



# THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

## CINCINNATI-EAST CHAPTER

October, November, and December 2014

**Chapter Leader:** Joel & Carol Terbruggen (513) 271-6809  
**Newsletter Editor:** Lindsay Bibler (513) 652-7470  
**Regional Coordinator:**

**Treasurer:** Joe Trevino (513) 731-1714  
**Librarian:** Diana Trevino (513) 731-1714  
**Website:** [www.tcfcincy.com](http://www.tcfcincy.com)

This newsletter comes to you from our support group known as THE COMPASSIONATE FRIENDS. We want you to know we care about you and understand your suffering. We are all united by the tremendous pain caused by the death of our loved ones. We wish you had not become eligible to join and are here to help. We do invite you to attend our meetings, even though sharing your intense grief with others can be difficult. We will provide you with a place to come and talk or just listen, a place to come and cry or console those who are crying, and above all, a place to come and be understood. If possible, bring a friend or relative with you to the meetings to give you extra support. Please realize, you are not alone and together we will make it through this intense part of our lives.

**We Need Not Walk Alone...  
We Are The Compassionate Friends.**

GREATER CINCINNATI – EAST CHAPTER  
ST. TIMOTHY'S EPISCOPAL CHURCH  
8101 BEECHMONT AVENUE  
CINCINNATI, OHIO 45230  
The TCF group meets on the first floor of the Building on the back side.

MEETS THE 4<sup>TH</sup> TUESDAY OF THE MONTH  
AT 7 PM (Except for December)

GREATER CINCINNATI – WEST CHAPTER  
WEST PARK RETIREMENT CAMPUS  
2950 WEST PARK DRIVE  
CINCINNATI, OHIO 45238  
Upon entering West Park Drive enter through the Front door, turn to the right and it is the first room On the right.  
CONTACT MICHAEL URBISCI AT (513) 205-8291 for meeting information.

### MISSION

The Mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

The Compassionate Friends National Office

P.O. Box 3696

Oak Brook, IL 60522-3696

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(877) 969-0010

The Compassionate Friends (TCF) is a national nonprofit, self-help support organization which offers friendship and understanding to families who are grieving the death of a child of any age, from any cause. There is no religious affiliation. There are no membership fees or dues, and all bereaved family members are welcome. Founded in England in 1969, it was established in the U.S. in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision our 600 local chapters also qualify. The mission of TCF is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

**Greater Cincinnati-East  
Steering Committee**

**Chapter Contacts –**

Joel & Carol Terbrueggen

**Treasurer** – Joe Trevino

**Newsletter** – Lindsay Bibler

**Librarian** – Diana Trevino

**Love Gifts** – Joe Trevino

**Website Manager** – Tim Vinson

**Additional Members** – Carol McGary

Dianna Mitts

Susan Geisinger

Cindy Douglas



**TELEPHONE FRIENDS**

Tim Vinson 513-943-1322

Daughter – Heather – Auto Accident

**We need your name here.....**

**Can you help with the phones?**

**UPCOMING MEETINGS:**

**October 28      Steering Committee**

**November 25    Carol Terbrueggen**

**December 2     Steering Committee**

**Surviving the Holidays**

**Open Discussion**

**Holiday Vigil\*\*\***

**\*\*\* Please remember to bring a framed picture of your child and something to share at our holiday buffet.**

**From the Steering committee:**

**We need some more helpers. It takes a lot of people to run a TCF meeting. If you can help even a little bit, please ask one of the steering committee members. We have plenty of jobs. Thanks!**

**LOVE GIFTS** – The Compassionate Friends Groups (TCF) depends entirely on voluntary contributions from individuals and organizations to meet Chapter expenses. Please consider making a monetary contribution in your child's name to the Cincinnati-East Chapter of TCF to help defray our expenses. Also, check with your employer to see if it has a foundation or fund that matches charitable contributions. You may be able to get a match of funds to your donation. Donations are tax deductible, so please request a receipt if needed. If you have any questions or want to make a donation, contact Joel or Carol Terbrueggen (513) 271-6809, or mail donations to Joe Trevino, 2355 Section Rd., Cincinnati, OH 45237

*If you mention my child's name  
I may cry.  
But if you don't mention it  
You will break my heart.*



*Lighting a candle, cherishing a birth.....*

October

*Ian Dailey  
Michael Gillis  
Bobby Mitts  
Matt Simpson*

*Thomas Joseph "TJ" Mitchell  
Kelsey Michaela Ficks  
Kevin Mitts*

November

*Cody Johnson  
Mathew Harris  
Paul Saenz  
Jo Ellen Russ*

*Evan William Clawson  
John Burton, Jr.  
Olivia Snelbaker*

December

*Xavier Bainum  
Robert Handra Jr  
Marla Hunter  
Keaton Macaskill*

*John Douglas  
Patrick John Fox  
Andrew "Drew" Meyers  
Ashley Marie Weingartner*





1. Not everything in this list will be of the same value to everyone.
2. Pick what is useful to you at this point in your life and discard the rest.
3. Absolutely NO ONE can feel the pain you feel or have felt.
4. People express sympathy the best way they can. Try to look at their intentions instead of actions.
5. It is impossible to “get over the loss”. The pain may diminish over time.
6. There is no correct way or schedule to grieve.
7. The passage of time will help.
8. You can lessen the pain by helping another person in need.
9. Sometimes the best way to deal with pain is indirectly, such as in #8.
10. Strengthen your relationship with another person, either through conversation or through an activity.
11. The question of “Why?” will never be answered.
12. All thoughts and feelings are normal. Ruminating on these thoughts can be normal. Of they get out of control, professional help should be considered.
13. Feelings tend to linger. One strategy is to say “I will be upset now” and then move on to another activity when possible.
14. Find a trusted friend, a spiritual or religious leader, or a professional counselor. There is no shame in seeking help.
15. You have been assaulted in your sense of self-preservation and control. You may feel out of control.

\*\*\*\*\*

A note from Lindsay: I used to love fall. Alex loved fall. The leaves changing colors and the cool evenings were enjoyable. Now I dread fall. Why? Alex’s birthday is in September. After getting through that month, the holidays are in sight. We all know the dread of the holidays and the dread of birthdays and death days. For me, they all land in the fall. But for each of us, there are months or seasons that come with their own “dates” and their own land mines. After summarizing Dr. Wubbolding’s suggestions, I think I will approach this fall a little differently. I will look for opportunities to help others, not just at TCF but also one or two charities I work with. I will try to make the holidays less bad for someone else. And finally, when I must, I will allow myself to be upset and then move on to something else. It is worth a try.

**To Our New Members** - Grief is experienced by all of us who have lost our children in very different ways. However, there are some mutually shared thoughts and feelings that all who suffer grief will share. It is important to understand what your normal reactions will be. We cannot change the pain you may experience during grief but we can promote a better understanding as you journey through, which may help the experience be less frightening and less traumatic. Please remember, you are not alone.....

**To Our Members Who are Further Down the ‘Grief Road’**

We need your encouragement and your support. Each meeting we have new parents. THINK BACK – what would it have been like for you at your first meeting if there had not been any TCF “veterans” to welcome you, share your grief, encourage you and tell you, “your pain will not always be this intense, it really does get better”? The secret of TCF’s success is simple: As seasoned griever reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

Thank you from all of our children.....Carol

**Love Gifts:**

Carol and Joel Terbrueggen

In memory of Justin

Carol, Jerry & Jerry Hoobler, Jr

In memory of Kim Kenney

Cher Ravenscraft

In memory of Travis Justin

Mary Ann and Hank Boyd

In memory of Claire

Joe and Diana Trevino

In memory of Daniel

\*Western and Southern Life Financial Fund has graciously funded our December Remembrance Program.

**World Candle Lighting  
Sunday, December 14, 2014  
7 PM around the globe**

**On behalf of the Steering Committee, until we see each other again, we wish you peace and love, and hope that you can find a few moments of joy as you continue on your grief journey.**

## **REGISTRATION**

\_\_\_\_NEW \_\_\_\_RENEWAL \_\_\_\_CHANGE OF ADDRESS TODAY'S DATE \_\_\_\_\_

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ SPOUSE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ \* E-MAIL: \_\_\_\_\_

DECEASED'S NAME: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

DATE OF DEATH: \_\_\_\_\_ CAUSE OF DEATH \_\_\_\_\_

RELATIONSHIP TO THE DECEASED:  
\_\_\_\_PARENT \_\_\_\_GRANDPARENT \_\_\_\_SIBLING \_\_\_\_OTHER ( \_\_\_\_\_ )

\*Newsletters are sent by email. Please tell us if you do not have email access.

**PLEASE MAIL REGISTRATION TO: JOEL TERBRUEGGEN, 5910 CHEROKEE DR. CINCINNATI, OH 45243**

**When you need help.... the following organizations  
provide information and support for those coping with grief:**

### **The Compassionate Friends (National Office)**

P.O. Box 3696

Oak Brook, IL 60522-3696

630-990-0010 – Toll Free 877-696-0010

<http://www.compassionatefriends.org>

A national, self-help support organization for those grieving the loss of a child or sibling.

### **FernSide**

Bethesda Professional Building

4360 Cooper Road, Suite 101

Cincinnati, OH 45242

<http://www.fernside.org>

513-745-0111 (M-F 9:30am – 4:30pm EST)

Grief information, resources, and support for grieving children and their families.

### **RENEW: Center for Personal Recovery**

P.O. Box 125

Berea, KY 40403

<http://www.renew.net>

859-986-7878

A grief counseling center for individuals and families that are experiencing a loss, with a specialty in grief recovery counseling for traumatic death



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