



# THE COMPASSIONATE FRIENDS

TOPEKA CHAPTER  
Supporting Family After a Child Dies

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NEWSLETTER - Issue #2  
The Compassionate Friends, Inc.  
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Oak Brook, IL 60522-3696  
Toll Free 877-969-0010; Fax (630) 990-0246

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

NEW Topeka TCF Chapter Website:  
[www.tcftopeka.org](http://www.tcftopeka.org)

March ~ April 2014  
Editor: Susan Chan  
3448 S.W. Mission Ave.  
Topeka, KS 66614-3629  
(785) 272-4895

## MARCH MEETING

Monday, March 24, 2014  
Most Pure Heart of Mary Church  
3601 S.W. 17th St., Topeka, KS  
7:00 - 8:30 p.m.

**Signs, Symbols & Dreams** - At this month's meeting we will have the chance to talk about unusual happenings we may have experienced since the death of our child, grandchild or sibling. Bereaved people often talk about something that has happened to them that made them feel as though they were somehow contacted or felt more connected to their deceased loved one. Sometimes dreams about our child can be comforting, sometimes unsettling. This meeting will offer us the opportunity to share any such events that have happened to us in an open and non-judgemental setting.

## APRIL MEETING

Monday, April 28, 2014  
Most Pure Heart of Mary Church  
3601 S.W. 17th St., Topeka, KS  
7:00 - 8:30 p.m.

**Grief and Your Health** - When you are grieving your physical, emotional and psychological self is under a great deal of stress. It is especially important that you be mindful of your health as this is also a time when your immune system can be compromised. At this meeting we will talk about some health-related issues that can occur during your grief journey, ways to help keep yourself in good health while you grieve, and strategies for relieving stress and tension. Plan to share any activities that have helped you deal with stress and ask questions about the health-grief connection.

Meetings are always held on the fourth Monday of each month unless otherwise noted. Listen to radio & TV for cancellations due to severe weather conditions.

### ***This newsletter is sponsored by:***

*Mark & Debi Harvey in loving memory of their son  
Nathan Harvey who died on April 10<sup>th</sup>*

*Greg & Liz Hudec in loving memory of their son  
Zachary James Hudec who died on March 25<sup>th</sup>*

*Phil & Louise Jenkins in loving memory of their daughter  
Teresa Jenkins Carson who was born on April 7<sup>th</sup>*

*Erin & Mike Lesser in loving memory of their  
daughter Lauren Russo who was born on March 11<sup>th</sup>*



*Lori Neddermeyer in loving memory of her daughter  
Madison "Maddie" Naill who died on March 19<sup>th</sup>*

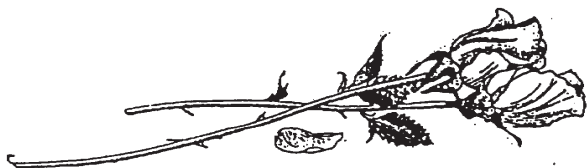
*George & Sharon Orff in loving memory of their  
niece Rachael Renee Chan who died on March 17<sup>th</sup>*

*Tom & Debie Schuetz in loving memory of their son  
Evan Michael Shuetz who died on April 17<sup>th</sup>*

*Damon & Collene Tucker in loving memory of their  
daughter Brittany Nicole Tucker who was born on  
April 30<sup>th</sup> and died on March 11<sup>th</sup>*

*The Compassionate Friends is a self-help organization offering friendship and understanding to bereaved parents. The purposes are to promote and aid parents in the positive resolution of the grief experience following the death of a child of any age, from any cause; and to foster the physical and emotional health of all bereaved parents, grandparents and surviving siblings.*

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## **We Need Not Walk Alone**

### **Mark Your Calendars!**

**3rd Annual Walk to Remember**  
**Saturday, April 12, 2014**  
**Snyder's Cabin in Gage Park**  
**Check-in/Registration at Noon**  
**Memorial Program begins at 12:45 p.m.**  
**Walk Begins at 1:00 p.m.**  
**Refreshments and Fellowship to follow Walk**

# From the Chapter Coordinator

Local Topeka TCF Chapter contact info:  
Phone - 785-272-4895; Email - chanx2@cox.net)

Dear Compassionate Friends Family,

As I prepare this March/April newsletter, it certainly still feels as though we are in the grips of winter. Snow covers the ground, temperatures are below zero and Spring does indeed seem a long way off. Our grief journey can sometimes feel like that and the healing on the other side of our journey may seem a very long way off as well. But with each day that passes, the days are getting longer, perhaps the sun will make its presence known more often, and eventually the crocus and daffodils will begin to pop their heads up in our gardens. Renewal happens every year with the change of the seasons and our own renewal will also happen but in our own time. Please try to be patient as you walk your grief path and know that healing, like the springtime, will come.

I hope many of you have had an opportunity to check out the new Topeka TCF Chapter website ([www.tcftopeka.org](http://www.tcftopeka.org)). We hope the material on the website will be useful to you and help you keep up-to-date on Chapter meetings and memorial events throughout the year. We encourage you to take a look and please don't hesitate to offer us any suggestions or comments you may have.

Our Fourth Annual Walk to Remember is coming up Saturday, April 12, 2014 at Snyder's Cabin in Gage Park. I hope many of you will plan to join us for the Walk in memory of our beloved children, grandchildren and siblings. Blue Registration forms appeared in the Jan/Feb issue of the newsletter, but if you need a form, you can download one from the new website under Special Events, call 273-5142 (evenings) or you may register the day of the Walk. However, **you must register by March 17<sup>th</sup>** to be guaranteed a special Walk t-shirt. Please also note that in this newsletter is a green Walk Sponsorship Form that we hope you will utilize to get your friends, family and co-workers to sponsor you on the Walk. All proceeds from the Walk are used to meet the expenses of the Topeka TCF Chapter including the printing and mailing of this newsletter, our meeting and lending library expenses, and our three annual memorial events. Hope to see you on April 12<sup>th</sup>!

In Love They Are Remembered. In Memory They Live.  
Until next time, be patient and let the healing happen

~Susan Chan, Coordinator

## In Memorium ~ Darcie Sims 1947-2014

"Thanks For the Little While" – Today our hearts are broken, our dear friend Darcie Sims has died. Darcie was my mentor, but the story of how she affected my life could be echoed by thousands of others in the TCF family whose lives have been equally touched by her incredible gift of loving guidance.

This woman was simply in a league of her own in the world of grief education. Darcie's ability to take the complex subject of grief and simplify it so that all could easily understand it made her the best at what she does. Her books, videos, workshops, and radio and television work have helped tens of thousands of people find hope on their grief journey.

Darcie has been a true friend to TCF. She has served our organization as a chapter leader and as a member of our National Board of Directors. Her willingness to give was extraordinary as she returned to many national and regional conferences over the years to speak and present workshops for us.

Today we offer our heartfelt condolences to Tony, Darcie's sidekick and the man behind the curtain keeping the Darcie Sims show on the road all of these years. We offer our condolences to

Allie and Greg and to the junior Ms. Darcie. Oh how Darcie loved and adored her family.

Those of us who have had the honor of knowing Darcie will never forget this amazing woman. She was a superstar in our world, and though we loaned her out to the rest of the world, there was no doubt that she was "our" superstar. Darcie was one of us, she listened to our stories, she felt our pain, she walked our walk, she was Big A's mom.

Darcie left you and I many treasures, she taught each of us how to laugh and cry at the same time, she taught us that we all grieve differently and the best gift we give each other is the gift of tolerance. Darcie left us the gift of her wonderful memories.

Many of us are in great pain today; it hurts deeply as we try to wrap our minds around such a profound loss to our TCF family. I know Darcie would want us to take the time to grieve and be sad for our loss today...but I am betting she would also want us to take a moment to remember that she lived...and oh boy did she live. So, as the tears come, grab a roll of toilet paper and stick it in your pocket, at your next TCF meeting remember to touch knees with the person next to you...and as you do these things...look upward to where Darcie is once again holding her precious Big A and say.... "Thanks, For The Little While."

We're going to miss you sweet friend,

Alan Pedersen, TCF Interim Executive Director  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## Upcoming Events/Dates to Remember

**Saturday, April 12, 2014** - Topeka TCF Chapter's 4<sup>th</sup> Annual Walk to Remember - Snyder's Cabin in Gage Park (Registration at 12 noon and Walk begins at 1 p.m.) Look for the green Sponsorship Pledge Form in this newsletter.

**July 11-13, 2014** - 37<sup>th</sup> National Compassionate Friends Conference in Chicago, IL - see further details at [www.compassionatefriends.org](http://www.compassionatefriends.org)

**September 27, 2014** - 21<sup>st</sup> Annual Memorial Picnic and Dove Release at Lake Shawnee at Shelterhouse # 3 on Memory Lane. From Noon - 3 p.m. Watch for further details in this newsletter and on our Chapter website at [www.tcftopeka.org](http://www.tcftopeka.org)



# Love Gifts

**Your Love Gifts Help Spread  
the Message of Hope & Healing ~ Won't You Help Today?**

What is a Love Gift? A Love Gift is a gift of money (or books, etc.) to The Compassionate Friends. It is usually in memory of a child, grandchild or sibling who has died, but it may be from individuals who wish to honor a relative or friend who has died, a gift of thanks that their children are alive, or simply a gift from someone who wants to help. The Compassionate Friends charges *no individual dues* or fees and depends on such Love Gifts to meet the Chapter's expenses, including the printing and mailing of this newsletter. When you make a donation, make sure to check to see if your employer may have a "matching gifts" program as this could double the amount of your donation. If you are not sure whether your company has such a program, check with your Personnel Department. This month we thank:

♥ Julie Diaz in loving memory of her daughter Kristi Diaz and her grandson Kyle Horn

♥ Mary Harrington in loving memory of her children Juliet Faith Harrington, Clara Harrington-Jones, John Carl Harrington and Jaime M. Harrington.

♥ Maxine Karnes in loving memory of her daughter Karen K. Karnes

♥ Jeannette Kingman in support of the work of the Topeka TCF Chapter

♥ Tom & Debbie Schuetz in loving memory of their son Evan Michael Schuetz

♥ Velata Tibbs in loving memory of her grandson Nathan Harvey

♥ Tom & Debbie Schuetz in loving memory of their son Evan Michael Schuetz

♥ Todd & Kathleen Williams in loving memory of their son Baby Boy Williams

Thank you for your gifts which enable us to print this newsletter and reach out to newly bereaved families. Donations are our only source of income and are **tax deductible**. If you would like to sponsor a newsletter, the cost is \$30.00. If we have more than one sponsor, we recognize all of them. If you wish to send a Love Gift, any amount is appreciated. It is whatever you feel you can give. Donations of books that you have found helpful to the Topeka Chapter Library are also greatly appreciated, and it is a nice way to remember your child or other loved one. If you would like to send a Love Gift or a Newsletter Sponsorship, you may do so by sending it to: The Compassionate Friends, c/o Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. For Newsletter Sponsorships, please indicate which issue you wish to sponsor (Jan/Feb, March/April, May/June, July/August, September/October, or November/December). Makes checks payable to "TCF".

## DO YOU NEED TO TALK? LOVING LISTENERS AVAILABLE

Yvonne Albright - Sudden Infant Death  
Leader, Infant Loss Group (785) 246-3298

Carol Cummings - Heart Surgery  
Former Coordinator (785) 272-2155

Donna Martin - Accident  
Former Coordinator (785) 286-0538

BeBe Bahr - Bicycle/Car Accident  
Advisory Board (785) 234-2897

Tom and Carolyn Voth - Cancer  
Former Coordinator (785) 235-5406

Susan Chan - Motorcycle Accident  
Current Coordinator (785) 272-4895

Leslie Johnson-Wingert - auto accident  
and SIDS (785) 840-0512

Debi Harvey - Drug Overdose  
(785) 806-2836



## Submit a Memory Page

Remember your child, grandchild or sibling in a special way by submitting a Memory Page to be published in the Topeka Chapter Newsletter. You may include a photo, drawing, a poem, letter to your child, etc - just about anything you would like to put on it in memory of your child. You do not have to put the page together - I can help you with this from the materials you select to use. Memory Page submissions should be sent to: Susan Chan, 3448 S.W. Mission Ave., Topeka, KS 66614-3629. Photos will be returned, but DO NOT send a photo of which you only have one copy. No charge for page.

**TCF National Office email:**  
[nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

**Compassionate Friends web address:**  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

**Topeka TCF Chapter NEW web address:**  
[www.tcftopeka.org](http://www.tcftopeka.org)

**Kansas Regional Coordinator:**  
Tom & Carol Weatherd - (785) 283-4704

### Our Thanks to:

Midland Care Connection for giving us a mailbox and Most Pure Heart of Mary Church for allowing us to meet at their facility.

TCF Mission Statement: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

# And We Remember....

*Because of the potential for the hurtful crime of identity theft, TCF Chapter Newsletters will now only publish the date of a child's birth or death without listing the year of each event. This is a directive from the National TCF Office to protect all TCF members.*

Jourdan Suzanne Albee, daughter of Stan and Julie Albee, died on May 10<sup>th</sup>

Scott Michael Allen, son of Cleo and Dee Allen, died on April 15<sup>th</sup>



Nicole Rae Amon, daughter of Dennis and Shelly Amon, born April 18<sup>th</sup>; died on April 13<sup>th</sup>

Tyauna Ché-Charisse Anthony, daughter of Perri and Tina Anthony, born May 2<sup>nd</sup>

Zachary Scholl Arnold, son of Norman Arnold, died May 11<sup>th</sup>

James Warren Arnold, son of Anne Roberts, died May 5<sup>th</sup>

Alexandra "Ali" Artzer, daughter of Dennis and Nancy Artzer, died on May 30<sup>th</sup>

Byron Ashworth, son of Dean and Sylvia Weichold, born April 2<sup>nd</sup>

Brandon Asuncion, son of Lori Bailey; brother of Justin and Tarren Asuncion, who was born on April 6<sup>th</sup>

Cain Robert Baker, son of Rhonda Payne, born May 17<sup>th</sup>

Tim Baker, son of Charles D. and Millie Baker, born April 30<sup>th</sup>

Devbie Ballard, daughter of Bonnie Ott, died on April 6<sup>th</sup>

Diane Joy Bandstra, daughter of Bert and Elaine Bandstra, born May 24<sup>th</sup>

Anne J. Cameron Barton, daughter of Alan and Alice Cameron, died April 20<sup>th</sup>



Brandee Earlene Bastian, daughter of Robert Bastian and Cary Roudybush, born April 23<sup>rd</sup>

Paul Duane Baxter, son of Walter and Goldie Baxter, died April 10<sup>th</sup>

Antwon L. Blanks, son of Robert E. Blanks, died April 16<sup>th</sup>

Derek G. Bodeman, son of Becky S. Bodeman, died on May 6<sup>th</sup>

Joshua James Bogdan, son of Joseph F. Bogdan and Angelika Bergman, died May 25<sup>th</sup>

Kelly Bogner, daughter of Carole Bogner, born on April 10<sup>th</sup>

Lucas William Brady, son of Sandra Brady, died April 3<sup>rd</sup>

Kirk Alan, Brown, son of Kenneth and Doris Brown, born May 13<sup>th</sup>; died April 3<sup>rd</sup>

Terry Edward Burns, son of Kenneth and Eleanor Burns, and brother of Kathy Kaesewurm, died April 15<sup>th</sup>



Teresa Jenkins Carson, daughter of Phillip and Louise Jenkins, born April 7<sup>th</sup>

Derrick Christenberry, grandson of Isabel Christenberry, born May 9<sup>th</sup>; died April 27<sup>th</sup>

Kaden Lawrence Clark, son of Kevin and Laura Clark, born March 17<sup>th</sup>

Carolyn Uhl Cook, daughter of Dwight and Doris Uhl, died April 15<sup>th</sup>



Tavion Cooper, son of Lisa Cooper, born May 15<sup>th</sup>

Gary E. Corley, son of William E. and Ida Corley, born May 29<sup>th</sup>

Timothy Brogan Crawford, son of Lori Eigenman, died on May 4<sup>th</sup>

Amanda Kay Cunningham, daughter of Stacey McCain; sister of Josh and Adam, born April 27<sup>th</sup>

Mark Patrick Davidson, son of Dave and Gerry Davidson, died April 10<sup>th</sup>

Twila Juyne Davidson, daughter of Alva and Dorothy Davidson, born May 1<sup>st</sup>

Kristi Diaz, daughter of Julie Diaz, died April 7<sup>th</sup>

Michael Ray Donoho, son of Tammy Collins and Dennis Donoho; and stepson of Edward Collins and Debbie Donoho, died April 11<sup>th</sup>

Macy Vail Donnell, daughter of Crysti and Rob Sheldon, died May 8<sup>th</sup>

Steven Louis Douglas, son of Norton E. and Barbara L. Douglas, died April 17<sup>th</sup>

Donald R. Duncan, son of Bill and Sandy Duncan, died May 5<sup>th</sup>

Donna L. Ellis, daughter of Donald and Mary Rickel, born April 10<sup>th</sup>

Janella Ruth Pomeroy Evans, daughter of Elwaine and Joanne Pomeroy, born April 25<sup>th</sup>; died April 16<sup>th</sup>

Azure Ann Fisher, daughter of Shelly Ross, born May 16<sup>th</sup>

Claire Elise Fisher, daughter of Debra Fisher, died born May 15<sup>th</sup>

Jeff Fitzgibbons, son of Bill and Jean Fitzgibbons, died April 8<sup>th</sup>

Randy Flanagan, son of Dennis Flanagan, who was born on May 14<sup>th</sup>

Ryan Flanagan, son of Denis Flanagan, who was born on April 24<sup>th</sup>

Luke Edwin Forsberg, son of Gene and Peggy Forsberg, who was born on May 4<sup>th</sup>

Richard Brian Gilbert, son of Rick and Carla Gilbert, died April 10<sup>th</sup>



Naomi Glaser, sister of Marianne Carlson, born May 13<sup>th</sup>

Spenser Thomas Good, son of Margaret Kramer, died April 30<sup>th</sup>



## And We Remember..... (Cont'd)

James C. Graber, son of Walter J. Graber and Theresa M. Murrey, born April 12<sup>th</sup>

Ryan Mathew Hair, son of Janis (Hair) Humbert, died May 26<sup>th</sup>

Grayson C. Harder, son of Will and Cassie Harder and grandson of Bill Harder, died May 27<sup>th</sup>

James (Jim) Harrell, son of Edna Harrell-Snyder, born May 22<sup>nd</sup>; died on April 8<sup>th</sup>



George Harrington, son of Frances Mitchell, born May 5<sup>th</sup>

Randy Harris, son of George and Polly Harris, died May 3<sup>rd</sup>

Seth Harris, son of Brian Harris; brother of Bridget and Kandace Harris, who died on April 12<sup>th</sup>

Nathan Harvey, son of Mark and Debi Harvey; brother of Rachel, Amanda and Caleb Harvey; grandson of Velata Tibbs, died April 10<sup>th</sup>

Erwin Hayes, son of Ed and Judy Hayes, born May 22<sup>nd</sup>

Brenda D. Hepner, daughter of Loma Gregg, died on May 5<sup>th</sup>

Mitchell Hermreck, son of Dennis and Ann Hermreck; brother of Shelby and Raegan, who died on May 12<sup>th</sup>

Melissa Ann Hernandez, daughter of Cathy Lorraine Hernandez, who was born May 31<sup>st</sup>

August James (Gus) Hildebrand, son of Jim and Callie Hildebrand, died May 13<sup>th</sup>

Kevin Hirschberg, son of Dale and Dorothy Hirschberg, born May 22<sup>nd</sup>



Nason John Hobelman, son of Dee Hobelman, who died on May 7<sup>th</sup>

John Holdern, son of John Sr. and Gladys Holdren; brother of Marianne Carlson, born April 17<sup>th</sup>, died May 20<sup>th</sup>

Bill Holdern, brother of Marianne Carlson, born April 5<sup>th</sup>; died May 17<sup>th</sup>

Cheryl Kay Hoppes, daughter of Jim and Twila Taylor, born April 15<sup>th</sup>

Zachary James Hudec, son of Greg and Liz Hudec, born May 8<sup>th</sup>

Janice Bee Ogle Hunt, daughter of Velma Ogle Smidt, died May 20<sup>th</sup>

Blaine Michael Janzen, son of Brian Janzen and Christine Satchwell, and grandson of Chet and Marlece Janzen, born May 2<sup>nd</sup>

Brittani Jeanneret, daughter of Ron and Lisa Jeanneret, died May 19<sup>th</sup>

Abbey Jordan, daughter of Don and Joanie Jordan, who was born on April 13<sup>th</sup>

Daniel Craig Katsbulas, son of Gus and Amelia Katsbulas, born May 22<sup>nd</sup>

Brandon Keil, great-grandson of Kathleen Bryan, born and died May 31<sup>st</sup>



Michael "Mike" Dean Kidney, son of Forrest and Susan Kidney, died May 2<sup>nd</sup>

Lawrence Alan Kout, son of Muryln and Lucille Kout, born April 17<sup>th</sup>

Cara Elizabeth Kroll, daughter of Joseph Kroll, step-daughter of Brenda Kroll, sister of Christopher Kroll, who was born on May 14<sup>th</sup>

Andrew Garrett Lindeen, grandson of Mary J. Lindeen, born May 8<sup>th</sup>

Pelepessite Mariner, daughter of Ieu and Winnie Mariner, born May 10<sup>th</sup>

Jason McNaughton, son of Patty Wiltz, born on May 8<sup>th</sup>

Katie Mika, daughter of Robert and Rita Mika, died May 8<sup>th</sup>

Jeffrey Morgan, son of Joy Morgan, died April 13<sup>th</sup>

Nathan W. Muggy, son of Bill and Dorothy Muggy, died May 16<sup>th</sup>

Jerry James Oldham, son of James and Claudette Oldham, born April 6<sup>th</sup>

Eric Alan Palmberg, son of Jim and Doris Palmberg, born on April 14<sup>th</sup>

Zachary Patton, son of Terry and Debbie Patton and grandson of Esther D. Coe, born April 4<sup>th</sup>

Jess Franklin Queen, son of Doran and Phyllis Hobbs, died April 14<sup>th</sup>

Misty Redd, daughter of Larry and Nancy Redd, died May 16<sup>th</sup>

Casey Wm. Reed, son of Bill Reed and Ila Baker, born on May 19<sup>th</sup>

Dustin Dee Reece, son of Terry C. Allen and Barbara J. Reece Allen; and grandson of Marilyn Reece, born April 23<sup>rd</sup>, died May 22<sup>nd</sup>

William V. "Bill" Ryan, son of Virgil and Flora Lee Ryan, died April 2<sup>nd</sup>



Suzann Sann, daughter of Billy and Patricia Sullivan, born May 8<sup>th</sup>

Kristin Saragusa, daughter and step-daughter of Jim and Suzi Saragusa, died May 20<sup>th</sup>

Kathy Lynn Schmelzle, daughter of Pat and Patty Schmelzle, died April 19<sup>th</sup>

Evan Michael Schuetz, son of Tom and Debbie Schuetz, died April 17<sup>th</sup>

## And We Remember..... (Cont'd)

Lillie Ann Marie Seibel, granddaughter of Becky Eck,  
died on April 13<sup>th</sup>



Jeremy Ryan Siess, son of Richard and Beth Siess,  
died April 28<sup>th</sup>

Rachel Diana Sowers, daughter of Bill and Diana Sowers,  
died May 17<sup>th</sup>

Amy Mitchell Spencer, daughter of Loren and Beth Spencer;  
Richard Dylan Spencer, son-in-law of Loren and Beth Mitchell;  
and Chase and Ansley Spencer, granddaughters of Loren and  
Beth Mitchell, died in a airplane accident on April 22<sup>nd</sup>

Ryan Paul Stack, grandson of Donald and Evelyn Monroe,  
born May 17<sup>th</sup>

Ava Steinlage, daughter of Shana Steinlage, died on April 28<sup>th</sup>

Jaeden Dena Stewart, daughter of Jason and Karissa Stewart,  
born April 3<sup>rd</sup>; died May 12<sup>th</sup>



Peter Andrew Swalm, son of Mike and Jan Swalm,  
died April 23<sup>rd</sup>

Sydney Diane Tate, daughter of Jeff and Misty Tate,  
born April 30<sup>th</sup>

Charles W. "Chuckie" Taylor, son of Charles M. and Alice M.  
Taylor and brother of Linda and Karen, born April 1<sup>st</sup>

Gladys Ann Stewart Tipton, daughter of John and Arletis Stewart,  
who was born May 6<sup>th</sup>

Patrick Murphy Tollefson, son of Allen and Madeline Tollefson,  
died April 1<sup>st</sup>



Stephanie Ann Tremblay, daughter of Doug Tremblay,  
died May 31<sup>st</sup>

Brittany Nicole Tucker, daughter of Damon and Collene Tucker,  
who was born April 30<sup>th</sup>

Lynda E. Turner, sister of Woody Turner, born May 12<sup>th</sup>



Bryan M. Turner, son of Woody Turner, born May 1<sup>st</sup>

Macy Vail, daughter of Crysti Reese-Sheldon, died May 8<sup>th</sup>

Marc Darrel Van Vleck, son of Frank and Susan Van Vleck,  
born May 21<sup>st</sup>

Mariana Villegas-Singleton, daughter of Seth and Amy Meyer,  
died May 21<sup>st</sup>

Larry Eugene Walters, son of Hurbert and Margaret Walters,  
died May 4<sup>th</sup>

Chad Nicholas Ward, son of Charles R. Hill and Shondi L. Ward,  
died May 9<sup>th</sup>

Kerensa Kaye Ward, daughter of James F. Sosebee and Carol Sue  
Ward, born on April 26<sup>th</sup>

Taylor William Clay Watson, son of Terry and Kathy Watson,  
born April 12<sup>th</sup>

Robbie Weakland, son of Bob and Lori Weakland, born May 10<sup>th</sup>

Christopher Wempe, son of Dan and JoAnn Wempe,  
died on May 12<sup>th</sup>



Jacob Wessel, son of Mark and Susan Wessel, died on April 19<sup>th</sup>

Victoria Nicole White, daughter of Kalila Boldridge and Robert  
A.F. White, died April 8<sup>th</sup>

Amanda Wohlgemuth, daughter of Penny Alton, born April 25<sup>th</sup>

(Use the form below to submit your listing if you have not already done so.  
Once you have submitted your listing you **do not** have to do so every year.  
Your child's name and dates will remain on the We Remember database  
unless you request their removal. This month's listing includes birth and  
death anniversary dates for April and May)

**And We Remember** - If you wish your child, grandchild or sibling included in the We Remember section of this newsletter, please fill out the form below and return to: Susan Chan, 3448 S.W. Mission Ave., Topeka, KS 66614-3629. You may also email the information to [chanx2@cox.net](mailto:chanx2@cox.net). We do not automatically list your information just because you are receiving this newsletter. We only list information for those parents requesting it. If you have previously submitted your child's information and it has appeared in the newsletter during the past year, you **do not** need to resubmit it. If you have just begun receiving this newsletter, or have never submitted this information, you will need to do so in order for it to be included. **Please type or print clearly.**

Child's Name \_\_\_\_\_ Son \_\_\_\_\_ Daughter \_\_\_\_\_ Grandchild \_\_\_\_\_ Brother \_\_\_\_\_ Sister \_\_\_\_\_

Date of Birth \_\_\_\_\_ Date of Death \_\_\_\_\_

Father \_\_\_\_\_ Mother \_\_\_\_\_

**Note:** Please list your address and phone number. You will only be contacted if there is a question about your listing.

**Is this a change of address for you? (please circle) YES NO**

# Madison “Maddie” Rae Naill 1996 ~ 2012



9<sup>th</sup> Grade



Maddie,

It is hard to believe that it has been two years since the nightmare of not having you here with us began. We all know you are in a glorious place - still, we would rather you were here. We miss your smile, spunk and sense of humor. Your friends miss you very much, too - you should be graduating with them in May.

Love, Mom & Mark, Dad, Allie, Jesse, Cale, Braden, Grams & Gramps, Lisa and Lexi



10<sup>th</sup> Grade



Kindergarten



5<sup>th</sup> Grade



## A Special and Important Message to Our New Compassionate Friends

If you are newly bereaved and have recently attended your first Compassionate Friends meeting, you may have left the meeting feeling overwhelmed and emotionally drained. With the heavy load of grief you are carrying, you cannot bear to hear about all the pain shared at meetings. Consequently, you may have decided not to return. We would like to let you know that these feelings are common to all our members, many of whom resolved not to expose themselves to such anguish again, but were drawn back by the knowledge that they were among those who "know how you feel".

Please give us at least **three** tries before you decide whether or not the meetings are for you. You will find a network of caring and support which will help you as you travel your grief journey, and most assuredly, you will find hope along the way. We truly care about you and want to make certain that no bereaved parent ever needs to walk this path alone.

*---Topeka TCF Chapter Steering Committee*

### CALL FOR PHOTOS

If you would like your loved one's photo included in our TCF Chapter's memorial slide presentation, please do one of the following:

1. If you have computer access and can send a jpg file of your child's photo electronically, please send to [dtucker35@cox.net](mailto:dtucker35@cox.net). Be sure to include your loved one's full name, birth and death dates.
2. If you are not able to send a photo file electronically, you may send a photo print (do not send the only copy you have!) so that we may scan it into digital format. Send the photo plus the full name, birth and death dates for your loved one to: Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. Please include a stamped, self-addressed envelope for return of your photo. We will continue to collect photos throughout the year to add to the slide presentation. If you already sent in a photo, you need not resend one.

### Do You Have a Book Checked Out of the Topeka TCF Library?

If you have checked out a book(s) from the Topeka Chapter Library, we would greatly appreciate it if you could return it (them) as soon as possible. We want to keep the books available for others to use. We ask that you keep Library materials no longer than two (2) months. You may return books at a regular monthly meeting or leave them in the Most Pure Heart main Office. Please place books in a sack marked "For Susan Chan, Compassionate Friends". It is very expensive for us to try and replace missing materials so your cooperation is greatly appreciated. THANKS!

### Sibling Group Update

Over the past year we have been trying to get a Sibling Support Group started for the Topeka TCF Chapter. However, participation has been very minimal and now our Sibling Coordinator, Jennifer Kaspar, is having to step down due to her college class load and job commitments. Also, she will be graduating in May and taking a position in Kansas City. We thank Jennifer for her efforts with this group. We are sorry that we were not able to get this type of group up and running. Siblings 12 and older are invited to attend the adult meetings if they wish, but we will no longer be offering a separate sibling support group meeting. We would encourage you to contact Midland Care at 785-232-2044 as they do offer some age appropriate groups for bereaved siblings.

### Join TCF on Facebook®

TCF's Facebook Page is a proven support area for bereaved family members to come and talk about their grief. Stop by and visit with some of our more than 26,000 Facebook members!!

Please join our TCF/USA Facebook family. Tell us about your child, sibling, grandchild, or other loved one and find support in the words and concern of others. Check out the Discussion Boards! Every day we also provide thought provoking questions, grief quotes, and links to grief stories, as well as TCF news, such as updates on the Worldwide Candle Lighting, TCF National Conference and other TCF programs.

### Additional Support Group Resources

**HEALs** - Healing after loss of suicide offers support to all survivors affected by the loss of a loved one to suicide. Meetings are at 7 p.m. on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month. Pozez Center (north side of Stormont Vail). Contact Information: Jay Sheer 785-220-1368 or Sandy Reams 785-249-3792.

**Pregnancy and Infant Loss Group** - Meets 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month from 6-8 p.m. at the Pozez Education Center. The group, which has regular meetings to share information and experiences, also has a blog for members that offers communication, resources and support. If you are interested in learning more about the blog, please email [lrosen@stormontvail.org](mailto:lrosen@stormontvail.org). For information call (785) 354-5225.

**ForTheSurvivors** - this website offers resources, support and connection for those who have experienced the death of a child. See <http://www.forthesurvivors.org/>

### Are You Moving?

If you move, please let us know your new address so you can continue to receive this newsletter. It costs the Chapter 65 cents every time a newsletter is returned by the Post Office with an outdated address. Please send address changes to: Susan Chan, 3448 SW Mission Ave., Topeka, KS 66614-3629. You may email address changes to [chanx2@cox.net](mailto:chanx2@cox.net). We appreciate your cooperation as this will save the Chapter money which can be better spent on bereavement outreach. If, for any reason, you wish to have your name removed from our mailing list, please drop me a note or email and I will take your name off the list.



**IN MEMORY OF**

**BRITTANY NICOLE TUCKER**

**APR 30, 87 - MAR 11, 01**

They say there is a reason,  
They say that time will heal.  
But neither time nor reason,  
Will change the way I feel.

For no one knows the heartache  
That lies behind our smiles,  
No one knows how many times  
We have broken down and cried.

We want to tell you something  
So there won't be any doubt.  
You're so wonderful to think of  
But so hard to live without.



Not a day goes by that we don't think of you  
and the wonderful memories you gave us.

Damon and Collene Tucker - Mar/Apr 2014

# Mourning Means Redefining Connections

By Ronald J Greer

Grief is an experience as old as life itself. Yet, our understanding of what it means to grieve has evolved over time. For most of the 20<sup>th</sup> century it was understood that the goal of grieving was breaking the attachment with the loved one who died. Then in the latter part of the century we were taught to work through the stages of grief so we could accept it and - many thought - be over it.

I will always be attached to those I love. I will never fully get over the major loves and losses in my life. Nor do I want to ... nor do I need to in order to live a full, meaningful, and joyful life. And the professional world that studies grieving -the field of thanatology - knows that. In our mourning we are not breaking attachment - we are redefining how we are attached.

This is so difficult to put into words as I reflect on the years since the death of our son Eric, who died in an accident at age two. All I know is that, though I've said "good-bye" to Eric, my love for him and my feeling of connection with him live on. This is not denial. I am fully and painfully aware that he has died. Yet, I am fully and joyfully aware of the ways I am connected that continue still.

Think of it like this - and here I borrow from the thought of Dr. Thomas Attig. Every day I am away from those I love. I

say "good-bye" in the morning and am not back home until that evening. But though I am away for hours, or even days at a time, I still love them and feel a close, personal connection while we are apart. Now ... though I said "good-bye" to Eric years ago, I still love him and feel a close, personal connection - though we are apart. From his life I continue to be inspired and enriched.

Eric was - from birth - what I still strive to be. He was full of life and spirit. He loved to run and laugh and play with that *take no prisoners* approach to life. He did not fear risks. In a beautiful way that was free of self-consciousness, he was Eric. He was himself, without ever giving it a thought.

I am still inspired by him. I am still enriched by him. Death does not end *that*. Death does not end *that* connection. For two years I loved our son. I've loved him for twenty-three since. Just as I valued - *savored* - loving him in his presence, I have valued and savored loving him in his absence ... as I remember. For in my heart he will always have his place.

We have all said our "good-byes" - yet, somehow, thank God, those we love and have lost go with us still.

(About the author: Ronald J. Greer is a bereaved parent and the author of *Markings on the Windowsill: A Book About Grief That's Really About Hope*. He is a Fellow of the American Association of Pastoral Counselors, a Clinical Member of the American Association for Marriage and Family Therapy, and an ordained minister. Greer has been with the Pastoral Counseling Service at Peachtree Road United Methodist Church in Atlanta, Georgia, for 25 years. )

Reprinted from *We Need Not Walk Alone*, Autumn 2007

## Learning From Nature



The brown of winter grass is beginning to green, the daffodils that line the fence smile with sunny cheerful faces as the song birds find their voices again.

As I whack away at the dumps of pampas grass, clearing out the old debris, making room for new growth, my neighbor stops along the driveway and says, "Oh, that is much too much work for you!"

I reply, "Yes, it is hard work, but yard work is good therapy for me."

There are some things I cannot change. I cannot change the fact my child is not here to share this March day. I cannot change the memories that rustle through my brain like wind-driven dried leaves racing across the yard. Some things I can change. One thing I can change is the look of my pampas grass. I cut, clear, and make a new path for growth. I struggle to rake and carry loads of old pampas grass to the street. When I come inside I am bone-weary and dirty. I accept the fact that I cannot accomplish all of my yard work in one day, just as I cannot move through the grieving process in a short span of time. However, I have cleared a path for new growth, and that one, small change is enough for today.

I am renewed.

~Maryanne Lohrman, TCF Charleston, NC

*John Carl Harrington*

*Dec. 15, 1967 - March 18, 1997*



*Evacuee*

Each time on my leaving home  
I run back to my mother's arms,  
one last hold and then it's over.

Watching me, you know I cry,  
you wave a kiss to say goodbye,  
Feel the sky fall down upon me!

All I am,  
a child with promises  
All I have  
are miles full of promises of home.

If only I could stay with you,  
my train moves on, you're gone from view,  
Now I must wait until it's over.

All I am,  
a child with promises  
All I have  
are miles full of promises of home

Days will pass, your words to me,  
it seems so long; eternity,  
but I must wait until it's over.

~ENYA

*Jaime M. Harrington*

*Feb. 3, 1975 - Feb. 3, 1975*



*After a Death*

Seeing that there's no other way,  
I turn her absence into a chair.  
I can sit in it  
gaze out through the window.  
I can do what I do best  
and then go out into the world,  
and I can return then with my useless love,  
to rest,  
because the chair is there.

~Roo Borson





# **The Compassionate Friends**

Topeka Chapter, c/o Midland Hospice Care., Inc.  
200 S.W. Frazier Circle, Topeka, KS 66606-2800

**A self-help organization offering friendship and  
understanding to bereaved parents and siblings.**

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## **TCF 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.