



The Compassionate Friends

Supporting Family After a Child Dies

CINCINNATI EAST CHAPTER NEWSLETTER - MAY 2019

UPCOMING MEETINGS

May 28, 2019

Balloon Launch & Potluck

June 25, 2019

Program To Be Announced

STEERING COMMITTEE

Co-Leaders

Lindsay Bibler
513.652.7470

Kathy Elliott-Reisinger
859.475.8873

Treasurer

Jane & Bruce Brumbaugh
513.377.3487

Memorial Garden Chair

Susan Geisinger
513.732.0493

Angie Grimsley
Carol Hoobler
Dave Ficks
Doug Eisele
Irene Gilb
Teri Fox

May Is For Mothers

International Bereaved Mother's Day is observed the Sunday before traditional Mother's Day in the United States. This year it's May 5, 2019.

This special day was created in 2010 to honor and celebrate the mothers who carry some, if not all, of their children in their hearts rather than their arms.

For those of us who have children in heaven, setting aside a day to acknowledge that unique mother/child relationship is helpful.

Traditional Mother's Day is meant to be a time of celebration. A day when children send cards or flowers or give gifts to honor their mom and let her know she is loved and appreciated. But for those of us who have lost children, traditional Mother's Day can be complicated.

In our modern day society, mothers who are grieving the death of their babies and children are usually forgotten.

On International Bereaved Mother's Day, some will draw or paint hearts on their hands and write their missing child's name inside as a beautiful outward testimony to an inward reality. Every day we carry our missing child in our hearts, and as long as we breathe they will not be forgotten.

We do not walk alone.

We are The Compassionate Friends.

website: www.tcfcincy.com • email: tcfcincyeast@gmail.com

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Making Mother's Day (and/or Father's Day) Special

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.*)
14. Listen to music that makes your heart feel good.
15. Think of a way to "share your child with the world"- making sure his or her memory lives on through scholarships, writing, good deeds.



List by Elaine Stillwell, Rockville Centre, NY

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May Meeting: Balloon Launch & Potluck

Plan now to join us for our annual remembrance with balloons and fellowship on May 28, at 7:00 pm. We will write notes to our children, tie them to a balloon, and then launch them all together.

Family and friends are welcome to attend, and we'll have a potluck following the balloon launch. Please bring a dish to share. We will have bottled water available, but if you prefer a different beverage, please bring it.

Get A Photo Button

Bring a picture of your child (up to 2.5", square is best) and have a photo button made during the potluck.

Have Your Child's Photo Carried In Walk To Remember

Our own Jane Brumbaugh will be participating in the annual Walk to Remember at the end of the TCF National Conference. For a small donation (\$10 suggested) to our local chapter, Jane will carry a photo of your child during the walk. Email Jane directly at Jane.Brumbaugh@chca-oh.org for more information.



42nd National Conference

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019, at the Philadelphia 201 Hotel. "Hope Rings in Philadelphia" is the theme of this year's event. TCF's National Conference features keynoted speakers, workshops, and fellowship for bereaved parents, grandparents, and siblings.

For more details, visit The Compassionate Friends website.

<https://www.compassionatefriends.org/event/42nd-tcf-national-conference/>

If you are interested in attending the National Conference, let Lindsay Bibler know. We may try to coordinate carpooling, room sharing, and/or chapter activities in Philadelphia if there is enough interest.

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UPCOMING GROUP ACTIVITIES

Ladies' Coffee & Conversation • Saturday, May 11 • 9:00 am

Come out Saturday, May 11 at 9:00 am for coffee and conversation with the ladies. We'll meet at Panera Bread at 7510 Wooster Pike Cincinnati, OH 45227. No RSVP required. We hope to see you there!

Men's Dinner • Tuesday, May 14 • 6:30 pm

The men will meet for dinner and fellowship. **Please let Doug Eisele know via text or email (513.509.3237 or doug@eiselefineart.com) by Monday, May 13 at noon if you plan to attend. Further details & location will be determined based on number of RSVPs received.** If you know of other grieving dads, brothers, or grandfathers who may want to attend, please reach out and invite them. Ask them to RSVP before Monday, May 13 at noon.

May Monthly Meeting • Tuesday, May 28 • 7:00 pm

Annual balloon launch and potluck with live music. There will be no sharing circle this month.

June Monthly Meeting • Tuesday, June 25 • 7:00 pm

Meeting topic to be announced. Sharing circle will follow the program.



We have a private group available on Facebook for Cincinnati East Chapter members. Join us!

<https://www.facebook.com/groups/tcfcincinnatieast/>



Support our chapter with Kroger Rewards. Just enter "JY262" in the search to select our chapter!

<http://www.krogercommunityrewards.com/>



Shopping through Amazon Smile is another easy way to benefit our chapter.

Shop at <http://smile.amazon.com/ch/36-4051958>

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