



The Compassionate Friends

Supporting Family After a Child Dies

CINCINNATI EAST CHAPTER NEWSLETTER - OCTOBER 2019

UPCOMING MEETINGS

October 22, 2019

Dr. Bob Wubbolding

November 12, 2019

Chapter Dinner, No Meeting

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
Teri Fox

Chair Yoga & Potluck Dinner

Join us Thursday, October 17 for an evening of chair yoga followed by a potluck dinner. Steering Committee member Angie Grimsley will lead us through a short series of gentle yoga movements that can be done while seated.

Following our brief yoga class, we'll enjoy a potluck dinner and casual conversation. **This event is open to both men and women and we hope to see you there!**

We'll meet at Carol Hoobler's clubhouse located at 4101 Independence Dr, Cincinnati, OH 45255. **Please RSVP to Angie Grimsley by Monday, October 14 and let her know what dish you'll be bringing by calling or texting 513-252-4496.**

November Chapter Dinner

We will be meeting Tuesday, November 12 for a co-ed dinner out! **This dinner will replace the November monthly meeting.**

We will meet at 6:30 pm at APG (8060 Beechmont Ave, Cincinnati, OH 45255). Visit <https://www.andersonpubandgrill.com/> for menu & pricing. We hope you'll join us!

Please RSVP to Susan Geisinger (call or text 513-490-6130 or email sgeisinger@cinci.rr.com) by Monday, November 4 so we can finalize our reservation with APG for seating purposes.



We do not walk alone.

We are The Compassionate Friends.

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

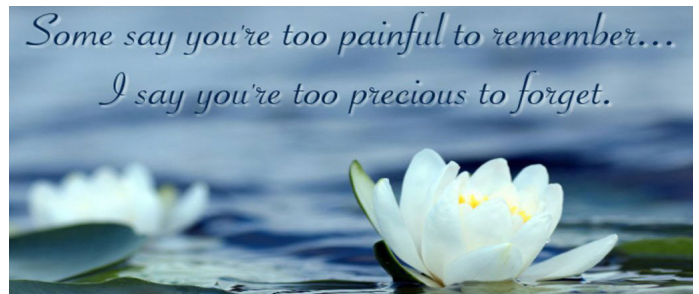
CINCINNATI EAST CHAPTER

NEWSLETTER - OCTOBER 2019

25 SPECIAL WAYS TO HONOR YOUR CHILD

There really is no right or wrong way to honor our children. Do what feels right or is best for you and your family. There is also no timeframe, and some years you may do more than others, or nothing at all but remember. That is ok. This is your journey in a unique parenthood. Some of these suggestions may not work for your family or beliefs, some may be just what you were searching for.

- Sponsor a child in need who shares your child's birthday
- Make a memory shadow box
- Take memorial pictures at the cemetery or with their urn
- Set up remembrance flags
- Adopt an animal from a shelter
- Make a photo/scrapbook of items worn, used, or bought for your child
- Make or buy jewelry with your child's name, dates, or initials
- Get a tattoo
- Collect an art piece that reminds you of your love for your child
- Make a charitable contribution in your child's name to a favorite charity
- Create a place in your home for your child's special things
- Purchase and name a crater on the moon after your child
- Name a star after your child
- Start a charity or non-profit
- Participate in a charity walk in your child's name
- Plant a tree
- Donate memory boxes to your local hospital
- Do a butterfly release
- Speak their name to anyone willing to listen
- Celebrate their birthday in whatever way you might feel comfortable
- Collect little things here and there that remind you of them
- Write a letter to them
- Send off water lanterns at a lake or beach
- Take a creative writing course, or just start writing in a journal or on a blog
- Plant a garden



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TCF PRIVATE FACEBOOK GROUPS

The Compassionate Friends offers a variety of private Facebook Groups. These groups provide a way to connect with other grieving parents and grandparents who may have circumstances similar to your own. Each group has its own admission questions and you won't be allowed to join if you don't answer, so be sure to do so.

[Loss of a Stepchild](#)

[Loss of a Grandchild](#)

[Multiple Losses](#)

[Men in Grief](#)

[Sudden Death](#)

[Loss to Substance Related Causes](#)

[Loss to Suicide](#)

[Loss to Homicide](#)

[Loss to a Drunk/Impaired Driver](#)

[Loss to Cancer](#)

[Loss of a Child with Special Needs](#)

[Loss to Long-term Illness](#)

[Loss to Mental Illness](#)

[Loss to Miscarriage or Stillbirth](#)

[Infant and Toddler Loss](#)

[Loss of a Child 4 -12 Years Old](#)

[Loss of an Adult Child](#)

[Loss of an Only Child/All Your Children](#)

To see the complete list, visit

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

HOLIDAY REMEMBRANCE REQUEST FOR PHOTOS

Preparations have begun for our annual candle lighting to be held in December.

If you would like to have your child's photo included in our remembrance slideshow, please email it to Kathy Elliott-Reisiger (kwkdesigns@gmail.com) along with your child's full name, birthdate, and anniversary date as soon as possible.

If your child's photo was included last year and you want to use the same photo this year, you don't need to do anything.



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UPCOMING GROUP ACTIVITIES

Ladies' Coffee & Conversation • Saturday, October 12 • 9:00 am

Come out Saturday, October 12 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, October 8 • 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, October 7 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, October 7 at noon.

Co-ed Chair Yoga & Potluck • Thursday, October 17 • 6:30 pm

Come out Thursday, October 17 at 6:30 pm for chair yoga followed by a potluck. We'll meet at Carol Hoobler's clubhouse at 4101 Independence Dr, Cincinnati, OH 45255. **Please RSVP to Angie Grimsley by calling or texting 513-252-4496. We hope to see you there!**

October Monthly Meeting • Tuesday, October 22 • 7:00 pm

Our speaker this month will be Dr. Bob Wubbolding, internationally known teacher, author, and practitioner of Reality Therapy. Sharing circle will follow the program.

November Chapter Dinner • Tuesday, November 12 • 6:30 pm

We will meet for a co-ed dinner at APG (8060 Beechmont Ave, Cincinnati, 45255). **Please RSVP to Susan Geisinger (call or text 513-490-6130 or email sgeisinger@cinci.rr.com) by Monday, November 4 so we can finalize our reservation.**



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

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

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Memorial Garden Volunteers Needed

If you are interested in being on the Memorial Garden Committee, please contact Susan Geisinger. Our space has been approved, we have beautiful plans drawn up, and it's now time to get some fund-raising ideas together, so we can move forward creating a beautiful space where all of our children can be remembered.

Email: sgeisinger@cinci.rr.com

Home: 513-732-0493 Cell: 513-490-6130



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

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



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

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

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