



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

CINCINNATI-EAST CHAPTER

January, February, March 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.tfcincy.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 – 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 501I (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 Contact –

Joel & Carol Terbruggen

Treasurer – Joe Trevino

Newsletter – Lindsay Bibler

Librarian – Diana Trevino

Love Gifts – Joe Trevino

Website Manager – Tim Vinson

Additional Members – Carol McGary

Marsha Lohbeck

Dianna Mitts

Susan Geisinger



TELEPHONE FRIENDS

Marsha Lohbeck 513-236-5827

Son – Keith – Suicide

Tim Vinson 513-943-1322

Daughter – Heather – Auto Accident

UPCOMING MEETINGS:

- | | |
|--------|-------------------------------------|
| Jan 28 | Finding Hope in the New Year |
| Feb 25 | Expressing our Grief in Writing |
| Mar 25 | Men to the Left, Women to the Right |

IT TAKES A VILLAGE TO RUN A TCF MEETING

What can you do to help?

Based on how you are feeling, you could:

Bring a box of tissues

Bake or bring a snack (perhaps your child's favorite?)

Come 20 minutes early and help set up chairs

Stay a few minutes after and help put away chairs

Donate a book to our sharing library that has helped you

If are 18 months or more out from you your child's death, come to a steering meeting and find out more!

***Be sure to give us your email address so that you will receive our newsletters and meeting reminders.**

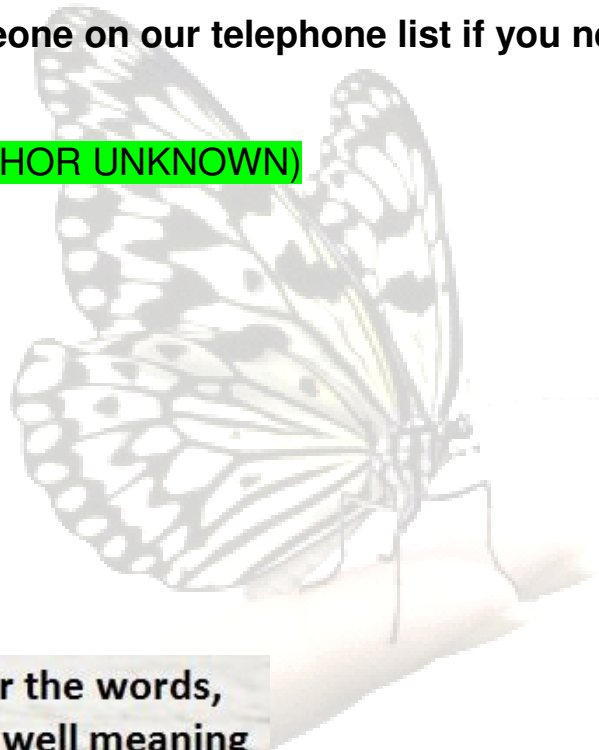
***Bring a picture of your child, no larger than 5" x 7" for our Memory Board. Please give it to Susan Geisinger for the board and/or Tim Vinson for our website.**

***Bring a small picture of your child for a Picture button. Marsha Lohbeck will press a small button for you.**

***Remember that you can call someone on our telephone list if you need to talk before our next meeting.**

MENTION MY CHILD'S NAME (AUTHOR UNKNOWN)

The mention of my child's name
May bring tears to my eyes
But never fails to bring
music to my ears.
If you are really my friend,
Let me hear the beautiful music
of her name.
It soothes my broken heart
And sings to my soul.



How do you feel when you hear the words, "closure, let go, move on" when well meaning people refer to your grief? Those terms will only come from people around us that have not experienced the death of a child, grandchild or sibling. These "clichés" are typically not in the vocabulary of a bereaved parent. We know you do not, "get over, let go or move on". You learn what is helpful and what is not along the journey and learn to

SURVIVE. Karen Cantrell, TCF-Frankfort, KY



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

Thank you to the following for supporting our chapter with your recent Love Gift:

**Carol and Joel Terbrueggen
Mark and Lindsay Bibler
Gregory and Carole Spontak
Joe and Diana Trevino
Joan Sheehan
Debbie Lindsay
Brooke Matanguihan
Ron and Barbara Woprice**

**son Justin Terbrueggen
son Alex Bibler
son Joel Spontak
son Daniel Trevino
son Collin Sheehan
grandson Nash Lindsay
son Tempy Matanguihan
daughter Janet Woprice**

Mr. Creighton of Photography, LLC (who does the Christmas vigil slideshow) donated a significant portion of his fee in memory of all of our children....

We want to thank Western & Southern for their generous donation to cover the expenses of our Holiday Remembrance Program. Their support and generosity is deeply appreciated.





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

January

*Claire Boyd
Ethan Frensley
Sean McCabe
Laura Botkin*

*Scott "Scooter" Christian
Christopher Tempy
Sienna Jean Rubinstein
Bryan Shaw
Daniel Trevino*

February

*David Braun II
Joel Spontak*

*Jeff Chacksfield
Michael Ryan Atkins*

March

*Peyton Olivia Carmack
Jenny Kipling
Eric Collin Sheehan*



Lighting a candle, remembering a life....

January

*Christopher Tempy
Tim Cohen
Keaton Macaskill
Chanda Nicole Riley*

*Sienna Jean Rubenstein
Kelly Denise Boyer
William Joseph Fay
Kyle David Simonson*

February Justin Schumacher JoLynn Potter
Karen Kappelman Tom Hornschemeier
Patrick John Fox Patrick Simminger

March Sean McCabe Eric Collin Sheehan
Eric Mongenas Justin Terbrueggen
Kimberly Kenney Melisa Urbisci
Mathew Matern Steven Savu
Aydan Cooper Jo Ellen Russ
Cody Johnson Mathew A. Harris
Paul Saenz Alison Clark
Tara Parks Larbes

The Birth and Death 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 joelt@cinci.rr.com

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

A note from Lindsay:

Many thanks to Annette for years of excellent newsletters. It will be tough to follow in her footsteps. If you have recommendations or corrections, Please let me know.

Several months after our son Alex died four years ago, I knew that I needed to talk with other Bereaved Parents. Our friends meant well, but their well-meaning comments just didn't help. What I found in TCF was a group of people who knew what I was going through. People who knew there was a hole in my heart. People who wanted to hear about my child and let me say his name. People who would look me in the eye and then hug me. It really helped me through a horrible time. There are a number of us who are past the first two years and still come back. There are times when we need the group (holidays and anniversaries, etc). For many of us it is also time to pay it forward: to help others as we were helped; to ease the burden if we can for other bereaved parents. Some day you may feel able to pay it forward...

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 (_____)

*I DO ___ I DO NOT ___ WANT THE E-MAIL LINK VERSION OF THE QUARTERLY NEWSLETTER

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.

*There is a support group that is NOT affiliated with TCF (but to which some of our members go) called the Milford Panera parents. This is a gathering of bereaved parents (and you do not need to be from Milford) who meet for chatting, support, and yummy snacks. We meet one Saturday morning a month. If interested, please speak with or email Susan Geisinger : sgeisinger@cinci.rr.com.

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CINCINNATI, OH 45243**

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