dominic Falcone  
2/16 - Alexandria Gasior, daughter of Linda & Dan Brophy  
2/16 - Chris Guidotti, son of Nancy & Al Guidotti  
2/18 - Tracy Elizabeth Hottenstein, daughter of Charlie & Betty Hottenstein  
2/19 - Will Moyer, son of Sue Simon  
2/19 - Thomas Water, brother of Pamela Buda  
2/20 - Kinsey Duvall, son of Craig Duvall  
2/25 - Tammy Moore, daughter of Tom & Sandra Moore  
2/25 - Skye A. Gilbert, daughter of Susan J. Gilbert

## WHEN I LOST YOU

I wish I could see you one more time,  
Come walking through the door...  
But I know that is impossible,  
I will hear your voice no more.

I know you can feel my tears  
And you don't want me to cry,  
Yet my heart is broken because  
I can't understand why someone  
So precious had to die.

I pray that God will give me strength  
And somehow get me through...  
As I struggle with the heartache  
That came When I Lost You.

[www.fishmemorycards.com](http://www.fishmemorycards.com)



2/26 - Jason Tyler Foulke, son of Mitzi & Dean Foulke

2/27 - Justina Sue Daniel Espinoza, daughter of Bob & Jacqueline Daniel

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

tt2/6 – Jonathan McCormick, son of  
Jacqueline & Bob Daniel  
2/7 – Michael Pettie, son of Doreene Pettie  
2/7 – Leslie Ann Kobzina, daughter of Randy  
& Lori Ann Kobzina  
2/8 – Philip D. Calabrette, Jr., son of Lynn  
Calabrette  
2/9 – Dawn Cannon, daughter of Joanne &  
David Cannon  
2/10 – Lisa Kumiega-Lewis, daughter of Alan  
& Arlene Vogel  
2/10 – Brenda Meehl, daughter of Patricia &  
Harold Hunsicker  
2/10 – Jolene Wohlbach, daughter of Marie  
Fedorowicz  
2/12 – James Monahan II, son of Kim  
Kleinsmith  
2/12 – Lisa Dawn Weatherly, daughter of  
Norma Jean Weatherly  
2/13 – Shawn Lampmann, son of Lynette  
Lampmann  
2/15 – Tracy Elizabeth HoXenstein, daughter  
of Charlie & Betty Hostenstein  
2/15 – Pat Cornell, sister of Kathy & Frank  
Bender  
2/15 – Brittani James, daughter of Christine  
James  
2/16 – Benjamin Michael Albro, son of Sherri  
& Bob Albro  
2/16 - Matthew Hellman, Lori Williams and  
Family

2/21 - Natasha Michelle Dechant, daughter  
of Nancy Dechant  
2/21 – Greg Mikesell, son of Carol & Don  
Mikesell  
2/22 – Sarah Souder, daughter of Kay  
Souder  
2/22 – Joey Reichman, son of Tacey &  
Stephen Reichman, brother of Tami  
2/22 – Janelle Kleckner, daughter of Teri  
Monastero  
2/24 – George Davish, son of Sheryle &  
George Davish  
2/25 – Shane Bowen, son of Agnes &  
Robert Bowen  
2/27 – Donnie Daniels, Jr., son of Don &  
Kelly Daniels  
2/27 – Christopher Ulmer, son of James &  
Patricia Ulmer  
2/27 – Jimmy Belott, brother of William  
Klinger



- **Resist demanding self-talk:** Avoid saying, “I should...” or “I have to...” Pressuring yourself likely won’t do anything to increase your productivity, and it could make you feel worse. Practice gentleness with yourself right now, and you may find that a little self-love gives you room to process and recharge.

## Respect

Grief is a product of deep attachment. Respecting your grief honors the relationship you had with the person you’ve lost, and your own humanity.

- **Feel it:** Attempting to stuff down your feelings is like trying to hold a beach ball underwater: You can do it, but it ain’t easy, and the ball will probably pop back up and knock you off balance anyway. Cry when you need to cry. If you’re angry, hey, punch a pillow. The pillow will be fine.
- **Find a counselor:** Sometimes it’s really helpful to talk to someone who understands loss and who’s just there to listen. Read more about how to choose a therapist [here](#).
- **Keep a journal:** Writing down your thoughts and feelings can help you document this defining moment, and eventually you’ll be able to reflect on this time and see how far you’ve come.

## Special Thanks

A special thank you to Jennifer Pini, Sierra Doyle, DonnaHesse, 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, designing 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. Thank you to Amy DeLellis for managing our membership lists, in memory of her son, Eric David Swartz

Journaling can assist you in healing and help you release feelings that no longer serve you.

## Restore

When you feel up to it, get back to activities you enjoyed before life took a turn. Reclaiming elements of normality will keep you engaged even as you continue to work through your grief.

- **Listen to your body:** Our bodies are wired to know what we need. If you’re tired, sleep. If you’re hungry, eat, but aim for a balanced diet when you can. If you’re overwhelmed, sit and breathe deeply. If you’re feeling stressed, get outside, even if it’s just to stare up at the sky.
- **Monitor your health.** While grieving, it’s easy to overlook doctors’ appointments and medication refills, even vitamins. But sticking to your healthy habits (with a flexible attitude, of course) can help you feel better, inside and out.
- **Connect with others:** Accept an invitation or reach out to friends and family. Join a bereavement group in your community. Connection is a direct path to healing.
- **Move it:** If you exercised prior to

your loss, try to ease back into a routine. If you haven't had a workout in a while, consult a doctor before starting something new. The good news: physical exercise stimulates brain chemicals that can reduce stress and help you relax. Not feeling it? Try just taking a walk—you might be surprised at the results.

• **Treat yourself like a friend:** This may seem counter-intuitive, as sometimes when grieving we feel cut off from (or guilty for) any small pleasures. But simple self-treats—getting a pedicure or watching a funny video, for example—can trigger the release of serotonin, also known as the “feel good” hormone. And who doesn't want more of that?

Grace Y. Lin is a mom, wife and Licensed Behavioral Therapist living and practicing in New York.

[www.myfarewelling.com/blog](http://www.myfarewelling.com/blog)

I found a picture of you  
One that I had not seen in awhile  
I held it gently in my hands  
Lost for a moment in your smile.

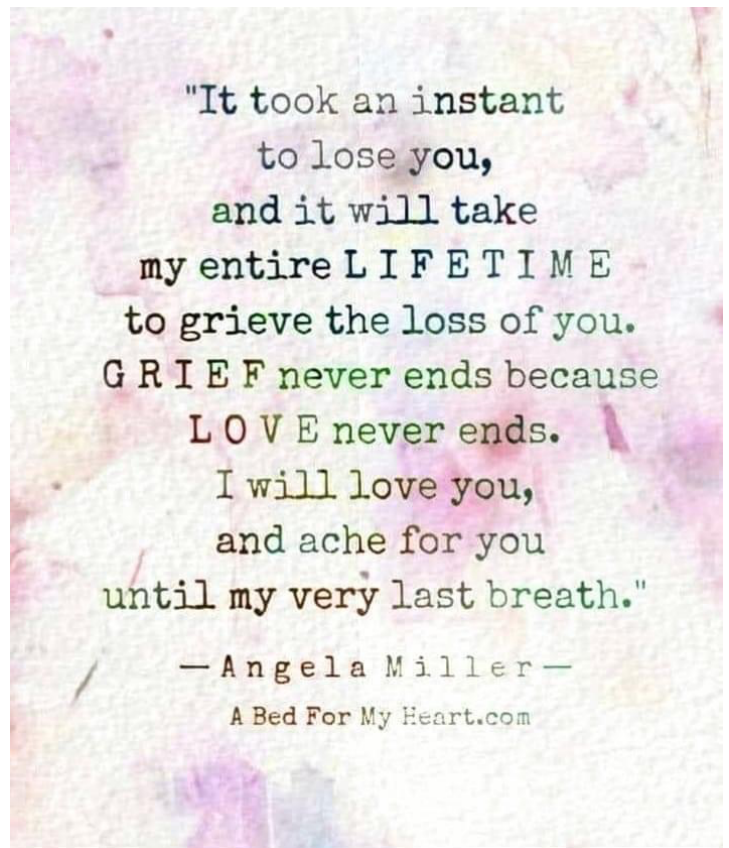
I found a card from you  
Written in your own special way  
I held it gently in my hands  
Lost for a moment in that day.

Memories, sweet gifts from you  
To allow my heart a breath  
To let me be lost for a moment  
To remember life not just death.

- Author Unknown -



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.



<https://gatheringplaceevent.com/>

# 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:**



In loving memory of our daughter Brenda Meehl, Pat and Harold Hunsicker.

In loving memory of our son, Jonathon C McCormick-Daniel, Mr. Sunshine, we miss you, Love , Mom, Dad, Sis and Bob, Jacqueline and Robert Daniel

In loving memory of Skye A Gilbert from Susan J Gilbert

In loving memory of Brandon Gilbert from Susan J Gilbert

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 Treasurer – Lisa  
Dechant

Chapter Secretary – Gail Blase  
Assistant Secretary –  
Mary Anne Macko

Newsletter Editor/Webmaster –  
Linda Stauffer

Membership Amy DeLellis

Memorial Garden Chairperson –  
Theresa Sitko

Chapter Liaison -Barbara  
Reboratti

Committee members – Dianna  
Cox, Donna Hesse

**TCF National Office:**  
877-969-0010

[www.compassionatefriends.org](http://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  
267-379-0429**

#### 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 meet-ing. 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](mailto: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](mailto: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](mailto:newsletter@tcfquakertownpa.org)



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Quakertown Chapter  
PO Box 1013  
Quakertown, PA 18951

**Support Group Meetings are February 13th**  
At The Gathering Place, Quakertown, PA

*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.

