



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

CINCINNATI-EAST CHAPTER

January, February, and March, 2015

Chapter Leader: Joel & Carol Terbrueggen (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

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 4TH TUESDAY OF THE MONTH
AT 7 PM (Except for December)

GREATER CINCINNATI- NORTH CHAPTER (NEW)
GWEN MOONEY FUNERAL CENTER
11285 PRINCETON PIKE
CINCINNATI, OHIO 45246

MEETS THE 1ST TUESDAY OF THE MONTH
7:00-9:00 PM (6:30 PM sign in)

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
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:

January 27- Looking Back and Moving Forward

Tim Vinson and Joe Trevino

February 24- Sharing Precious Memories

Joel and Carol Terbrueggen

March 24- Men to the Left, Ladies to the Right

Joe Trevino and Carol McGary

If you have suggestion for topics or meetings, please see one of the steering committee members. Better yet, come to a steering committee. We always need helpers and new ideas.

We turn the calendar over to start a
new year. A new year without you in it
and for some, another year. How can it
be possible that time keeps moving
along without our children,
grandchildren and siblings? Our hearts
are broken, our families are broken but
we are surrounded by love. We *know*
we will make it. We are putting one foot
in front of the other day by day,
moment by moment.

-Karen Cantrell, Frankfort, Ky-TCF

LOVE GIFTS – (4th quarter 2014) 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

Carol, Jerry, and Jerry Jr. Hoobler

Joe and Diana Trevino

Diane Simpson

Michael and Ann Hall

Greg and Carole Spontak

Lindsay and Mark Bibler

Patty McKie Atkins

Ron and Barbara Woprice

The Family of Chanda Riley

The Family of Kelsey Ficks

Daughter and sister Kim Kenney

Son Daniel Trevino

Son Matthew Simpson

Grandson Kyle David Simonson

Son Joel Spontak

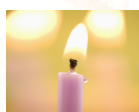
Son Alex Bibler

Son Michael Ryan Atkins

Daughter Janet Woprice

Daughter/Mom Chanda Riley

Daughter/Granddaughter Kelsey Ficks



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

January

7- Sienna Jean Rubenstein

11- Daniel Trevino

12- Sean McCabe

22- Juno H. Anderson

27- Claire Boyd

27- Christopher Tempy

February

12- Joel Spontak

18- David Braun II

24- Jeff Chacksfield

25- Justin Bradley

March

9- Peyton Olivia Carmack

12- Michael Ryan Atkins

22- *Eric Collin Sheehan*



Lighting a candle, remembering a life....

January 7- Sienna Jean Rubinstein 8- Keaton Macaskill
 15- Kyle Davis Simonson 17- Jill Yeardley
 22- Juno H. Anderson 26- Maggie Hartung
 26- Chanda Nicole Riley 29- Christopher Tempy
 29- Kelly Denise Boyer

February 3- Patrick Simminger 3- Evan William Clawson
15- Patrick John Fox 19- Justin Schumacher
22- Holly Rosenhager Walker 23- Ellen JoLynn Potter

March

5- Jo Ellen Russ	6- Justin Terbruggen
6- Hannah Ann Meyer	8- Melissa Urbisci
8- Mathew Matern	12- Cody Johnson
14- Sean McCabe	19- Steven Savu
21- Eric Collin Sheehan	22- Travis Wesley Hunter
22- Gerald Robert Kidd	24- Mathew A. Harris
25- Paul Saenz	31- Kimberly Kenney

The Birth and Death Days of our loved ones are always very difficult. Please remember to include these families in your thoughts on their very difficult day. It would be nice to give these families a phone call or send them a card saying, "I am thinking of you". For addresses or phone numbers, you may contact: Joel Terbrueggen at (513) 271-6809 or email at tcfcincyest@gmail.com.

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**There's no tragedy in life like the death of a child.
Things NEVER get back to the way they were.**

-Dwight D. Eisenhower

A note from Lindsay: This Christmas marked 5 years since Alex died. It is hard to grasp these numbers. Our life changed drastically when he died and I kept trying to get back to where I had been. I am different now, better in some ways, but permanently different. This is my new path. A quiet sadness persists but I am able to smile and laugh. Some people assume this means I am "over it" but we all know better. A miracle occurred. My family actually said Alex's name a few times over the holidays. We shared a few stories. I can bring his name up now and not have my throat clench down. I still get caught by those grief waves but they are further apart and not quite as big.

I still haven't gone through his things yet.....

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 grievers 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

The 2015 TCF National Convention will be in Dallas, Tx
July 10-12. Mark your calendars.

**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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