



Newsletter of the San Diego
Chapter of "TCF"
The Compassionate Friends
A non profit self-help organization
for families who are grieving the death of a child.

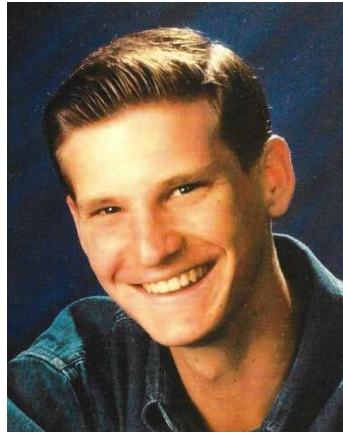
These pages Dedicated with Love to:



Malini Elizabeth Sathyadev



Allen J. Kha



Ethan Estin Wozniak



Kristina Michelle Bennett

♥ Always In Our Hearts ♥



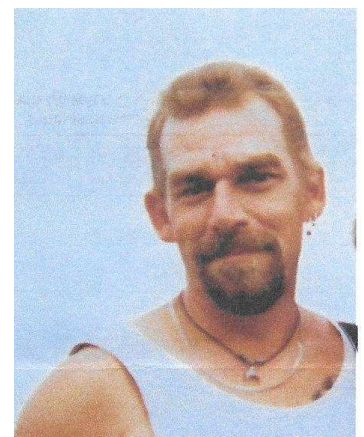
Christopher L. Mariano



Joshua James Lubrich



Rick E. Pieramico



Duane Charles Alley

San Diego Chapter of TCF
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San Diego CA 92110
(619) 583-1555
www.sdtcf.org

Chapter Co-Leaders
Lisa Hohman 619-287-4253
Sandi Terrell 619-562-3949

The National Office of TCF
P. O. Box 3696
Oakbrook, IL 60522-3696
Phone toll free (877) 969-0010
Web Site:

www.compassionatefriends.org/



**November /
December
2020**

Issue 152

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Next Meetings

Virtual Meetings

**Wednesday
November 4th**

**Wednesday
December 2nd**

Donations and Love Gifts

Dedications and Love Gifts go towards the cost of: printing and mailing of this Newsletter; outreach activities to the newly bereaved; and other expenses necessary to continue our chapter in San Diego. These donations are tax deductible. Our sincerest thanks to all who honor their children in this way.

- ♥ Allan Sathyadev — **In Loving Memory of his daughter Malini.**
- ♥ Susan Wen & Long Kha — - **In loving memory of our son Allen J. Kha. -- Mom, Dad and brother Jason.**
- ♥ Steve & Suzanne Wozniak — **In Loving Memory of their son Ethan.**
- ♥ Hedy Pieramico — **In loving memory of Rick Pieramico from Mom, Neil and Lisa "One of the hardest parts of healing after you've lost someone you love is to recover the you that went away with them."**
- ♥ Louise Hendrickson — **In Loving Memory of her son Duane. " A Birthday for you, Shower me with bitter sweet memories of days gone by. I love you son with my whole being." Love Mom.**
- ♥ Tula Kareotes — **In Loving Memory of her son Christopher.**
- ♥ Yvonne & Lucien Bennett-Niang — **In Loving Memory of their daughter Kristina. "Merry Christmas to Tina in heaven."**
- ♥ Sandi and Mark Terrell — **In Loving Memory of Joshua. Happy 31st Heavenly Birthday Joshua!! To our beloved son & brother, Joshua: "We Love You and Miss You Forever and Always!! You will always be our "Jewel" in the family, one to be "Gone But Never Forgotten!" We miss you more with each passing day! You're still a part of everything we do; you're on our hearts, just like a tattoo, just like a tattoo, we'll always have you. Love, Mom, Dad, Best Friend Zachary and Stephane, Ryan and Kiersten with granddaughter Lily Mae, Andrew and Virginia with grandsons Andrew Joshua and Austin Lee, Best Friend Jason and Brittney with grandsons Dylan Amir and Jayce Benjamin and Best Friends Forever, Persio!"**

The Compassionate Friends

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".



Telephone Friends

Ever feeling blue and need someone to talk to, who understands and cares. Just pick up the phone and call:

- LONG TERM ILLNESS Lynn Lyon
(760) 639-4601
- ONLY CHILD Wendy Jones
(619) 371-2335
- ALCOHOL RELATED Elizabeth Richardson
(619) 280-1832
- PARA HABLAR EN ESPAÑOL David Bolaños Keyser
(760) 310-3632

Sorry, Virtual Meetings for Nov Dec

Meeting Place and Times
THE COMPASSIONATE FRIENDS
OF SAN DIEGO MEETS ON
The first Wednesday of the month at:

Nobel Recreation Center
8810 Judicial Drive
San Diego, CA 92122

Taking I 805 north exit Nobel Drive heading west, stay in right lane for right turn to Judicial Drive; move to left lane making left turn at first Traffic Signal. Follow parking lot down to the end (2nd Bldg.) There'll be a few Stair steps a few paces more, entrance to right. Walkway near. Ample parking. Nobel Drive runs east – west about one mile north of hwy. 52.

Latest on Meeting Updates: www.sdctf.org

OF NOTE

The Compassionate Friends is not a religious organization. All bereaved parents, siblings, and grandparents are welcome to TCF no matter your personal religious beliefs.

About Our Newsletter

Cost of printing and mailing our newsletters is expensive. Thanks to all of you who send in a Love Gift whenever you can, we are able to keep our monthly newsletters going. It encourages us when we hear from you.

We hope to hear from each of our readers sometime during the year. Your gift does not need to be a great amount to make a difference. It all helps...and it offers each of us the opportunity to remember your child, too, in a special way when we see his or her name. Each child touches our hearts, and in various ways, bonds us together.

To Place Child's Picture In Newsletter

If you wish to have your child's picture in our newsletter please use the Application / Love Gifts form on the back page. Recommended for Love Gifts is \$30. Deadline for submission to the Jan / Feb Issue is December 15.



***Our Children – Loved, Missed and Remembered
November & December***

We remember the families of:



Birthdays

***Luis Walter & Teresa Carolina
Bernal, born 11-1
Davey Johnson, born 11-2
Sammy Fishkin, born 11-2
Gregg Garon, born 11-3
Joshua James Lubrich, born 11-3
Sumi Suresh, born 11-4
Monica Castellozzo, born 11-7
Allen J. Kha, born 11-10
Jameson Connor Segel, born 11-13
Craig Thomas Markley, born 11-16
Rick E. Pieramico, born 11-19
Kristy Shoemate, born 11-24
Josh Forness, born 11-27
Eddie Diaz, born 11-27
Dylan Libby, born 11-28
Mikael Larson, born 12-2
Stephen Mathew Kraft III, born 12-4
Malini Elizabeth Sathyadev, born 12-7
Ronald Jack Drew, born 12-7
Tavion Jackson, born 12-8
Anthony James Shott, born 12-13
Rick Nolin, born 12-21
Milton (Danny) Smith, born 12-28
Jasmine Bellofatto, born 12-29
Ron Laverty, born 12-30***

Anniversaries

***Azja K. Ostrye, died 11-4
Mark E. Gannon, died 11-11
Gary R. Lopez, died 11-12
Alan H. Balsam, died 11-13
Luis Walter & Teresa Carolina
Bernal, died 11-1
Philippe Leyva, died 11-17
Reese Kaitlyn, died 11-19
Skip Anaya-Summers, died 11-21
Monica Castellozzo, died 11-24
Alan James Hein, died 11-25
Alexander Joseph Niazi, died 11-26
Allison Anne Dunn, died 11-30
Daniel R. Keyser, died 12-2
Christopher L Mariano, died 12-7
Justin Scott, died 12-9.
David Sullivan, died 12-9
Stephanie Johanna Westrich, died 12-10
Riley Gail Horgan, died 12-11
Vincent Glen Ruddy, died 12-13
Megan Ashley Landis, died 12-17
Marsha Cushing, died 12-19
Wallace Michaelson, died 12-19
Andrea Lynn Montisano, died 12-19
Ryan Kelley Spohr, died 12-20
Amy Sara Bowden, died 12-21
Andres Saputo, died 12-23
Jennifer Ann Donnell, died 12-24
Anthony James Shott, died 12-25
Ethan Estin Wozniak, died 12-26
Anthony William Bane, died 12-30***

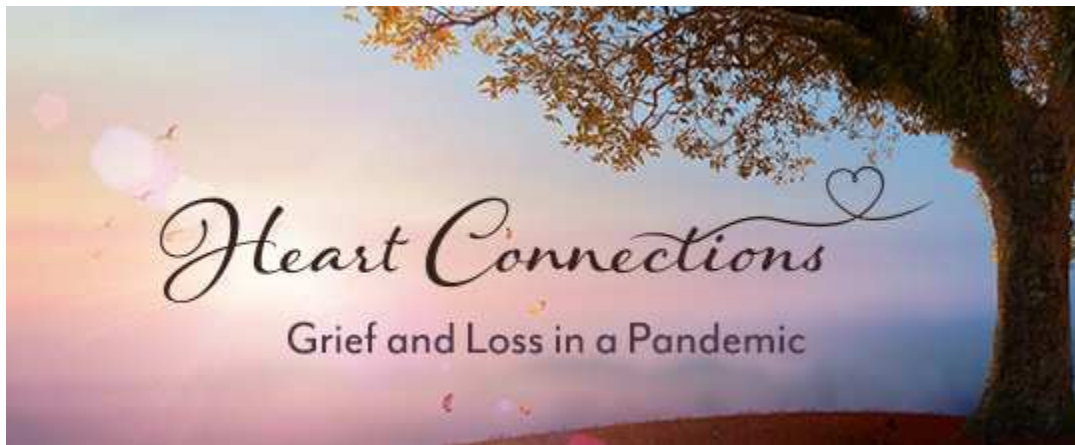
Remembering Barbara....

We have learned from Roger Lopez that his Mom, Barbara Lopez passed away Aug. 4 2020 after a recent illness. She served as our dedicated leader of TCF local chapter for many years after the loss of her sons Gary and Vince. She was a caring friend to many of us and we will miss her greatly. Deepest sympathy, love and prayers go out to her sons and their families namely Roger & Lana Lopez and David & Jeanne Lopez. Roger is thinking of a memorial service for Barbara in early spring of 2021 after our current pandemic. Sympathy cards may be mailed to:

Roger & Lana Lopez
1935 Briargate Pl.
Escondido, CA 92029



Barbara at our Candle Lighting Service and Balloon Release Picnic
She showed us the compassionate life. She was a model of inspiration.



HEART CONNECTIONS – GRIEF AND LOSS IN A PANDEMIC

Posted on September 24th, 2020

As we move toward the end of September, it's hard to believe that we have been experiencing life in a pandemic for over six months. Grief and loss are pervasive on multiple levels in our nation and in the world as we observe this half-year marker in time.

Some members of our TCF community have had a loved one die directly as a result of COVID-19. Others have experienced the death of a child, sibling or grandchild from other reasons during this restricted time. Many have experienced renewed pain from a devastating loss that is being particularly triggered by current events. Grief has been compounded due to the additional losses of jobs, finances, health, social interaction, safety, and security. For bereaved parents, siblings, and grandparents, some painfully familiar feelings have resurfaced such as anger, sorrow, shock, denial, helplessness, worry, and intense anxiety.

When we can't control outside events, what can we do to deal with the uncertainty and grief? There are many daily activities and actions that can make a difference in how we take care of ourselves and our families in order to manage through this time.

- Volunteer – Helping someone else is one of the best ways to help yourself. TCF is a wonderful avenue to support others who are grieving, and seeking additional ways to volunteer outside of TCF can expand that further.
- Community – Find community whether through a neighborhood group, an association, extended family, online interactive groups like Facebook or chat groups, or a book club.

- Most of these groups have ways to meet virtually, outside, or with social distancing at this time.
- Physical Movement – Walk, exercise, do yoga or chair yoga, stretch, or play active, outdoor games with your children. This is more important than ever for the many adults who are working from home and children who are attending school virtually from home.
- Gratitude – Spend a few minutes every day to identify, write down, or share 5 to 10 things that you are grateful for today. There are more things to be grateful for than we often realize, and this practice reframes your energy and the way you perceive your day.
- Connection – Reach out and call people more often. No advanced technology is required for this, and fewer outside activities mean there is more opportunity for many of us to talk to people who we haven't spoken with in a while.
- Nature – Get fresh air whether by walking or just taking a break to sit outside. Play with your pets outside for additional fun, love, and emotional support.
- Faith, Spirituality, Mindfulness – Renew, deepen, or seek comfort in your faith or spirituality if this is part of your belief system. If non-faith approaches are what support you best, nurture those including meditation and practicing mindfulness. Seek out and talk to others who share your beliefs and perspectives.

Spend time each day engaging in a few of these activities. It can be hard to motivate ourselves when we are more isolated at home, so prioritize them and post reminder notes to do them if needed. Basic care like adequate sleep, fresh air, a relaxing bath, nutritious foods, plenty of water, peaceful music, and quiet moments help us manage through grief and isolation. If your grief is aided by keeping busy, try a new skill or hobby, cook a new meal, do a puzzle, or pick up a new book.

As the weariness of the pandemic sets in further, just like the weariness we experience over time with deep grief, focus on one day at a time. Invest in yourself and in your family in simple ways that you may not have had time for before. Believe that there is something beyond this time in our lives that we cannot yet see that can be good again in a different way.



SHARI O'LOUGHLIN

CEO

This will be a virtual program (Zoom).

Planning to include the slide show.

Annual Holiday Program And Candle Lighting Ceremony

“... that their light may always shine”

Sunday December 13, 2020

—Start Time—6:00 to 8:00 pm

—New Location—

**Nobel Recreation Center
8810 Judicial Drive
San Diego, CA 92122**

Taking I 805 north exit Nobel Drive heading west, stay in right lane for right turn to Judicial Drive; move to left lane making left turn at first Traffic Signal. Follow parking lot down to the end (2nd Bldg.) There'll be a few Stair steps a few paces more, entrance to right. Walkway near. Ample parking. Nobel Drive runs east – west about one mile north of hwy. 52.

Please join us as the light is passed on from the Mountain to the Pacific Time zone. It is then passed on its 24-hour trip around the world in our children's memory. This night is dedicated to our children. We invite grandparents, aunts, uncles, brother, sisters and friends in this night of sharing.



Limited Readings No longer than 2 minutes

There will be individual readings by families/friends in honor of their son or daughter, brother or sister, or a grandchild. Please have this prearranged with Lisa Hohman by Tuesday, December 1st.

For more information contact:
Lisa Hohman 619-287-4253.

Our children's photos will be shared in a video presentation. If your child's picture is not on our picture board and you wish it to be in the video presentation, please try to have it available by the November TCF meeting. Or email picture to: Norval Lyon 2zimba2@gmail.com or send by regular mail to: **Norval Lyon, 3754 Scenic Way, Oceanside, CA 92056.** Please no later than Dec. 6.

Thanksgiving Marks Beginning Of Holiday Madness and Sadness

In our society we have turned the holidays into a never ending round of parties, shopping, cooking, preparations for guests or travel and stress, lots and lots of stress. It begins in October with the not so subtle reminders from our friendly retail stores. Most of us dread this time of year because as members of Compassionate Friends, we have one more item on our list and it invariably is at the top.....my child is gone.....how can I handle the holidays?

This will be my third Thanksgiving without my son. We had 35 wonderful Thanksgiving celebrations together, and now it's just me. My only child is gone, my grandchildren now live solely in their mother's world. I am not a part of that world.

But I am learning to cope with this reality. I am learning that I can hold on to the traditions that don't cause me sadness and let go of those that do. As bereaved parents we fall into a unique category. As humans we accept that the loss of parents, spouses, aunts, uncles, siblings, friends and acquaintances is inevitable. But never, never, were we taught or conditioned to the idea that our children would or could precede us in death. The very notion of this shook us to our core.

Now we have lost our child to death. Nobody prepared us for this mind numbing loss. The rules have been broken. We have no coping skills. Our friends usually can't help. Our families try, but until one endures a loss of this magnitude, the ability to fully comprehend the never ending rounds of sadness is simply not there.

We do have a support system.....we can choose to participate or simply be there, in the moment, at our Compassionate Friends meetings. Here we find our most meaningful and helpful connection with other parents.....parents who are walking the road we now walk. These bereaved parents are here to help us on this unfamiliar road. They cannot answer every question because the answers don't exist to most questions. When

will this pain end? When will life go back to "normal"? There are different types of pain and new kinds of normal. We gather each month to help each other, to lean on each other, to find hope in each other's ability to function. From this meeting of kindred souls we do derive some solace, some peace and some hope. I have watched the newly bereaved, raw in their sadness when they first attend a meeting. As the months move forward, I begin to see a change in these parents. Each changes in a different way, for each experiences their loss and their grief process in a different way. Some changes aren't apparent for months, even a year or two. Learning that we are not alone in the grievous burden of our loss is comforting. Learning that others have developed ways to cope with the holidays, the birthdays, the death anniversaries and other special occasions gives us the hope that we, too, will one day feel comfortable in our new "normal."

I have chosen to accept this group of gentle, kind and compassionate friends as an integral part of my life. The first holidays were horrible. I learned that I had to do what I felt was right. I learned to let go of the expectations of others and live in the moment. Even if I plan to do something and change my mind, I feel no guilt. I learned that those who truly love me understand. I have found that I am truly becoming myself....my new self. It is a slow process. There are setbacks.

Holidays are extremely difficult for every parent who has lost a child.....it matters not how long ago our child died. The pain is fresh, new and raw at this time of year. This is the season for leaning on our compassionate friends, for asking questions, expressing fears, anxieties, doubts, depression and anger and for finding the comfort, hope and understanding that each of us so desperately seeks.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

The Holiday Bill of Rights For Grievors

by Bruce H. Conley - Conley Outreach Community Services

When it comes time for the first holiday season after the passing of a loved one, you should recognize that it will not be the same and that trying to keep everything as it was will only result in disappointment. Doing things even a little bit differently can acknowledge the change in your life while preserving continuity with the past. No matter how you choose to make changes, be sure that one of them does not involve isolating yourself from others.

Nothing will change the fact that the holidays will be difficult for you, but there are also ways to experience joy and pleasure. Finding joy in giving and receiving does not mean that you have forgotten your loved one or that you love him or her any less. That is why we offer you the Griever's Holiday Bill of Rights:

1. You have the right to say, "Time out!" any time you need to. Time out to let up, blow a little steam, step away from the holidays, have a "huddle" time and start over.
2. You have a right to tell it like it is. When people ask, "How are you...?" you have the right to tell them how you really feel, not just what they want to hear. (P.S. You also have the right to smile and say you're fine, because telling them how you really feel isn't worth your time; some people will never understand, anyway.
3. You have the right to some "bah humbug" days. You don't have to be "Jolly Old Saint Nicholas" all the time. You are not a bad person just because you don't feel like singing Christmas carols all day.
4. You have the right to do things differently. There is no law that says you must always do Christmas the same way. You can do ten cards instead of a hundred--or no cards at all! You can open presents at somebody else's house. You can do without a tree. You can have pizza instead of turkey! The list is endless.
5. You have the right to be where you want to be. Be at home or at the relatives. Be in any city, any state you choose! Nobody said you have to have snow to have Christmas! There's no law that says you must stay home.
6. You have the right to some fun! When you have a day that isn't so bad and you feel like doing something for fun, then do it! Don't be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears!
7. You have a right to change direction in midstream. Holiday grief is unpredictable. You may be all ready to go somewhere or do something and suddenly be overwhelmed. When that happens, it's alright to change your mind. There's plenty of time in life to be predictable. Exercise your right to change when you need to.
8. You have a right to do things at different times. Go to church at a different time. Open presents at a different time. Serve your meal at a different time. Give up and go to bed at a different time. Don't be a slave to the holiday clock!
9. You have a right to rest, peace and solitude. You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and meditate to recharge your spirit--it can you do much more good than eating another huge meal.
10. You have the right to do it all different again next year. Just because you change things one year does not mean you have it written in stone. Next year, you can always change it back or do it in yet another new way.

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**The
Compassionate
Friends**
Supporting Family After a Child Dies

**THE
COMPASSIONATE
FRIENDS
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| | |
|-------------------|---|
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|-------------------|---|

① OUR LOCAL WEB SITE

Visit the San Diego Chapter homepage:

www.sdtcf.org

Email: leaders@sdtcf.org

The San Diego chapter home page has information about our chapter and links to more grief resources.

TCF Regional Coordinator

① OTHER LOCAL RESOURCES

MADD 858-564-0780
Empty Cradle 619-595-3887

Survivors of Suicide
619-482-0297
info@SOSLsd.org

Bereaved Parents of the USA
www.bereavedparentsusa.org

Parents of Murdered Children
National 888-818-POMC
Local 619-281-3972

Alive Alone - for now childless parents
www.alivealone.org

① INFORMATION ON THE NET

Visit the TCF national homepage:
www.compassionatefriends.org

The national home page is filled with information and grief resources on-line. A “chat” room for on-line discussion with bereaved families is available.

Chat Room schedule:

Mon 9-10 pm EST: General Bereavement
Mon 10-11pm EST: Men’s Chat
Tue 9-10 pm EST: Pregnancy and Infant Death
Thur 8-9 pm EST: No surviving children
Thur 9-10 pm EST: Siblings (Minimum age is 13)
Thur 10-11 pm: Grieving Alone (Single parents)

member web/e-mail

<http://www.RickPieramico.com>

Charlene Tate
caricat83@hotmail.com

Elene Bratton
jamiesjoy@simplynet.com
www.jamiesjoy.org

Tami Carter haley1@san.rr.com

TCF INFORMATION PACKAGE

If you would like to send an information package on TCF to someone you think could benefit, (either for themselves or others) phone 619-583-1555. Leave a message with your name and phone number and the name and full address of the person you would like to receive the package.

Be a compassionate friend

Our Lost Children’s Photos for Newsletter

The recommended donation for your child’s photo in our newsletter is \$30. Children’s pictures will be in color. Donations and love gifts are always greatly appreciated.

WE WELCOME YOUR CONTRIBUTIONS



Deadline for submission to the January / February 2021

Issue of The Compassionate Friend is

December 15, 2020

We warmly welcome your contributions, both original and inspirational writings. Please indicate sources of any non-original texts.



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies
San Diego County Chapter

3555 Rosecrans St. #114-569, San Diego CA 92110

ADDRESS SERVICE REQUESTED

November / December 2020

Love Gifts

Donations and love gifts in memory of your loved one enable us to reach bereaved parents with telephone calls and information, and help defray newsletter and mailing expenses. Please indicate any special tribute you wish printed in our newsletter. When making a donation, please specify the San Diego chapter. Make your checks payable to:

TCF, San Diego Chapter, 3555 Rosecrans St. #114-569, San Diego CA 92110

From: _____ In Memory Of: _____

TCF The Compassionate Friends *newsletter application*

New Address

New subscription

Remove from list

Please send newsletter by regular mail.

By email, address _____

Your name: _____

Child's Full Name: _____

Address _____

Birth date: _____

City: _____

Date of death: _____

State: _____ Zip: _____

Cause: _____

Home phone: () _____

Your relationship to child: _____

Siblings/Ages: _____

Yes, I would like my child's name to be listed on the anniversary pages of the chapter newsletter

Yes, I would like my child's name to be listed on the anniversary pages of the chapter web site
If you have lost more than one child, please use a separate form for each child.