



The Compassionate Friends

Topeka Chapter

Supporting Family After a Child Dies

Published Bimonthly by The Topeka TCF Chapter

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May ~ June 2020
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Dear Compassionate Friends Family,

We know this is a difficult and strange time for all of us as our nation grapples with the Covid-19 pandemic and most of us are likely under stay-at-home orders from the State and/or our local municipality. Because our usual meeting place at Most Pure Heart of Mary Church has been closed to group gatherings, we have been unable to have our regular monthly support group meetings. While attendance at our meetings has been going down for the past year or so, we do understand that in-person meetings are important to those of you who have attended. At this point we do not know when we will be able to assume regular monthly meetings. We will do our best to keep you informed via our Topeka Chapter website (www.tcftopeka.org) about when meetings will be able to start up again. We will also attempt to continue producing this newsletter, although because our donations have dropped so much in the past couple of years, that may not be possible. It costs around \$500 to print a 12-page issue of the newsletter and another \$50+ in postage to mail it to you. Should it become impossible to afford producing a print edition of this newsletter, we will do our best to continue to post a digital copy of each newsletter on our Chapter website listed above.

You will notice that this edition of the newsletter is much smaller than usual, but we wanted to try to send out information on as many online resources as possible that you may be able to utilize while we are not able to have regular monthly meetings. There are a number of ways to connect with other bereaved parents, grandparents and siblings through the closed Compassionate Friends Facebook pages. You are able to request to join a particular group and once approved would have access to the discussions and support offered there. Many of these Facebook pages deal with specific cause of death, age of child, etc. so you may be able to find one that works well for your situation. Many of the other online resources listed elsewhere in this newsletter have wonderful articles on the various aspects of loss and grief written by both professionals and bereaved individuals. We hope some of these will be able to offer you support during this time of separation. Please take good care of yourselves, stay safe, and know that we will be holding you all in our hearts.

~ Topeka TCF Chapter Steering Committee

This newsletter is sponsored by:

*Bert & Elaine Bandstra in loving memory of their
daughter Diane Joy Bandstra who was born on May 24th*

*Denise Cauthon in loving memory of her son
Kale Cauthon who was born on June 14th*

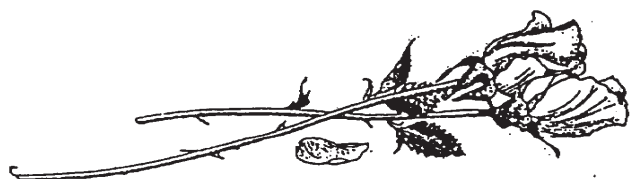


*Mark & Lori Neddermeyer in loving memory of her
daughter Maddie Rae Naill who was born on June 17th*

*Mary J. Lindeen in loving memory of her grandson
Drew Lindeen who was born on May 8th*

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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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.*

We Need Not Walk Alone

Making Mother's Day and Father's Day Special

Here are a few hints to help you through these days after the loss of a child.

1. Pamper yourself - this is a special day in your life. You are a parent forever and your child is your child forever.

2. Do what you need to do - what helps you. Grieve your way.

3. Be with those who surround you with love, not demands or advice.

4. Plan ahead - do things that make you feel good or give you a moment's peace.

5. Start new rituals to make new memories.

6. Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)

7. Include deceased children in the day - through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.

8. Join with another bereaved family to honor this day and have mutual support.

9. Start a garden or add to a special garden in memory of your child.

10. Use this day to plant spring flowers so you can always see your child in each bloom and each bouquet that you cut.

11. Visit the cemetery if that helps your heart on this day.

12. Plant a flower or shrub that will come to bloom this time of year.

13. Do something special for someone else or something special in your child's name (helping Cancer Care, MADD, a Compassionate Friends' Chapter, Scouting, a nursing home, etc.)

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. A special Thank You to ProPrint for helping to underwrite the printing cost of this newsletter.

TCF National Office e-mail:
nationaloffice@compassionatefriends.org

Compassionate Friends web address:
www.compassionatefriends.org

Topeka TCF Chapter web and e-mail addresses:
www.tcftopeka.org tcftopeka@gmail.com

Kansas Regional Coordinator:
Marty & Renda Weaver - (785) 823-7191

14. Listen to music that makes your heart feel good.

15. Cook some favorite recipes that your child enjoyed or cooked for you.

16. Buy a present for yourself from your child and enjoy the comfort it brings you.

17. Write a poem or article in memory of your child, sharing memories or whatever has helped you.

18. Attend a family gathering of relatives – their love and support can give you a lift on this day.

19. Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.

20. Take part in a special church ceremony honoring Mother's Day and Father's Day.

21. Pray to your child - talking is the best medicine and prayer is simply talking.

22. Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day giving you time to meditate alone.

23. Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).

24. Allow the tears to flow - crying is healing and allows a release for your feelings.

25. Think of a way to "share your child with the world"- making sure his or her memory lives on through scholarships, writing, good deeds.

26. Give and get plenty of hugs.

*~ Elaine Stillwell, TCF Rockville Centre, NY
Posted on May 1st, 2017/TCF Blog*

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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. **Due to space constraints, only those families who remain current on our newsletter mailing list will be included in the We Remember section***

Matthew Wayne Arnold, son of Don and Susan Arnold, born on July 28th and died on June 11th



Diane Joy Bandstra, daughter of Bert and Elaine Bandstra, who died on July 28th

Maximus Blindt, son of Heather Blindt; brother of Brad and Natalie, who was born on July 25th

Matthew Brown, son of Joe and Heather Brown, who was born on July 2nd and died on July 1st

Teresa Jenkins Carson, daughter of Phillip and Louise Jenkins, who died on June 17th

Kale Cauthon, son of Denise Cauthon; brother of Josh and Cam, who was born on June 14th

Patrick Cummings, son of Carol Cummings, died on June 27th

Jeff Darting, son of Gerry and Judy Darting and brother of Sarah Escobar and Jenny Darting, who was born on June 26th

Michael Donoho, son of Dennis and Tammy Donoho Collins and stepson to Ed Collins and Debbie Donoho, born on June 24th

Randy Flanagan, son of Dennis Flanagan, who died on June 10th

Amber Fleer, daughter of Darla Hughes and Terry Fleer, who died on July 7th

Jeremy Scott Goehl, son of Danny and Kim Goehl, who died on June 17th

Dennis Montgomery, grandson of Janet Hamilton, who died in July.

Colby Deab Harris, son of Chris and Dana Harris; grandson of Marquita Baxter and Mary K. Harris, who died on July 21st

Spencer Michael Haynes, son of Shelly Frederick-Haynes, who was born on June 17th

McKenzie Lucille Hinck, daughter of Lonnie and Kimberly Hinck, who was born on July 21st and died on June 28th

Bradley "Brad" Hurla, son of Mike and Judy Hurla, who was born on July 21st



Jonathan Kaspar, son of Jeffrey and Susan Kaspar, sister of Jen Kaspar who died on June 4th

Riley Kern, son of Emily Kern and brother of Mary Gifford, who died on July 27th

Joel Andrew Knight, son of Jim and Gloria Knight, born on June 24th

Nicholas Kuipers, son of Candi Kuipers; brother of Tayla and Jaythan, who was born on June 19th

Andrew Garrett Lindeen, grandson of Mary J. Lindeen, who died on July 29th

Richard L. "Rick" Linder, Jr., son of Richard and Pat Linder, born on June 26th

Christen (Chris) Edward Locke, son of Alfonzo E. Locke Jr. and Sheila D. Locke, who died on July 5th



Amy Lundin, daughter of Ralph and Judy Lundin, who died on July 28th

Nicholas Artck McCarthy, son of Sabrina Cruz, who was born on July 26th

Clay Meyer, son of Jim and Linda Meyer, born on July 26th; died on June 27th

Madison "Maddie" Rae Naill, daughter of Lori Neddermeyer and Eric Naill; step-daughter of Mark Neddermeyer; sister of Jesse and Allie Naill; step-sister of Cale and Braden Neddermeyer; and granddaughter of Bruce and Ginny Miller and Allan and Marge Neddermeyer, born on June 17th

Tracie Nelson, daughter of Shari Brandenburg, who died on June 7th

Janet Pace, daughter of Barbara Hale, sister of Carla Gilbert and Sara Wallo, and mother of Shauna Andersen died on June 10th

Jeremy Joseph Pechanee, son of Pamela Pechanee, who was born on June 13th

Aurora Mae Philippi, daughter of Chris and Trista Philippi, who was born and died June 17th

Kasey Pike, grandson of Grace Reichle, who was born on July 3rd

Kadillak Marie Poe, granddaughter of Cindy Poe, who died on July 24th

Sarah N. Rice, daughter of Gary and Peggy Rice, who was born on July 19th

Pamela Jaye (Luthye) Rodriguez, daughter of the late Dale Luthye and Elma Luthye, who was born on July 28th



Kathryn (Katie) Rush, daughter of Thomas and Barbara Rush, who born on July 6th

Alexis "Lexie" Diane Salmon, granddaughter of Candy Morgan and Robin Heuer, who was born on July 11th and died on June 5th.

Rachel Diana Sowers, daughter of Bill and Diana Sowers, born on July 30th

Tony Stewart, son of Barbara Stewart, who died on July 2nd

Donald (Donnie) Warren, son of Nancy McCune, who died on June 28th

Michael Scott Watson, son of Warren and Beth Watson, who was born on June 4th

Eric Edward Gordon Wiebler, son of David and Laura Wiebler, who died on July 12th

Tony Willey, son of Diana Willey, who was born on July 3rd

(Once you have submitted your listing you **do not** have to do so every year as long as you remain active on our mailing list. Your child's name and dates will remain on the We Remember database unless you request their removal or choose to discontinue receiving this newsletter. (This month's listing includes birth and death anniversary dates for June & July)

If you rearrange the letters in EARTH it becomes HEART. So even if someone is no longer on EARTH with us, we know that person will always be in our HEART.

Online Grief Resources to Access During the Covid-19 Shutdown

The following are some suggestions of online resources you may wish to check out during this time of isolation when we are not able to meet in person. We hope some of these may help provide some comfort and support on your grief journey.

The Compassionate Friends Website

<https://www.compassionatefriends.org/blog/category/articles/>

Over 25 pages of links to articles about many aspects of grief and loss written by bereaved parents, grandparents and siblings as well as some grief professionals available to read. There are also archived issues of TCF's quarterly magazine *We Need Not Walk Alone* from 2011-2019 on this site.

TCF Chat Rooms

<https://www.compassionatefriends.org/find-support/online-communities/online-support/>

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. The intent of our Online Support Community is to provide mutual comfort, hope, and support through conversation. We are not professional grief counselors.

TCF Private Facebook Groups

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

The Compassionate Friends offers a variety of private Facebook Groups. These Facebook pages cover a variety of causes of loss, as well as other grief-related topics for discussion.

These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. When you go to the website listed above, please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. Please note, all three questions need to be answered in order to be approved. If you are on a phone or tablet, you will need to scroll down before hitting "submit." If you are still waiting approval after three days, please message one of the administrators.

"Join" requests to TCF closed Facebook groups must be requested personally, therefore when you wish to share the group with someone else, please pass along the link to the group.

Current Private Facebook Groups

TCF – Loss of a Stepchild

TCF – Loss of a Grandchild

TCF – Sibs (for bereaved siblings)

TCF – Bereaved LGBTQ Parents with Loss of a Child

TCF – Multiple Losses

TCF – Men in Grief

TCF – Daughterless Mothers

TCF – Sudden Death

TCF – Loss to Substance Related Causes

TCF – Sibling Loss to Substance Related Causes

TCF – Loss to Suicide

TCF – Loss to Homicide

TCF – Loss to a Drunk/Impaired Driver

TCF – Loss to Cancer

TCF – Loss of a Child with Special Needs

TCF – Loss to Long-term Illness

TCF – Loss After Withdrawing Life Support

TCF – Loss to Mental Illness

TCF – Loss to Miscarriage or Stillbirth

TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild

TCF – Infant and Toddler Loss

TCF – Loss of a Child 4 -12 Years Old

TCF – Loss of a Child 13-19 Years Old

TCF – Loss of an Adult Child

TCF – Loss of an Only Child/All Your Children

TCF – Grandparents Raising their Grandchildren

TCF – Bereaved Parents with Grandchild Visitation Issues

TCF – Grieving with Faith and Hope

TCF – Reading Your Way Through Grief

TCF – Crafty Corner

TCF – Loss of a Child

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter Steering Committee)

More Online Resources

What's Your Grief Website/Blog

<https://whatsyourgrief.com>

This site offers an archive of articles posted on the site covering many aspects of grief, different types of loss, etc. Currently has over 500 article submissions. This site also offers podcasts. A current article on the site is "How to Support Someone Grieving When You Can't Be With Them" - it can be accessed at this link: <https://whatsyourgrief.com/how-to-support-someone-grieving-when-you-cant-be-with-them/>

Centering / Grief Digest Articles

<https://centering.org/grief-digest-articles/>

This site offers many articles on the various aspects of grief and the grieving process submitted by people who have experienced all types of losses as well as articles by some professionals in the field of bereavement. You can also subscribe to their e-newsletter that is free of charge. They also are a great resource for books on grieving and for many years have been the official "Bookstore" at National Compassionate Friends Conferences.

Grief Toolbox

<https://thegrieftoolbox.com/>

This site has a list of articles you can access on its home page. It also has links to other grief-related sites.

Open to Hope

<https://www.opentohope.com/>

Open to Hope® is a non-profit with the mission of helping people find hope after loss. They invite you to read, listen and share your stories of hope and compassion. From the homepage you can access over 7,000 articles on grief and loss. They also host podcasts where they interview both professionals and bereaved individuals on dealing with grief and loss.

Still Standing Magazine –

for all those experiencing child loss & infertility

<https://stillstandingmag.com/>

This site has lots of great articles on various kinds of loss—recent loss, early loss, death of an adult child, grief and mental health, parenting after loss, and more.

Survivors of Suicide – Grief Support Websites

<https://www.sosmadison.com/resources/grief-support-websites>

Online grief support sites for those experiencing the death of a loved one due to suicide.

Pregnancy & Infant Loss Resources

<https://www.verywellfamily.com/miscarriage-support-organizations-2371339>

Listing of various support websites related to this topic and also articles of various aspects of this particular kind of loss.

Topeka TCF Chapter Website

(www.tcftopeka.org)

Our own Topeka Chapter website offers some additional resource links that you might wish to check out. Go to: <http://www.tcftopeka.org/resourceslinks.aspx/> Here you will find resource links for the following categories:

1. Grief Music: Classical, Popular and Christian-themed YouTube videos
2. Grief Poetry: Poems about Grief; Writing Your Own Poetry; Reading Poetry.
3. Writing, Journaling, Scrapbooking and Blogging

The "Grief Online" Menu tab also has additional listings of bereavement resources and online safety information.

Crisis Hotline Information

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773

Beware of the Dangers of Grief Support Online

(Editor's Note: The websites and resources posted in this newsletter have been vetted and should not be problematic, but wanted to include these cautions should you want to look for other resources online.)

Just as there are dangers to online dating or social networking, there are risks to joining an online grief support. Visitors to these sites should heed the following warnings:

- Never give out personal information to anyone. This includes your full name, address, phone number, computer or online passwords, credit card or bank information or other identifying factors.
- Make sure the group you join is a secure private website. Registration should be required and approved.
- Legitimate groups will not ask for a registration fee; many will take donations since they are non-profit organizations, but it is not mandated.
- Do not believe everything you read. It's hard to believe that scam artists invade personal and emotional sites such as this, but they do.
- Report suspicious behaviors to the group's moderator or website owner
- Be careful what you post. If you are unsure about the website, don't post photographs of your loved one. It is very easy to steal someone's picture on the Internet.

HAPPY BIRTHDAY, MADDIE RAE NAILL



June 2003, Age 7



June 17, 2011, Age 15

June 2009, Age 13



June 2000, Age 4



Maddie, we all miss your beautiful smile. Not a day goes by where we don't wish we would be celebrating every day with you. Special days, such as your birthday are especially difficult.

Love, Mom & Mark, Dad, Allie, Jesse, Cale, Braden, Grams and Gramps, Lisa, Lexi, and all of your friends.

The Compassionate Friends

Topeka Chapter, c/o Midland Hospice Care., Inc.
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**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.

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