



The Compassionate Friends

May 2020

Serving Upper Bucks and Montgomery Counties

Virtual Meeting Scheduled

With Mother's Day coming up, we will have a virtual meeting on **May 5th**. This is a chance to "see" others and receive support.

Prior to May 5th, please download the video conference app [ZOOM \(zoom.us\)](https://zoom.us) - you do not need to make an account) either on your smart phone or computer. If you have trouble downloading Zoom, please contact us so we can help you.

- We will host an "Intro to Zoom" session at 7pm that night, but the meeting will be from 7:30pm-9:00pm.
- You do not have to talk so even if you have not attended an in-person meeting, we welcome bereaved parents, siblings, and grandparents.
- Very Important: Please be in a private area during this meeting to keep other people's stories confidential. Using headphones are highly suggested.
- **24 hours prior to the meeting**, the zoom URL code will be sent via email and posted in our private Facebook group. If you don't have access to either, please email or call us (before May 5th!) to get the



**Goodbyes
Hurt More Than
Anything
Especially When
You Know That
You Will
Never
Say Hello Again**

code.

- On May 5th, you will click that link from your smart phone or laptop. You will be admitted into the meeting once someone from Leadership can verify your identity.

If you have questions, please reach out to us (phone, email, or our private Facebook group).contact TCFQuakertownpa.org

<https://www.facebook.com/groups/123802347679381/>
[Our private facebook group](#)

We talk. We listen. We share. We care.

Our Support Group Meetings are the 2nd Tuesday of every month at St. Luke's Quakertown Hospital, 1021 Park Ave., Quakertown, in the Taylor Conference rooms A & B on the ground floor of the professional wing. Meetings are 7:30 - 9 PM.

No need to register. No fees or dues. Just come as you are.

Quakertown Chapter
PO Box 1013
Quakertown, PA 18951
Chapter Info Line: 484-408-7314
contact@TCFQuakertownpa.org
website: www.tcfquakertownpa.org



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.

**The Compassionate Friends Quakertown Chapter
Annual Memorial Walk & Butterfly Release has been cancelled**



The Compassionate Friends

Quakertown Chapter

Supporting Family After a Child Dies

Serving Bucks and Montgomery Counties



About Our Chapter

Barbara Reboratti, Chapter Coordinator
& Chapter Delegate to National
Ginny Leigh-Manuel-Membership Outreach
Crystal Hunter, Social Media Coordinator &
Sibling Outreach
Sherri Albro, Chapter Treasurer
Gail Blase, Chapter Secretary
Mary Anne Macko, Assistant Secretary
Linda Stauffer, Chapter Newsletter &
Website Creator & Maintenance
Theresa Sitko, Memorial Garden Director
Lynette Lampmann, Hospitality
Mary Catherine Nederostek, Hospitality
Diane Guerecki, Remembrance Cards
Lisa Dechant, Remembrance Cards
Dianna Cox
Bob Albro
Carol Graham

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.



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. Remember 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

Our Children Remembered for May Birthdays

5/1 - **Patrick Pettie**, son of Doreene Pettie

5/4 - **Ardyth Cope**, daughter of Carol Cope

5/8 - **Justin Powis**, son of Jennifer & William Powis

5/11 - **Rebecca Cloud**, daughter of Richard & Diane Cloud

5/12 - **Greg Mikesell**, son of Carol & Don Mikesell

5/16 - **Brian Wensel, Jr.**, son of Brian Wensel, Sr.; grandson of Leroy & Dawn Wensel.

5/17 - **Craig Zakeosian**, son of Mike Zakeosian

5/20 - **Mia Rose Montevidoni**, daughter of Matt & Kelly Montevidoni

5/20 - **Kevin O'Donnell**, son of Doris & Steve Yurchak

5/23 - **Walter Petite, Jr.**, son of Doreene Petite

5/22 - **Matt Dille**, son of Patti & Joe Dille

5/24 - **Adian Bacchus**, grandson of MaryLou Miller

5/25 - **Kristy McCoy**, daughter of Arlin & Dona Moyer

5/26 - **Ryan Kintzly**, son of Tammy Devine

5/27 - **Rob Tarr**, son of Robert & Susan Tarr

5/29 - **Joseph Oglialoro**, son of Mike & Becky Oglialoro; grandson of Rose & Joseph Oglialoro and Gary & Vickie Shoudt.

5/29 - **Eric Santayana**, son of Debi & Walt Schimpf

5/31 - **Brittani James**, daughter of Christine James; Jack & Polly James; granddaughter of Nancy James

5/31 - **Sebastian Carey**, son of Christine Carey



Dearest Mommy

When you wonder the meaning of life and love
Know that I am with you,
Close your eyes and feel me kissing you
In the gentle breeze across your cheek.

When you begin to doubt that you shall ever see me again
Quiet your mind and hear me,
I am in the whisper of the heavens
Speaking of your love.

When you lose your identity
When you Question who you are and where you are going,
Open your heart and see me.
I am the twinkle in the stars smiling down upon you,
Lighting the path for your journey.

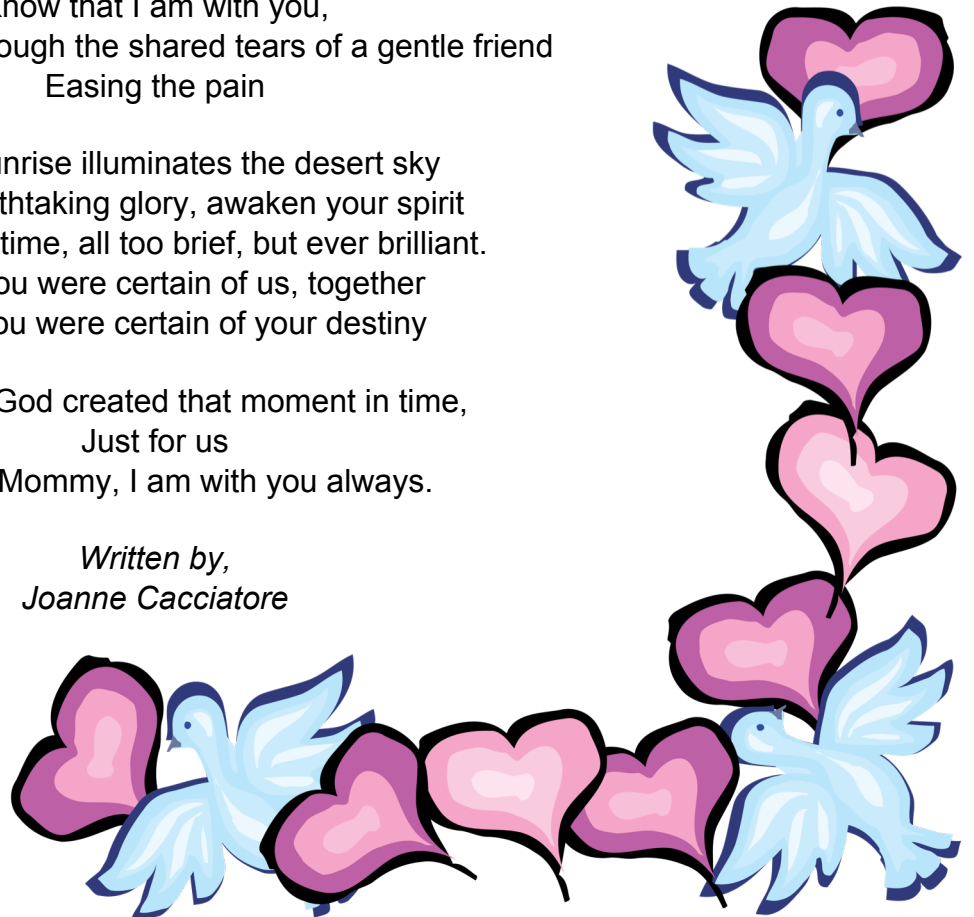
When you awaken each morning
Not remembering our dreams
But feeling content and serene
Know that I was with you-
Filling your night with thoughts of me

When you linger in the remnant pain
Wholeness seeming so unfamiliar
Think of me and
Know that I am with you,
Touching you through the shared tears of a gentle friend
Easing the pain

As the sunrise illuminates the desert sky
In the breathtaking glory, awaken your spirit
Think of our time, all too brief, but ever brilliant.
When you were certain of us, together
When you were certain of your destiny

Know that God created that moment in time,
Just for us
Dearest Mommy, I am with you always.

*Written by,
Joanne Cacciatore*



Our Children Remembered on the Anniversary of Their Death

Loved , missed and alway in our hearts

5/4 - **Jennifer Wenhold**, daughter of Jeff & Wendy Wenhold

5/5 - **Nancy Hall**, daughter of Charles & Patricia Hall

5/6 - **Calvin Gross**, son of Karen Gross

5/6 - **Meagan Sands**, daughter of Bernadine & Anthony Buccafuri; granddaughter of Edward & Gloria Layton

5/7 - **Brandon Crosby**, son of Tracy & Mark Ehleben

5/7 - **Colleen O'Connell**, daughter of Jay & Barbara Keeley

5/7 - **Tony Kulp**, son of Mary Ann Kulp

5/7 - **Derick M. Lawley**, brother of Tara Lawley-Bergey

5/8 - **Brian Leigh-Manuell**, son of Ginny Leigh-Manuell; brother of Jennifer Wills; grandson of Paul Johnson

5/9 - **Skylar Kauffman**, daughter of Heather Gebhard & Eric Kauffman; granddaughter of Pam Gebhard; Carol & Spencer Kauffman

5/9 - **Allison Reboratti**, daughter of Barbara & Eduardo Reboratti

5/11 - **Anthony Bonino**, son of Robert & Susan Bonino

5/11 - **James Donnelly, Jr.**, son of James & Alice Donnelly

5/11 - **Dawn Meshon**, sister of Richard & Verdie Winters

5/12 - **Nathan E. Charland**, son of Charles Charland

5/12 - **Selena Gebert**, daughter of Donna Gebert

5/15 - **Donna Lee Stichter**, daughter of Don & Carol Collis

5/15 - **Joseph Jenkins**, son of Dennis & Allison Jenkins

5/15 - **Adrian Paul Pfitzer**, son of Joyce Mann & Kurt Pfitzer

5/17 - **Jeremy Nase**, son of Carol Nase

5/18 - **Joe Discher**, son of Martha & Art Discher; brother of Wendy Park

5/18 - **Kaitlin Murphy**, daughter of Pat Murphy

5/20 - **Michael Rabadi**, son of Essam & Anne Rabadi

5/20 - **Dan Slaughter**, son of Lori Slaughter

5/21 - **Joseph Bello, Jr.**, son of Gloria Bello; brother of Sharon Kronmiller

5/21 - **Blake Sharp**, son of LuAnn & Harry Hebrank

5/22 - **Katie Leck**, daughter of John & Anita Bardsley

5/22 - **Ross VanHouten**, son of Brenda VanHouten

5/22 - **Matt Trauger**, son of Mary Anne Macko & Mike Hamilton; Jim Trauger; grandson of Dolly Bibic

5/23 - **Dayna Irwin**, daughter of Ken & Patricia Irwin

5/24 - **Ryan McMullen**, son of Kathleen & John McMullen

5/25 - **Trevor Baelz**, son of Marsha Leary

5/25 - **Miranda Lynn Schaup-Werner**, daughter of Shirley & Dennis Schaup

5/26 - **Andrew Delp**, son of Robert & Sheryl Delp

5/26 - **Jeremy Kuba**, son of Roslyn Kuba

5/28 - **1st Lt. Matthew Gaffney**, son of Phillip & Kathleen Gaffney

5/30 - **Carly Bradley**, sister of Kasey Bradley

5/30 - **Kyle Silver**, grandson of Jeanne Hofmann

5/31 - **Jonathan Krist**, son of Robert & Peggy Krist

RESILIENCE RX™

CARING PLAN FOR PROFESSIONALS

TIPS TO MITIGATE COMPASSION FATIGUE

Self care techniques for professionals

The science behind why they work and how to implement them in everyday life.



INTERNATIONALGRIEFINSTITUTE.COM

SELF CARE PLAN

Compassion fatigue is a disorder that develops from doing your best work. Absorbing secondary traumatic stress—also known as vicarious trauma—from clients can impact your mental, emotional, and physical health, making it important for professionals in caregiving fields to take steps to guard against it.

WHY IT MATTERS

Self-care can improve your well-being, minimize stress, and reduce the opportunity for emotional burnout. Create a plan that triggers the brain's positive hormones and tends to your needs. This will help offset stress hormones, strengthen your ability to juggle demands, anchor your resilience, and prevent compassion fatigue from taking hold.

By identifying and engaging in things you enjoy, you'll create a plan you're more likely to stick with.

AIMS OF SELF CARE

- ✓ To help manage stress.
- ✓ To prevent physical illness.
- ✓ To protect inner resilience.
- ✓ To honor one's own needs.
- ✓ To help maintain equilibrium.
- ✓ To maintain effectiveness and success.
- ✓ To ensure you live a meaningful life.



The love in the world begins with the love within ourselves. DEEPAK CHOPRA

CREATE YOUR PLAN

STEP 1:

Identify your emotional, physical, social and spiritual needs.

STEP 2:

Create your self care plan and fill it with activities you enjoy. This will trigger your brain's positive hormones to help offset stress hormones.

STEP 3:

Put it into action and stick to it.

STEP 4:

Reassess every 3 months and adjust as needed.

PHYSICAL NEEDS

Nourishing your body with oxygen, hydration, and healthful food will help you physically feel better. When you feel better, you cope better.

- ✓ Practice good sleep hygiene, stay hydrated and eat for health.
- ✓ Move large muscles of the body through light exercise, housekeeping or dancing.
- ✓ Enjoy a good belly laugh at least once daily.
- ✓ Engage in physical outlets such as walking, hiking, yoga, swimming, etc.

SOCIAL NEEDS

Our social needs are met through fulfilling engagements and nurturing interactions.

- ✓ Attend community activities.
- ✓ Develop friendships that are supportive.
- ✓ Take or teach a self enrichment class.
- ✓ Join a book, tennis, quilt or knitting club.
- ✓ Travel.

EMOTIONAL NEEDS

Our emotional needs are met through empathy, understanding, and support from others.

- ✓ Create a trauma filter.
- ✓ Engage in debriefing after a traumatic case.
- ✓ Surround yourself with nurturing coworkers.
- ✓ Talk to loved ones about your feelings.
- ✓ Express your emotions in a journal.
- ✓ Engage in calming outlets such as coloring, knitting, gardening, puzzles, etc.

SPIRITUAL NEEDS

Our spiritual needs are met through inner reflection.

- ✓ Each day write down one thing you're grateful for.
- ✓ Try spiritual journaling.
- ✓ Engage in reflective practices such as prayer or meditation.
- ✓ Try laughter yoga or forest therapy.
- ✓ Talk to clergy or a spiritual mentor.

MY CARING PLAN

MY PHYSICAL STRATEGIES:

1. _____
2. _____
3. _____
4. _____
5. _____

MY SOCIAL STRATEGIES:

1. _____
2. _____
3. _____
4. _____
5. _____

MY EMOTIONAL STRATEGIES:

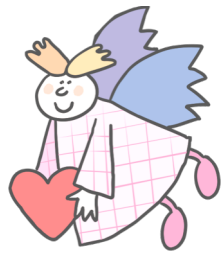
1. _____
2. _____
3. _____
4. _____
5. _____

MY SPIRITUAL STRATEGIES:

1. _____
2. _____
3. _____
4. _____
5. _____



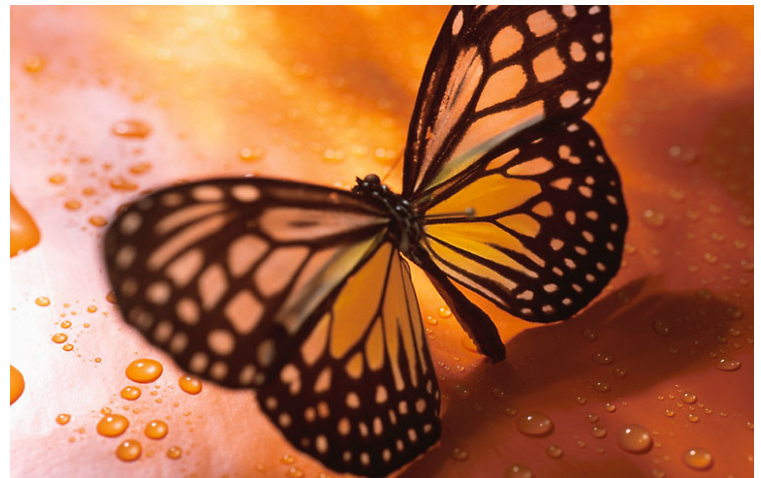
THANK YOU



A special thank you to Diane Guerecki, Kasey Bradley Lisa Dechant, Jenifer Pini and Crystal Hunter 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 doing our newsletter and website. She does this in memory of her daughter Katie. Thank you to, Betty and Charlie Hottenstein for addressing our monthly newsletters for mailing. They do this in remembrance of their daughter, Tracy. 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.



I miss you.
I miss your voice. I miss
your smile. I miss your smell.
I miss your hug. I miss your
jokes. I miss how you
made me feel.
I miss your everything.

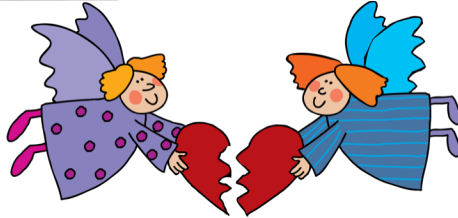


The Leadership Committee has made the decision to cancel the Butterfly Release and Memorial Walk for June 2020. There is simply no way of knowing what will happen. We want to keep everyone safe and with grief, our immune systems are down. We will keep you posted on any developing information if we are able to reschedule.



Love Gifts

Some of you may have sent contributions to the TCF post office box. There was a problem with the Post Office and mail was returned. The problem has been corrected and the PO Box is once again active. Thank you for your support of the Quakertown Chapter of The Compassionate Friends.



LOVE GIFTS

A Love Gift is a gift of money to The Compassionate Friends. Love Gifts can be in memory of a child or sibling on their birthday or angel day, can honor a friend or relative, or can show support for the work of TCF. Love Gifts are the Chapter's main monetary support. **Please make checks payable to The Compassionate Friends Quakertown Chapter.** (Bank will not accept just TCF)



Love Gifts are tax deductible – Chapter Non-Profit #2053

Circle One: *In Memory* or *In Honor* of (name of person) _____

Birth Date _____ Death Date (Angel Day) _____

Check One: Please use my gift for....

- Memorial Garden
- Special Events (i.e. speakers, community outreach)
- Candle Lighting Program
- Memorial Walk & Butterfly Release
- General operating expenses

Love Gift Message:

Your Name: _____
 Email or Telephone: _____
 Address: _____

Checks payable to
The Compassionate Friends
Quakertown Chapter
 PO Box 1013
 Quakertown, PA 18951

Treasurer Use Only

Cash/Check # _____ Amount _____

D _____ Q _____ T _____ N _____



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

Next Meetings : To be announced



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.

