



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

VOLUME 9, #11

MARCH 2013

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FRANKFORT REGIONAL CONFERENCE ***APRIL 5TH & 6TH***

Our Frankfort Chapter Steering Committee has completed the scheduling of Workshops and Facilitators for the Regional Conference on April 5th and 6th. Presented below are the summaries of workshops to help with your decisions. If you have more questions regarding workshops, please feel free to contact a member of the Steering Committee.

Siblings Workshop

Teresa Mays became a bereaved sibling when her brother Ralphie Coomer died in June of 1994. Teresa will share coping tools, suggestions, and ideas for keeping your siblings memory alive no matter how old you are or your sibling.

Sudden Death

When death comes without warning, the shock and disbelief can be overwhelming. It is never in the natural order of things for a child to die before their parents, and this can be especially intense when the death is sudden and/or violent. There is no opportunity to prepare, resolve misunderstandings, or "say Good-Bye." Life is changed forever, often in an instant, and it takes time for the reality of what has happened to register.

When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life - A way to cling to every fleeting precious moment of joy ~ Courtney Davis, Nurse Practitioner

Miscarriage/Infant/Stillborn

A baby's death, whenever or however it occurs, is a profound loss. Unfortunately others may find it difficult to imagine deep grief over a child you as parents may have seen or held only briefly, if at all. **Misti Lynn Hall** will validate that the baby carried in the womb or held in your arms for such a short while, and thus known by so few people is a loss like no other. It is unique in the grief experienced.

Bereaved 8 Years or More

All the firsts are over with; the first birthday, first Christmas, without your child. You have survived through 8 tough, painful years and do not cry all the time now. What do we do with that pain we once had? What direction do we take now? Are you afraid of forgetting your child? Others forgetting your child?

MONTHLY MEETING

*Meeting Place - Hospice Building
Address - 643 Teton Trail
Frankfort, Kentucky
Meeting time - First Thursday
& Third Monday at
6:30pm*

UPCOMING EVENTS

- **MEETINGS ON THURSDAY, MARCH 7TH AND MONDAY, MARCH 18TH**
- **REGIONAL CONFERENCE APRIL 5TH AND 6TH AT CAPITOL PLAZA**

REGIONAL COORDINATORS

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NATIONAL OFFICE

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We give our hearts to **Angela**, mother of **Justin**, as the most recent member of Frankfort TCF. While we cannot take away her pain, we will support her through all stages of her grief. Justin will always be remembered at TCF and the sharing of his experiences will always be welcomed in our meetings.



WORKSHOPS (CONTINUED)

Coping Separately Together

Grief is a family affair. When a child dies, the entire family is affected. It's as if an important link in the family chain is suddenly broken and lost. Everyone is locked in a struggle to find the missing link and to repair the broken chain. Everyone is mourning their own personal loss in their own unique way. Roles and responsibilities shift; relationships change; communication and mutual support among the family may suffer. It is a known fact that men and women grieve differently. This workshop will take a look at some examples of grieving styles between men and women and offer real life suggestions for coping and maintaining a strong united family while grieving together but separately.

Long Term Illness

Your child has died after a long term illness. You may have been the main caregiver or maybe your child was in the hospital or long term care and you spent every possible moment there. Your child's fight for survival is over. The pain and agony is over - or is it? You may have been "in the system" for years, - doctors, nurses, social workers, child-care professionals, homecare, have all been part of your life and, with your child's death, they too are gone. Friends and family may think you need time to yourself, maybe you do, or maybe you need people to support you in the emptiness. A long term illness brought with it many changes. Join **Alice Wisler** as she shares from her journey of her son's illness and his death. Together we will discuss healthy ways to cope with our losses.

Coping Tools to Deal with Loss

Losing a child is very painful. You may experience all kinds of difficult emotions and may feel like the pain and sadness you are experiencing will never be any different. These are normal reactions to this significant loss. Even though every one's grief is as their thumbprint and there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can help you experience some joy in your life again. **Phyllis Leigh**, a bereaved grandparent, former Hospice Counselor will share what has helped her and also share many different suggestions of what are healthy coping tools.

Survivors of Suicide

The suicide of a child of any age presents unique circumstances that intensify and prolong the mourning of family members. Suicide is a reaction to overwhelming feelings of loneliness, worthlessness, helplessness, hopelessness, and depression. It usually occurs when a person's pain exceeds their resources and ability to cope. **Paula Rymer**, is a bereaved parent and has a Masters of Social Work in Mental Health from the University of Kentucky. Paula serves as the College Suicide Prevention Coordinator for the Suicide Prevention Efforts in Adolescents in Kentucky (SPEAK) team. Paula is also a board member with the Kentucky Suicide Prevention Group, Inc.; founder of Eastern Kentucky Suicide Prevention Group and director of the Out of the Darkness Walk for Eastern Kentucky.

"One friend, one person who is truly understanding, who takes the trouble to listen to us as we consider a problem, can change our whole outlook on the world."

Dr. E. H. Mayo

Frankfort's Chapter Website: www.thecompassionatefriendsfrankfortky.com

WORKSHOPS (CONTINUED)

Journaling & Writing

Pick up your pen and see how grateful your heart will become!" Studies show the many benefits and value of putting pen to paper after the death of a child. Join Alice Wisler for this workshop of writing through heartache and discover meaningful writing techniques to use in our journals. We'll write a letter to our child and craft a poem.

Rituals and Maintaining the Connection to Our Children

Throughout history, people have used rituals to mark important life events, both on a social and an individual level. Although rituals vary with different backgrounds and religion of others, rituals can provide meaning, and help to express emotions for family members. For those grieving the death of a child, rituals offer a way to say good-bye to a loved one, express feelings, and keep the connection to the child for the living.

Building Your Own Grief Toolbox

This workshop will be a hands on project of covering a small natural wood box with a hinged lid with pictures, words, embellishments to make your own grief toolbox. We all have special times in life, memories and people that we draw strength from along our grief journey and you will be able to make your own symbolic grief toolbox and decorate it with quotations, pictures, etc.. When you return home you might find special treasures to place in your "toolbox." All materials to craft with will be provided.

Healing Power of Music

Michael Nunley presents this workshop on "Reflections of my journey, surviving the loss of a sibling and supporting siblings left behind. Beginning with the following questions: Why did my loveable, annoying, talented, disorganized, insightful, funny, frustrating, spiritual, adventurous, reckless, sibling have to go — *Just when I needed to yell at her, hug her, help her, cry on her shoulder, and start keeping in better touch?? And What am I supposed to do about it?* Using my Seven "G"s to help understand we're going through, how to find some healing, and perhaps even share some encouragement with those not as far down this path. 1) Grief and confusion; 2) Going it alone; 3) Grounding the anger; 4) Gaining strength; 5) Giving something back; 6) Gaining wisdom; 7) Growing closer.

Grief, Guilt, Regret and Anger

Grief is a reaction to child loss that can include a range of feelings, thoughts, and behaviors, and is experienced differently by each person according to his or her, background, gender, beliefs, personality, and relationship to the deceased child. Feelings common to grief are intense sadness and yearning. Guilt, regret, anger, and a sense of meaninglessness can also be present. Some may also feel a sense of relief and liberation. Emotions can be surprising in their intensity or mildness, contrary to the expectations of the griever; they can also be confusing, such as missing a painful relationship. Tess Brunmeier, bereaved parent will take a look at the emotions of guilt, regret and anger and discuss some helpful ways of helping ourselves.



HAPPY BIRTHDAY

CHARLIE BUG!!!

January 31st

WE SINCERELY APOLOGIZE
FOR THE MISPRINT OF
CHARLIE'S BIRTHDAY IN
THE JANUARY EDITION.

OUR CHILDREN REMEMBERED

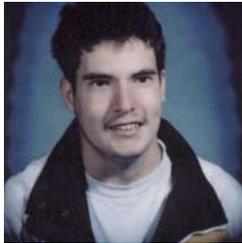
BIRTHDAYS

- 3/1 Kyle Wilkins, son of Angela & Gary Wilkins
 3/2 Summer Evans, daughter of Christy Stevens & David Evans
 3/3 Julie Howell Tutt, daughter of Eddie & Sue Tutt
 3/7 Jeremy Scott Harrod, son of Scott Harrod
 3/11 Melanie K. Laughlin, daughter of Brenda & Ernest Laughlin
 3/14 Tommy Winters, son of Guy & Gwen Winters 
 3/17 Robert S. Reed Sr. (Robbie), son of Lisa Reed
 3/26 S. David Lee II, son of Brenda Robinson
 Our sincerest apologies to the family of Charlie for the misprint of his birthday
 1/31 Charles "Charlie" Semones, son of Michelle Elder



ANNIVERSARIES

- 3/23 Scott Carter Jeffers, son of Susan Jeffers
 3/28 Chatekah Kay Clemons-McIntosh, daughter of Mary Clemons
 3/30 Steve Kotajarvi, son of Chris and Dick Harbeck 
 3/31 Remy Charles Okonkwo, son of Joyce Murphy



Kyle loves Vanilla
Ice!!

As a tribute to our children we would like to publish pictures and something that we want others to know about them or a favorite memory. If you have an objection, please telephone or email your objection to any Steering Committee Member. If you have a favorite picture and memory, please send.

Workshops (continued)

Creative Arts

The Mandala Expressive Arts workshop will immerse you in the healing benefits of Expressive Arts. Expressive Arts is an ancient method of art that allows you to express thoughts, emotions and feelings in a variety of art forms. The Expressive Arts are the language of the soul. The different Expressive Arts can be used to calm the mind, heal the body and transform the spirit. It is actually a creative workshop that combines meditation and visualization techniques to promote healing and to connect with your loved one. The Expressive Arts also allows you to use a nonverbal form of communication to express your thoughts and feelings that may be too painful to discuss.

Many other activities are planned including a slide show, button making, silent auction, reflection room and others. Speakers have CD's, books and other items. We hope you will find comfort in the program we have planned. On behalf of the Frankfort Steering Committee, thank you for coming and sharing your children with us.

FRANKFORT STEERING COMMITTEE

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Steering Committee members appreciate your feedback so that

 we can help make our chapter of Compassionate Friends meaningful and supportive to you.

Frankfort's Chapter Website: www.thecompassionatefriendsfrankfortky.com

Facebook Page: <https://www.facebook.com/pages/The-Compassionate-FriendsFrankfort-Kentucky>

Meetings held First Thursday and Third Monday Monthly at the Hospice of the Bluegrass, 663 Teton Trail, Frankfort, KY

In addition to friends at the Frankfort TCF, the National TCF offers an on line support community, webinars on grief, information for the newly bereaved, and sibling resources and other helpful guidance for dealing with the loss of a child - Log on to www.thecompassionatefriends.org - Or contact them toll free at 877-969-0010

HOSPICE OF THE BLUEGRASS, 663 Teton Trail, Frankfort, KY 40601, (502) 223-1744 (800) 926-1302

<http://www.hospicebg.org/supportgroups/frankfortMonthly>:

Hospice of the Bluegrass provides private counseling and support groups for the bereaved, including:

Child Loss – The First Two Years

Third Thursday of the month, 6:00pm - 7:30pm, Frankfort office. A group for parents who have lost a minor age or adult child since January 2011. Contact Melinda Simpson, LCSW at msimpson@hospicebg.org or call the Frankfort office for more information.



Love Gifts

Love gifts are donations made in memory of your child that help us as a chapter to reach out to other bereaved parents, siblings and grand parents. Your love gifts help us to conduct special events, provide a lending library, provide brochures and ability to reach out to other families.

"Walking Towards Stars of Hope"

The Compassionate Friends of Frankfort, Kentucky Regional Conference

April 5 & 6, 2013

PLEASE COMPLETE A SEPARATE REGISTRATION FOR EACH PERSON

Name: _____

Address _____

City, State, Zip _____ Ph# _____

Email _____

Workshop Selection Session 1

2:15pm-3:15pm Friday, April 5

Select one of the 4 workshops below

- Sudden Death Long Term Illness Miscarriage/Infant/Stillborn Survivors of Suicide

Workshop Selection Session 2

3:30pm-4:30pm Friday, April 5

Select one of the 4 workshops below

- Coping Tools to Deal With Loss Siblings Only For Bereaved 8 yrs or more
 Alternate General Sharing Session

Workshop Selection Session 3

10:30am-11:30am Saturday April 6

Select one of the 5 workshops below

- Grief, Guilt, Regret & Anger Journaling & Writing Coping Separately Together
 Creative Arts Alternate Sharing Session

Workshop Selection Session 4

1:30pm-2:45pm Saturday April 6

Select one of the 4 workshops below

- Rituals and Maintaining Our Connection Healing Power of Music Building Your Grief Toolbox
 Alternate Sharing Session

Please check one: **Regular Meal** _____ **Vegetarian** _____

Registration: \$60 per person Please mail check or money order to:

The Compassionate Friends

PO Box 4075

Frankfort, KY 40604-4075

1st Child's Name _____

Please Print Deceased Child's Name

2nd Child's Name _____

Please Print Deceased Child's Name

3rd Child's Name _____

Please Print Deceased Child's Name

Important Information to remember

Capital Plaza Hotel is offering discounted room rates for members that mention the TCF conference when making their reservations-
(502) 227-5100

TCF Frankfort Member Regina Blanton will be making 3" picture buttons before the session begins and again during the noon hour.
Please bring a 4 x 6 picture of your child (ren)

Reflection Room provided for your quiet time, soothing music, soft lighting, leave thoughts or messages to your children

Please support our silent auction, it helps to defray the cost of the conference.

Submit a picture of your child(ren) with your registration to be included in the slideshow. Please do not send originals.

Bring extra pictures for buttons, etc.

Deadline for registration and sending picture: April 3, 2013.

Guest speakers:

√ **Chuck and Kathy Collins, Chuck is a member of the National Board, and Kathy is Regional
Coordinator for Virginia**

√ **Paula Rymar, University of Kentucky**

√ **Hospice of the Bluegrass**

√ **Alice Wisler, Author**

√ **Teresa Mays, Bereaved Sibling, Chapter Leader**

√ **Tess Brunmeier, Retreat Leader**

√ **Misti Lynn Hall, former Hospice Bereavement Counselor**

√ **Special guest presenter Michael Nunley will conduct a workshop on grief/music and performance Friday evening.**

We hope you will join us for a weekend of healing, comfort and friendship.



*Mourning can go on for years and years.
It doesn't end after a year, that's a false fantasy.
It usually ends when people realize that they can live again,
That they can concentrate their energies on their lives as a whole,
And not on their hurt, and guilt and pain.*

Elizabeth Kubler-Ross

**If you want others to be happy, practice compassion.
If you want to be happy, practice compassion. ~Dalai Lama**



**THE
COMPASSIONATE
FRIENDS**

The Compassionate Friends
Of Frankfort, KY
PO Box 4075
Frankfort, KY 40604-4075

This complimentary newsletter is sent to you as part of our chapters' outreach. If you prefer to not receive it, please let us know 502-320-6438