



The Compassionate Friends of Boca Raton

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The Compassionate Friends, Inc., is a self-help organization offering friendship and understanding to all bereaved parents. TCF is non-denominational and all bereaved parents are welcome. TCF National headquarters mailing address: P.O. Box 3686, Oak Brook, Illinois 60522. Telephone 630-990-0010, toll free 877-969-0010, Fax 877-969-0010. The National TCF website is www.compassionatefriends.org

To Our New Members

At nearly every meeting, we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are sorry for the circumstances that bring us together. We understand your pain and we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first, second or third time takes courage, but for many, it is the first step towards healing. The meetings may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become more comfortable.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting, we have new parents. Think back...what would it have been like for you if there had not been any "oldie" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad; it does get softer.

Telephone Friends...

if you need to talk:

Gail Schroeder	561-901-0483
Jerry Flax	954-224-1973
Ronda Fryburg	954-753-0493
Tracey Joiner.....	954-593-2766
Dottie Kidd	954-562-5919



Jason MacGowan (561) 818-5847 lost his brother and sister and has offered to speak to siblings. He is a member of The Compassionate Friends in Palm Beach.

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with understanding and with hope. Our children have died at all ages and from many different causes but our love for our children unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life and many different circumstances. We are a unique family because we represent many races and creeds. We are young and we are old. Some of us are far along in our grief but others still feel a grief so fresh and so intensely painful, that we feel hopeless and see no hope. Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt, or in deep depression; others radiate an inner peace. But whatever the pain we bring to this gathering of The Compassionate Friends, it is a pain we will share just as we share with each other our love for our children.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together, as we reach out to each other in love and share the anger as well as the peace; share the faith as well as the doubts and help each other to grieve as well as to grow.



A wife who loses a husband is called a widow. A husband who loses a wife is called a widower. A child who loses his parents is called an orphan. But...there is no word for a parent who loses a child, that's how awful the loss is!

—Neugeboren 1976, 154

Meetings

1st & 3rd Mondays of each month

Held at St. Paul's Church
701 W. Palmetto Park Rd.
Boca Raton, FL

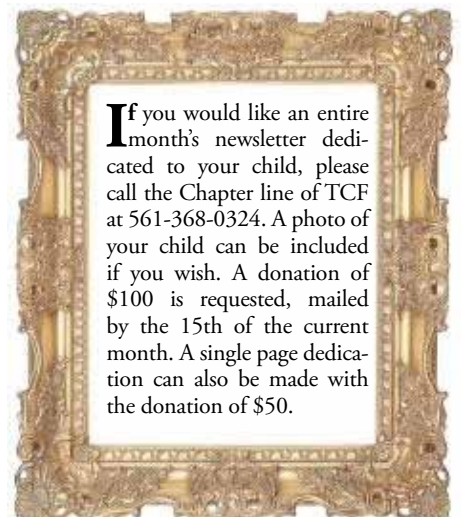
All meetings begin at 7:30 p.m. and end at approximately 9:00 p.m.

facebook

The TCF Facebook page is now available. To join the page and become a "friend" of TCF, Facebook users only need to search for "TCF Boca Raton" and request to be a friend.

Utilize this new feature to have further support and communication in-between meetings and to make new friends.

Fellowship is one of the key ingredients to traveling on your grief journey without feeling alone.



If you would like an entire month's newsletter dedicated to your child, please call the Chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$100 is requested, mailed by the 15th of the current month. A single page dedication can also be made with the donation of \$50.

Special Days in May

We call them “Special Days” and there is really nothing special about a child dying. The important thing is we never forget them, and by listing their birthday and anniversary of their death, we always acknowledge their existence –that they were HERE, and their lives had MEANING, they were LOVED, and they are MISSED.

First Name	Last Name	Children's Name	Birthday	Passing
Bill & Debbie	GIGGEY	Joshua, Son	5/1/1984	
Bebe	HERMAN	Jeff B. Herman, Son	5/1/1964	
Veronica	COOPER	Jonathan, Son	5/2/1990	
Joanne	GOLDBERG	Jim, Son	5/2/1955	5/4/2006
Emily	SIMON	Alan, Son	5/2/1955	
Faye T.	LANDAU	Karen, Daughter	5/4/1963	
Debra	JAMES	Serena, Daughter		5/5/2006
Maria T. (Everhard)	SAK	Robert Michael, Son	5/31/1973	5/5/1990
David & Raiza	IVERSON	David, Son	5/6/1988	
Rachel	JAYE	Mickel, Son		5/6/2009
Leda	KIRK	Jason, Son	5/7/1980	
Alisa & Steve	DECAROLIS	Anthony, Son		5/8/2006
Alice	KROULAS	Ben, Grandson	5/9/1982	
Natasha Murdock	LORENZO	Aaron, Son	5/9/2004	
Henry & Lesley	NATAUPSKY	Matthew, Son		5/9/2001
Walter & Gail	SCHROEDER	Engel Grace, Daughter		5/9/2000
Catherine	RIESGO	Michael Muldoon, Son		5/10/2006
Michael & Barbara	HOEHMAN	Jarret, Son	5/12/1987	
Harriet & Douglas	CONN	Michael, Son		5/13/2005
Civia	YELLIN	Nate, Grandson	5/13/1997	
Laura & Henry	FRIEDLANDER	Craig, Son	5/14/1982	
Harvey	SCHILLER	Sondra, Daughter	5/14/1000	
Florence & Rube	FREEDMAN	Marc, Son		5/15/1990
Larry	GROSSMAN	Gregg, Son	5/15/1962	
Lee	PETERSON	Justin, Son	5/15/1980	
Lynn & Ray	KANTOR	Matthew, Grandson	5/16/1988	
Judy & David	LEHMAN	Andrew Jay, Son	5/16/1997	
Charles/Elizabeth	SCHACK	Laura, Daughter	5/16/1960	
Linda	BROWN	Eric, Son		5/17/2008
Lawrence & Patricia	TOOLE	Daniel Lawrence, Son	5/18/2005	
Scott & Marissa	WYNKOOP	Samantha Rosales,		5/18/2005
Rosalind & Martin	FALKOFF	Gary, Son	5/19/1971	
Evangelina	MAGDALENO	Antonio G. Isaias, Jr.,		5/19/2006
Raymonde	Dornnakanian	Philippe, Son	5/20/1964	
Elayne	O'NEILL	Mitch, Brother	5/20/1960	
Ruth & Moshe	ROMAS	Lilyana, Daughter		5/20/2008

First Name	Last Name	Children's Name	Birthday	Passing
Gloria & Sam	CAZES	Elyssa, Daughter	5/21/1967	
Janet & Daniel	ROY	Christopher, Son		5/21/2000
Loretta	WILSON	Amber, Daughter		5/21/2009
Carol & Sidney	BERMAN	Richard (Rick), Son	5/22/1959	
Jane	ISAACSON	Scott, Son		5/22/2007
Neil & Kathy	ISLER	Devon Neil, Son	5/23/2005	5/23/2005
Chet & Fran	POLANIN	Gary Paul, Son	5/23/1965	
Edie & Manny	GOODMAN	Ronald, Son	5/24/1956	
Adonna & Robert	JACOBS	Brandon, Son		5/24/2006
Linda & Mark	ANGSTREICH	Erin Tracy, Daughter		5/26/2000
Fran & Jack	LISABETH	Alan, Son		5/26/2010
Tim	HESTER, SR.	Tim Jr., Son	5/27/1983	
Sonny	KOHN	Sanford (Sandy), Son		5/28/2006
Sheryl & Eddie	STERN	Mark, Son	5/28/1974	
Connie	YOWELL	Brianna, Daughter		5/28/2009
Tracey	JOINER	Kayla, Daughter	5/29/1991	
Bernice M.	ROTHSTEIN	Susan Ruth, Daughter		5/30/2002
Daniel & Dianne	TANDEITNICK	Judy, Daughter		5/30/2010
Terri	CANNAN	Michael Thompson, Son		5/31/2009



<http://www.huffingtonpost.com>

“In three words I can sum up everything I have learned about life: It goes on.”

—Robert Frost

Meeting Schedule and Topics | 1st & 3rd Mondays 7:30-9 p.m.

Date	Topic	Presented by
May 2	<i>What to Remember about People Not Grieving</i>	Gail Schroeder
May 16	<i>People who use the death of their child for good</i>	Christine Williams
June 6	<i>Where do we find the strength to continue?</i>	Shelly Sigale
June 20	<i>Moods and Feelings</i>	Gail Schroeder

The Broken Angels Grief Support Group

The Broken Angels is a grief support group

**"GRIEF SHARED IS
GRIEF LESSENED"**

started by Mothers of troubled teens and young adults who had substance misuse problems, even if that was not the direct cause of their death.

We want to reach out and help provide support, compassion and understanding to Mothers who have lost a child as a result of substance abuse, suicide or related health issues.

Janet (954) 815-3661 or 954-509-2015 • Laura (954) 646-3376



thebrokenangels@gmail.com



The Broken Angels Support Group



www.thebrokenangels.com

When Men Grieve

Why Men Grieve Differently & How Can You Help

BY MICHAEL HOFFMAN, TCF BOCA RATON MEMBER

It has been said men are from Mars and women are from Venus, that opposites attract, and it's the differences between the sexes that draw us and keep us together. Men ponder, many say men don't think about the small stuff, they don't pay attention when a spouse speaks to them, they tune them out. Men are by nature non communicative. Before speech they grunted and motioned and hunted and ate and mated, all by instinct. Not much has changed, they still hunt, they are still considered the head of the family, they bring home the bacon figuratively, and they see themselves as the provider. Feed them and you get their attention, give them a hug, kiss them tenderly and provide comfort and sex and they purr, like a baby. Challenge them and they roar with bravado like a Lion, proud, muscular, strong, fearless, protective, and hundreds of other adjectives to show their abilities as the one to reckon with, the protector.

However they become like a lamb when the wound inflicted upon them is one that is so deep it penetrates their heart. Slam a hammer on a thumb they shake it off, cut themselves, a band aid and they keep going like nothing happened. Wounded in war and battle they tough it out, and say take care of that other guy he is worse off than I am. Always holding back from crying for the fear it will show a chink in their armor.

How then can they deal with something they have no experience at handling, Grief, overwhelming Grief.

Grief of the most demeaning and hurtful kind, a grief so huge and so unbelievably insurmountable: This along with feelings that they are total unprepared to deal with. That feeling that comes over them of complete helplessness. Well for the most part they are lost for words, can't explain the pain, coping with everyday life is just short of impossible. They succumb to the loss by every part of their body and mind going limp, they are without description, lost, and have no map. They see the future as empty without reason, and how could this have happened, they were in such control, had it all figured out, were respected, in charge, the one all in the family looked up to and went to for answers for everything from a broken hinge on a door to the car not running right, or a splinter in a finger, money

for this and that, the one who made sure life was fun, and fine, and like shown on TV, something made up of family togetherness with day to day milestones and achievements, celebrations, holidays, and continually growing and achieving their life's dreams with Dad at the helm to keep them safe.

Now... They have lost a child. Nothing as grave has ever even crossed their mind. It is not the natural order of things. All the schools, all the knowledge, all the plans and preparations, future dreams have been shattered in an instant, they are in an oasis all alone. They are in a stunned state, yes grief has no boundaries, race, religion, age, short, tall, thin, robust, talented, educated or not, it is a place that takes all men to their knees, and feels like to them, almost to their grave.

How can you help? Where do you start? They have locked themselves away, in a safe place, in their mind. They feel tired, exhausted, and listless. Many become uninterested in their job, their hobbies, their friends, clubs, associations, and yes many retreat from the closest confidant they have, their spouse. Little or no interest in sex or companionship or social functions as life once provided. How can they go on? They have no idea. It is without comprehension why this happened, and why it happened to them, not someone else.

You want to help him, you tell him we will be fine, we have each other, he rejects that. You say well it was God's plan, he can't cope with a mean God that would do this to him. You offer comfort by saying we can still go out with friends and make a life, he would rather just sit in the garage and stare into space. You offer to sit and talk; he has no words and is unequipped to do so. You feel it will be like this forever, and you slip into a funk as well, is our life going to deteriorate to this and worse. Will he ever be the same as he was, what happened to the man I looked up to, our other kids, will he be able to love them, and be normal around them, or live in fear something could happen to the others as well. Is our love going to fade away, and the days of Sundays in bed snuggling and fooling around end. Will he never be the same, unfortunately that is true; he will never be the same. He will be different.

That feeling that comes over them of complete helplessness.

But there is hope. There is help. There can be a plan. But patience and understanding is what is needed, it is easy to say or repeat, but it is difficult to look forward and know that a lot of time to work through this is needed and that is a hard pill to swallow for most mates.

Is there a recipe, a pat answer, a simple solution? NO. It will however change, no one will forget, no one actually gets over this, but one eventually moves on. To help him cope, you must realize that he needs you more than ever. Not to admonish or suggest, or impose your ideas of what he needs to do, but to just allow him to sleep it off, or cry, or sit and ponder, just tenderness and the willingness to be by his side, and remember he is not equipped as you are to verbalize for the most part what this grief feels like, and how it has impacted his very being.

Your being here at Compassionate Friends and having him join you, or asking for him to help you recover, by accompanying you so he can hear and see he is not alone is tantamount to doing the very best thing possible, and helping him recover. Look around each one of the men here came for their first time, and most could not speak, or share. Then over time they heard how others crawled then stood then walked as a baby does, a little at a time, they found that there is still a life to live, still a mate to be passionate with, and a whole family that needs them back from that place they have crawled into.

Being there, being in his presence, being aware of man's inability to verbalize, communicate, and share this overwhelming feeling called grief. That pain caused by losing his child, that pain that has invaded his body. This thing with a name totally unfamiliar to him called

Grief, that has shattered his dreams, and caused him to question his own mortality as well, needs your most tender and patient talents. It is not easy to sit by and watch this; your instincts as a woman are to help, like straightening the bed in the morning, or dusting off the counter.

This task however needs much time, and much love, and understanding that though it seems you are at the abyss and he will never get back to normal. Be prepared, it will be a new normal, you will share each other more deeply, and care more for life, and your family will mean more to you as well. The answer of what can you do and how can you help, is somehow get help. Join with other women who are in the same boat, and ask your man to help you, he will, but in doing that, he will unknowingly help himself and find that person inside himself, that person who has been gone for a while, healing, and mending, and understanding it isn't ever going to be the same again, but there is a life that needs to be continued.

There is this wonderful woman in his life that was at his side, patiently trying to understand his inability to communicate, and pain, but was just there for him, while that also provides help in her own grief of losing her child too, it can and will and must bring them together and re-bond them in a stronger union.

Getting help, is the answer, Compassionate Friends is a mirror, private counseling is an outlet as well, sharing the grief together is the assistance your man needs, until he finds his voice, it may take some time, but he will once again be the guy you love, the dad all look up to, and the lion in your life.



Surviving Loss

STEPHEN R. MARSH

Nothing cures the pain. Some things help a little.

1. Compassionate Friends and other grief support groups exist and can help. Being with those who have been through the same pain and loss can really make a difference—often all the difference in the world.

2. Keep moving. If you stop, everything stops with you. You have living children and family as well as those who have died. It may seem impossible, but the sooner you can return to some semblance of work (even at reduced hours), the sooner your mind will start to focus on healing.

3. Reduce stress. Keep a journal, pray, and get mild aerobic exercise.

4. Find safe places to express your rage, fear, pain, hurt, rejection and confusion. You will have all of those emotions, with

great intensity. It will be difficult to express them in an “appropriate” way and it is best to find a safe, private place to express your emotions.

5. Provide safe places for other family members to express their rage, fear, pain, hurt, rejection and confusion. Protect those you love.

6. Be careful about becoming bitter.

7. Turn towards those you love, rather than away. This is a key to those relationships that survive significant loss. The people in them turn towards each other rather than inwards when placed under stress. You can change the odds from 95% against you to 95% in your favor by controlling this one factor—a factor that is a matter of personal choice and one you can control.

<http://www.adrr.com/living/sloss.htm>

If Heaven Wasn't So Far Away

JUSTIN MOORE

Every day I drive to work across Flint River bridge
A hundred yards from the spot where me and grandpa fished
There's a piece of his old fruit stand on the side of Sawmill Road
He'd be there peelin' peaches if it was twenty years ago
And what I wouldn't give
To ride around in that old truck with him
If heaven wasn't so far away
I'd pack up the kids and go for the day
Introduce them to their grandpa
Watch 'em laugh at the way he talks
I'd find my long lost cousin John
The one we left back in Vietnam
Show him a picture of his daughter now
She's a doctor and he'd be proud
Then tell him we'd be back in a couple of days
In the rear view mirror we'd all watch 'em wave
Yeah, and losing them wouldn't be so hard to take
If heaven wasn't so far away
I'd hug all three of those girls we lost from the class of '99
And I'd find my bird dog Bo and take him huntin' one more time
I'd ask Hank why he took those pills back in '53
And Janis to sing the second verse of "Me and Bobby McGee"
Sit on a cloud and visit for a while
It'd do me good just to see them smile
If heaven wasn't so far away
I'd pack up the kids and go for the day
Introduce them to their grandpa
Watch 'em laugh at the way he talks
I'd find my long lost cousin John
The one we left back in Vietnam
Show him a picture of his daughter now
She's a doctor and he'd be proud
Then tell him we'd be back in a couple of days
In the rear view mirror we'd all watch 'em wave
Yeah, and losing them wouldn't be so hard to take
If heaven wasn't so far
If heaven wasn't so far
If heaven wasn't so far away
So far away
So far away



Newsletter Dedication



If you would like an entire month's newsletter dedicated to your child, please call the Chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$ 100 is requested, mailed by the 15th of the current month. A single page dedication can also be made with the donation of \$50.

Please submit all dedication materials in digital format. If submitting items on paper there will be an additional \$25 scanning charge. *Please include a stamped self-addressed envelope if you would like the materials returned.*

Volunteers Needed

Please contact Meetings Coordinator, Christine Williams



Refreshments: We all enjoy the goodies, but it's a burden for the same person to do it every meeting. If everyone takes one meeting, it will run smoothly. What you need to do: Come at 7 p.m., bring snacks and soda/make coffee (We will open the room at 7 p.m., when the coffee ingredients, cups, napkins, plates will be supplied).

Clean up: Stay after meeting and straighten up kitchen and room.

Sign up for refreshments or clean-up, or both! Do it in memory of your child! You may want to choose a meeting during a special month. E-mail Shelly Sigale at sheles@comcast.net with the meeting date, your name, telephone and e-mail (for a reminder).

Lending Library

Many excellent books are available for you to borrow from our chapter's library, free of charge. Please see Jerry Flax at our meetings, and return them when you are through—Thank you.



Printer Cartridges



Dottie Kidd has volunteered to collect our empty printer ink cartridges, in order to receive \$2 each for the Chapter's benefit from Staples. Please bring them to the meeting & see Dottie. "Thanks to your donations of used cartridges we were able to purchase paper, new cartridges and copies. Keep them coming!"—Dottie

Website Resources



Our Chapter's website is www.tcf-br.com. You will find many helpful resources, such as our monthly Newsletter, The Wall of Memory, Light a Candle, Chapter News & Events, Meeting Schedule, Frequently Asked Questions, etc.

TCF brochures you may want to read (a link to the National TCF website): www.compassionatefriends.org/Resources/Available_Brochures.aspx. TCF currently has 31 brochures on many different topics related to the death of a child.