



# *The Compassionate Friends*

## Supporting Family After a Child Dies

Meetings are held the 1st  
Thursday and 3rd Monday of  
every month  
Hospice of the Bluegrass  
business office.  
@ 6:00 P.M.

### **Regional Coordinator & Chapter Leader**

Karen Cantrell (502) 320-6438

### **Newsletter Editor**

Karen Cantrell.  
Email:  
Karen821285@yahoo.com

### **Treasurer**

Helen Thompson  
(502) 395-0213

### **Outreach**

Patty Pratz  
(817) 733-0888

Debbie Howard  
(859) 509-0091

Joe & Patti Hyman  
(502) 223-3522

### **Frankfort TCF Website**

[www.tcffrankfortky.org](http://www.tcffrankfortky.org)

Webmaster  
Karen821285@yahoo.com

Address: The Compassionate  
Friends of Frankfort, KY.  
P.O. Box 4075  
Frankfort, KY 40604-4075

Website for National Office  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

TCF National Office  
P.O. Box 696  
Oak Brook, IL 60522  
1-877-969-0010

## The Frankfort Chapter of The Compassionate Friends

Invite you, your family and friends to a

Picnic & Balloon Release  
100 Cove Spring Park Rd.  
Saturday August 26, 2017  
12:00 P.M.

We will supply fried chicken, drinks, plates, cups,  
napkins, silverware and the balloons. Please bring a  
vegetable, salad or dessert to share.

Families are also asked to bring their own chairs.

Balloons will be released after the brick dedication  
TCF will provide the balloons.

We hope to see you there

~~~~~

The mention of my child's name may bring  
tears to my eyes, but it never fails to bring  
music to my ears. If you are really my friend,  
let me hear the music of their name! It soothes  
my broken heart and sings to my soul!



## Let Us Remember Them

Birthdays and Remembrances dates of our children passing can be especially difficult.

Pease remember these people during the month of **August**

### Birthdays

Wesley Badgett II

Cole Frazier

Cole Frazier

Cole Frazier

John Walters

Stanley Wilson

Richard Mudd

### Remembrance

Jeffrey Fox

Wayne Phillips

John William Carr

Seth Andrew Carvahan

Summer Evans

Teddy Jennings

Tommy Winters

Darryl Jones

Steven Casebier

Raeshawn Flakes

Dale Stephenson

Kaitlin Perry

## **Autumn**



In the fall  
When amber leaves are shed,  
Softly—silently  
Like tears that wait to flow,  
I watch and grieve.  
My heart beats sadly in the fall;  
'Tis then I miss you most of all.

Lily de Lauder  
TCF, Van Nuys, CA

## **The “Let Us Remember Them” Listings**

At your first TCF meeting you are asked to sign a registration card that gives us

permission to add your child to the “Let Us

Remember Them” list in our monthly newsletter. If you have not been able to attend TCF meetings and would like for your child to be listed, please let us know, printing the exact way you’d like your child’s name to appear, the child’s birth and death dates, and the parents’ names as they should be listed. You may drop us a note at TCF, P.O. Box 4075, Frankfort, KY 40604-4075. We must receive the information by the 15<sup>th</sup> of the month prior to the month you want it included.

**Love Gifts** are tax-deductible donations and may be given to the Frankfort TCF in memory of your child or by those who would like to help with Chapter costs. Helping each other as we walk together in a life without our child is a wonderful way to say Happy Birthday or celebrate a holiday.

## State Journal Ad

If you would like to sponsor an ad please let us know. The State Journal will publish a small ad with your child's picture and our meeting information. Contact the ad department for detailed information.

(502) 227-4556

## *Remembrance*

In the light of day  
I awake with thoughts of you.  
In the dark of night  
I sleep with thoughts of you.  
Is it grief or disbelief?

## Chapter News

We have welcomed so many new families through our doors recently. We are glad that you found us but always sorry for the reason you have. We try to offer support, encouragement and hope. While providing a safe place to share your grief, your memories, tears and your child. If you have been thinking about attending a meeting, please know that you are welcome at any time. Our meetings are very informal. We do ask that you arrive at least 10 minutes before 6:00pm as we are in a secured building.

~~~~~

### The Compassionate Friends Worldwide Candle Lighting

December 10, 2017

***Note from our Chapter Leader:*** We encourage anyone who would like to facilitate a meeting to come forward and volunteer. It is a rewarding experience to be able to help others. This definition of "facilitator was shared with me and I would like to share with you all:

Author: Mary M. Bell

I wanted to share this excellent description/definition of a facilitator with all of you from the handout John and I provided at the Facilitators workshop in Chicago. The facilitators really have a very heavy responsibility in our chapters. The facilitation manual of the StopAIDS Project says it best: "According to the American Heritage Dictionary, facilitation is 'the act of making easy or easier.' Facilitation is different from public speaking, lecturing, advising, debating, and other forms of communication in different ways: A facilitator is a moderator. Your role is to keep the dialogue focused, organized, respectful, and dynamic. However, you should not dominate the conversation, give speeches, provide personal advice, or force particular viewpoints on the group." "The facilitator uses his/her experience to enrich the discussion, but does not use the group to obtain their own therapy. The purpose of the group is to help each other with our grief through learning of each other's experiences, and it is the function of the facilitator to ease the group through this. Facilitation is a learned skill that is mostly developed through practice." So...if you are interested in practicing and developing your skills please let us know. We are in need of several facilitators for our meetings. We can assist you with several topics to choose from or perhaps you have your own. Thank you for considering it. Our chapter keeps thriving in helping others from your self sacrificing spirit.

Karen

## What to do with Their Belongings

That dreaded day comes when you have to empty their room, empty their house... however large the physical chore is for you, the heart-ache is much larger and harder to bear. The greatest decision is what to keep and what to dispose of and how to dispose of them. When my daughter died, I made the mistake of giving one of her favorite outfits to my sister. It was only days later that my sister came to visit me, wearing the outfit. They were the same size, the same long dark hair... I broke down and couldn't bear to see it. If it is nice clothing, give to someone needy – a shelter in the next town would be good. When my foster father left this earth, I was only 26 years old and had no clue of what to keep and what to give away. I made my decisions only through love and you and grief. Looking back now, over 30 years later, I learned that I had kept the right things and don't miss the rest. Through that experience and the death of my 27 year old daughter, I offer you this advice from the heart. The first thing I did in both cases, was to take photos from each corner of each room, showing every detail, just as they had last seen them. My father's bed has the cover turned back and the imprint of his head on the pillow, just as he got up and left to go to the hospital where he did that night of a heart attack. If it a handkerchief, keep the worn ones with a tear on the edge, the ones with their initials, the ones you remember them using. Toss away those new ones in a box they never used. Keep their *favorite* shirts or dresses, aprons or ties that you remember them wearing so often. You won't and shouldn't keep these things forever, but someday you will find other uses for them --- a piece cut from a dress to make a mat or a photo of the person wearing the items. What a wonderful treasure. You don't need the entire item. Use a tie to make a hatband or as a decorator's touch in some way. Use two or three handkerchiefs all scrunched up to add memories to a group of small photos. If it was your mother or grandmother, get rid of anything that you can't remember them using. Keep that favorite brownie pan or cookie sheet. Keep silly things like that old worn out flour sifter, favorite coffee mug, that serving bowl she always used for her best recipe. Get rid of the new set of pot and pans she just bought. Keep the things that belonged to her mother, the old family heirlooms. Get rid of gifts she had been given—best to give them back to the gift-giver so they have a memory as well. Keep her old rocker or sewing machine. Get rid of the TV and newer sofa set. Keep the lace or handmade scarves on the tables but let the tables go. Keep Dad's old worn hammer but let the power tools go. I kept my most of my daughter's personal items—far too many things. I have a plan to someday remove the footstone at her grave and place these personal items under it. I know I will never be able to put them in the trash and they mean nothing to anyone but me. These things all we have to deal with are, after all, only memories. Keep the things that make your memories more vivid, don't keep the rest, they really mean nothing.

By C. Crowley

# Have Others Forgotten?

Written by Clara Hinton | Mar 30, 2003

The first several weeks following the death of a child are usually filled with lots of emotional grief support. Friends drop by your home with food. Cards arrive daily. Phone calls of encouragement come quite often. Then, almost as suddenly as the support began, it ends. Friends become scarce, and when they are around, they don't know what to say so they often remain silent. As a parent, it feels like everyone has forgotten your child, and that leaves a parent with a lonely, empty feeling.

The death of a child makes others feel very uncomfortable. Friends and family members alike often are afraid to mention the name of the deceased child for fear of bringing up sad memories to the parents. What others fail to realize is that it is very healing for parents to hear the name of their child spoken, as well as to hear stories that bring warm memories to mind. Parents long to hear about their child from others. Fond remembrances are comforting and aid in healing.

As a parent, it often helps to talk about your child to others, breaking the ice of being uncomfortable. Remind others that you love to hear your child's name spoken in a warm way. It will often be up to you to lead the way with talking about your child. Once you make the effort, others will know that they, too, have permission to talk about times spent with your child. They will find that it's healing to them to talk about your child, too. The bond of friendship you share will become even stronger as you walk through this journey of grief hand-in-hand.

Be prepared for the few who might suggest that you should be ready to "move on" with your life, though. Many simply will not understand that your loss presents a continuing empty void that needs attention. The absence of support leads a parent to believe that their precious child has been forgotten. Actually, others have not forgotten, but they might feel that enough time has elapsed to provide healing. What most people don't understand is that grief, while it does get better, is a slow, difficult journey that takes lots of time and hard work.

How can a parent cope when others are not providing adequate support? It's a great idea to find a local support group, if at all possible. Face-to-face support can be the one thing that keeps a parent going during those lonely, dark moments. It helps to find a group where you can talk freely about your feelings, vent openly without fear of someone making you feel inadequate, and where you can mention your child's name without being made to feel uncomfortable.

When it seems like others have forgotten, bring your child's memory alive by talking about past experiences. Invite some of your child's friends to your home and plan something like an informal get together and perhaps have your child's friends help you begin a memory book or some sort of scrap book. An activity like this can be quite healing to all involved.

Others have a tendency to forget special days, anniversaries, and occasions such as your child's birthday. Rather than waiting for others to send a card, plan a meal and something such as a balloon release, candle lighting, or planting of a flower or tree in memory of your child. Ask your friends and family members to join you for these special occasions for additional support.

Have others forgotten? Not always. Most times they are afraid to bring up memories for fear of adding more pain. When you openly remember your child, so will others. And, you will soon have a built-in support system that can carry you through the difficult days into healing.

## When No Words Seem Appropriate

I won't say, "I know how you feel" – because I don't. I've lost parents; grandparents, aunts, uncles and friends, but I've never lost a child. So how can I say I know how you feel?

I won't say, "You'll get over it" – because you won't. Life will have to go on. The washing, cooking, cleaning, the common routine. These chores will take your mind off your loved one, but the hurt will still be there.

I won't say, "Your other children will be a comfort to you" – because they may not be. Many mothers I've talked to say that after they have lost a child, they easily lose their temper with their remaining children. Some even feel resentful that they're alive and healthy when the other child is not.

I won't say, "Never mind, you're young enough to have another baby" – because that won't help. A new baby cannot replace the one that you've lost. A new baby will fill your hours, keep you busy, and give you sleepless nights. But it will not replace the one you've lost.

You may hear all these platitudes from your friends and relatives. They think they are helping. They don't now what else to say. You will find out who your true friends are at this time. Many will avoid you because they can't face you. Others will talk about the weather, the holidays and the school concert but never about how you're coping.

So what will I say?

I will say. "I'm here. I care. Anytime. Anywhere." I will talk about your loved one. We'll laugh about the good memories. I won't mind how long you grieve. I won't tell you to pull yourself together.

No, I don't know how you feel – but with sharing, perhaps I will learn a little of what you are going through. And perhaps you'll feel comfortable with me and find your burden has eased. Try me.

Written by a pediatric nurse  
Submitted to Ann Landers  
From A 5<sup>th</sup> Portion of Chicken Soup for the Soul  
Copyright 1998 by Jack Canfield and Mark Victor Hansen

**Subject of our August 21 meeting will be "The Roller Coaster of Grief"**



shutterstock · 180755273

shutterstock · 180755273

shutterstock · 180755273

shutterstock · 180755273

shutterstock · 180755273