



**The Compassionate Friends**  
**Manhattan Chapter**  
 Supporting Family After a Child Dies

**Our next meetings...**  
 Feb 8 & 22  
 Mar 8 & 22  
 Apr 12 & 26  
 May 10 & 24

**Manhattan Chapter Newsletter** **February 2022**

**The Echoes of My Mind**

by Marie Levine, 2002

As I write this, on a bright, beautiful crisp clear winter day after Christmas... clean white snow covers the ground. It was a stormy Christmas Day so we spent the day going through old papers, clearing our closets, tossing out bits and pieces no longer relevant to our lives. Then without warning, in an old brief case tucked away in a corner, an envelope of photographs. Forgotten until now, there we are, three of us, sitting on the grass enjoying a picnic luncheon on a beautiful Spring day up at Syracuse University. A dozen beautiful pictures of us with our indelible son.

The hundreds of pictures of Peter that have surrounded me these past nine years are almost worn out from my searching and longing. No new, recent photographs are in my future. All that I have now, is what we had. And we are lucky. Peter died shortly after his graduation from Syracuse, so we have loads of pictures taken that day.

Now suddenly, we have new (old) pictures. Fresh, un-stared at, un-cried over, un-treasured (yet) photos. They are a treasure trove and they remind me once again of all we have lost. For we have not only lost our son and our expected future. We have lost a whole community of relatives and friends and associates who we would ordinarily have shared the joy of this discovery with. But to share these photos now will only serve to reignite the sadness (dare I say pity?) that everyone felt (feels?) for us. Do I really want to show these photos and instead of seeing smiles on the faces of the viewers, know instinctively what they are thinking?

No. I think not. I realize now, that after all these years I am comfortable with the current restraint of all these people. I no longer dread the pitying stares of my neighbors. There

(con't on page 2)

**Winter of Our Souls**

by Sandy Goodman

It is winter today. There is no sun, not even a flash of light to focus on. The air has become murky as if it has solidified, losing its clarity. Ice covers everything, smothering any life that might have been.

Staring out my window, I compare the bite of winter to my grief: the coldness, the shadows, and my reluctance to breathe in any more discomfort. Grief, like winter, appears uninvited and unwelcome. We abhor the pain and wonder why we must endure the distress, while all along we feel the imminent arrival. Winter compels the earth to rest. Everything stops struggling, stops performing and sleeps. Abruptly, nature's need to "do" is gone and "being" is all that is necessary. All that was living before appears lifeless. The leaves disappear from the trees, flowers no longer grace our gardens, and the grass is entombed by snow. But what is going on beneath that which we see? Are the flowers really gone, or are they only changing... becoming new, becoming different?

I ponder how much further I dare go with this. Can I contend that grief, like winter, is a gift? Can I talk about the metamorphosis of grief, and contemplate gratitude for its presence? I do not know, but that is where my thoughts are leading me.

Grief necessitates a sabbatical from living. We stop struggling, stop performing and freeze. Our compulsion to "do" dissolves, and "being" is all that is possible. Our life as we knew it disappears, dreams are shattered, and our hearts are ripped from us in the blink of an eye. We are gone, lost in our grief. But what is transpiring in our heart? Is everything gone, or is it only changing... becoming new, becoming different?...

(con't on page 5)

**TELEPHONE FRIENDS:** When you are having the kind of day you feel only another bereaved parent or sibling can understand, we are willing to listen and share with you. Don't hesitate to call our Manhattan Chapter phone for meeting information **(917) 300 3706**. To speak with someone please call one of the following volunteers; Jacquie Mitchell (eves) (347) 414-1780 jacquienytcf@gmail.com and for siblings, Jordon Ferber (917) 837-7752, beatniknudnik@yahoo.com

TCF MANHATTAN CHAPTER email: [tcfmanhattan@gmail.com](mailto:tcfmanhattan@gmail.com)  
 TCF MANHATTAN website: [www.compassionatefriends.nyc](http://www.compassionatefriends.nyc)  
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THE COMPASSIONATE FRIENDS MEETINGS are always the second and fourth Tuesdays of the month

**WE MEET USING ZOOM AT 7:00pm—sign on at 6:45pm**

As soon as possible, we hope to return in person to the

Fifth Avenue Presbyterian Church

55th Street and Fifth Ave (enter at 7 West 55th St.)

*The Compassionate Friends is a mutual assistance self-help organization offering friendship and understanding to bereaved parents, grandparents and siblings. We are a group seeking support in our grief or are able to give it. Among us your religion, your race, your politics, your job or social standing are not important. We care about your grief—the tragedy that each of us have shared—and how we can grow through it, not back to the person we were, but to the person we can become.*

## Echoes of My Mind

(con't from page 1)

are no more pitying stares. My remaining family thinks "I'm over it". My friends are happy to have me "back". The pictures of Peter that are everywhere in our home are barely noticed if at all by visitors. I no longer feel like the poster child for "grieving well."

But there they are. A whole new memory in living color. Ours to savor. A particularly wonderful Christmas present from Peter. Tucked away until the time was right. In the photos he is the same boy/man I remember so vividly. He hasn't changed a bit.

We are at a difficult time in our lives once again. We've managed to weather the weddings of our friends' children. Now, we must delight in the expansion of their families as they have grandchild after grandchild. I wish I didn't find it all so painful. But there it is.

And once again, it is a new year. Another threshold crossed. As Peter fades into a more distant memory for most, I want desperately to keep his memory fresh and alive. It is a daunting task in a world he hasn't inhabited for so long. I am reminded of a poem I read some time ago called *Remembering* by Elizabeth Dent. The words echo the thoughts in so many of our minds...

*Go ahead and mention my son.  
The one that died you know.  
Don't worry about hurting me further  
The depth of my pain doesn't show.  
Don't worry about making me cry.  
I'm already crying inside.  
Help me heal by releasing  
The tears that I try to hide.  
I'm hurt when you just keep silent  
Pretending he didn't exist.  
I'd rather you mention my child.  
Knowing that he has been missed.  
You may ask me how I'm doing,  
I may say "pretty good" or "fine"  
But healing is something ongoing.  
I feel it will take a lifetime.*

~ Marie Levine  
January 2002

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**Memories** ... tender, loving, bittersweet, they can never be taken from you. Nothing can detract from the joy and the beauty you and your loved one share/ Your love for the person and his or her love for you cannot be altered by time or circumstance, the memories are yours to keep. Yesterday has ended, though you store it in the treasure house of the past.

And tomorrow? How can you face the awesome problems and challenges? It is as far beyond your mastery as your ability to control yesterday. Journey one day at a time. Don't try to solve all the problems of your life at once. Each day's survival is a triumph.

~ Rabbi Earl Grollman

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## THE MISSING GOES ON

By Sally Migliaccio

Are the grim leaden skies somewhat lighter?  
Have I learned even black clouds might part?  
Has the pain that once battered me morning and night  
finally lifted a bit from my heart?

"Not so!" I whisper defensively.  
Grief's claws are STILL raking my soul.  
I've battled this sorrow for many a year  
to wrestle away its control.

I've an uneasy truce with unbearable pain,  
most times its quiescent within.  
Then there are times when with teeth bared it strikes  
and I'm thrust back to raw grief again.

I've waged a fierce war for relief from the pain,  
feeling guilty for wanting some peace.  
Though I know that less hurt doesn't equal less love,  
I'm torn between pain and release.  
My daughter was born in the month of July,  
and July was the month that she died.  
She molded my life in the years she was here,  
in death she continues to guide.

I love her no less than I did in her life,  
and I've learned that the missing goes on...  
So if misery takes time off for a night,  
it surely will return with the dawn.

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## MY SON

Grief that lasts a lifetime  
Empty spaces everywhere  
Forever hole in my heart  
Missing  
Gone  
Holidays painfully hard  
Empty seat at the table  
Life will become richer  
In this deeper place  
Joy is experienced deeper  
Love deeper still  
Music is heard  
Risks are taken  
Courage is prayed for  
Change I must  
Life is loved  
Life is richer fuller vibrant  
Take nothing for granted  
THANK YOU  
My sweet son  
My most precious gift

~ Patricia Vigorita, TCF Manhattan - Nov. 2021

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# Siblings...

(con't from left column)

The [pain you feel after a sibling dies](#) can be immense. Feeling grief or a huge sense of loss are natural responses to losing someone important in your life. Losing a brother or sister is especially challenging.

This article will discuss why the loss of a sibling is different than other types of loss, how sibling loss isn't discussed much, reactions and effects of sibling loss, how long to mourn and ways to help you cope with sibling grief.

## Why Siblings Are Special

Siblings play a special role in our families. They can often act as our best friends and become the people we confide in. We fight with our younger siblings, learn from our older siblings, play with our brothers and sisters and compete with them.

In effect, we forge special relationships with our brothers and sisters. These relationships differ than those with our parents, other relatives, and even our own children.

## Sibling Loss is Ignored

Practitioners and researchers in the field of psychology have not devoted much attention to the special relationship siblings have or how death impacts siblings. Discussion of sibling mourning has been sorely neglected by programs, services and associations, but that is beginning to change.

After their son or daughter dies, the community will galvanize around the parents to support them. Friends, neighbors and family members will focus on bringing in food, making phone calls and helping the parents.

Outliving a child is an awful and tragic loss that should not be dismissed or given short shrift. But siblings are not allowed the time to grieve themselves. They are told to be strong for their parents. Often, siblings are involved in setting up funeral plans and helping their parents get through such a difficult time.

Caretaking when you yourself haven't had time to grieve is burdensome.

## Effects the Death of a Sibling May Have On You

Whether through a prolonged illness like cancer or a sudden death due to a car accident, the loss of a sibling can be jarring. You may feel like life is out of order or topsy-turvy. We are logically prepared for the loss of older parents or grandparents. But our siblings are like our peers.

We've experienced the daily rhythms of life with them growing up including birthdays, holidays, and special events. They've witnessed our parents' arguments, our moves into different neighborhoods and our difficult times. We expected them to be there for us for future milestones, too.

(con't in next column)

A sibling's death can then have multiple effects on you. Beyond trying to cope with your grief, you may have to contend with new challenges like the following listed below:

## Changes in the Family Dynamic

When a sibling dies, roles and responsibilities may get shaken up. If your brother was the leader in the family, who takes on that role now? Your uneasiness with the new family dynamic might add more stress to your grief.

## The Loss of a Close Relationship

Because siblings are often deeply connected, you may have lost both a sister and your best gal pal. If you worked in a family business, the loss of your brother might also represent the loss of your business buddy.

## Profound Guilt

If your baby sister passed away, [feeling guilty for surviving](#) is not farfetched. Those who lose siblings often feel guilty about childhood fights and not having the opportunity to apologize. If you were estranged from your sibling as an adult, you might feel guilty because it's too late now to reconnect.

## Dealing With Friends Who Aren't Helpful

Friends may avoid you as they don't know what to say. Others may say the wrong things like, "She's in a better place" or "Let me know how I can help."

In these moments, if you're feeling up to it, you can suggest that your friends come over and sit with you while you cry, bring you food, or just hold your hand.

## Fear of Also Developing the Illness

For siblings who passed from cancer, for example, you might now need to get tested. Especially if there's a genetic probability that you may get the same cancer. Added to your grief (and sorrow about any suffering your loved one went through) is this new fear that you or another sibling will also be diagnosed with a deadly disease.

## How Long Is Too Long to Mourn?

There's no "normal" amount of time to grieve the loss of a sibling. As time passes, the sadness should ease and you should be able to function. That doesn't mean the grief disappears completely. Nor does that mean you won't feel sadness or loneliness about the loss of your sibling.

It means you'll begin to find happy and joyful times again and return to your daily life.

(con't on page 4)

## Gifts of Love

**A Love Gift** *is a donation given in memory of a child who has died, or sometimes a memorial to a relative or friend. It can be in honor of a happy event that you would like to acknowledge, or simply a gift from someone who wants to help in the work of our chapter.*

*All TCF chapters are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapters is paid directly from our local resources and our local family contributions. Thank you to all who can contribute and support this chapter. Please see 'Making a Contribution' below:*

**Passing the Basket** – *During normal times, we raise needed funds at each meeting by passing a basket for voluntary contributions. In this time without in person meetings, the Manhattan Chapter is going without the resources we usually get from the basket passed during our meetings. We are so glad to be able to hold the online meetings, and if you are able to, once a month or whenever you can, please help and make a 'Basket' contribution to help our organization.*

## Making a contribution –

Easiest way – online – use a credit card securely with Paypal – Click this link: [Please donate here](#)

Or you may mail a check to The Compassionate Friends, c/o Sally Petrick, 945 West End Ave Apt 2B, New York, NY 10025. Please make your check payable to The Compassionate Friends – Manhattan Chapter. We need and appreciate your support.

## Siblings...

(con't from page 2)

### Complicated Grief

For some, though, feelings of loss are so intense, they become debilitating. This is known as [complicated grief](#). It's also called persistent complex bereavement disorder.

In complicated grief, painful emotions severely disrupt lives. Reactions are excessive, obsessive and intense. With complicated grief, people are incapable of resuming their lives in a healthy manner and need therapeutic assistance.

### Coping With Grief After the Death of a Sibling

For those bereaved after losing a sibling, here are ways to help you cope with the grief and find a way through your loss.

Some suggestions are better suited for earlier in your grief journey, some for later on:

- **Be kind and gentle with yourself.** As you're learning, grief is a winding process.
- **Rest and sleep more.** The bereaved may feel more exhausted physically and emotionally.
- **Don't skip over feeling pain.** Allow yourself the time to hurt so you can move through that.
- **Spend time with family and friends.** Although you may want time alone, don't remove or isolate yourself.
- **Do small things that make you happy.** Work in the garden, play games on your phone, and integrate small pleasures back into your life.
- **Allow yourself joy.** Don't feel ashamed or guilty if you enjoy a meal or dance to a song that you liked.
- **[Return to a routine as soon as you can.](#)** Eat regularly, go for a walk, resume work.
- **Focus on spirituality and creativity.** It's important to shift your energy toward doing the things that bring you joy. This is the perfect opportunity for you to tap into your creativity. You could write poetry, paint, or even write your loved one a letter.
- **Create a ritual in your sibling's memory.** This may be participating in a 5K for breast cancer research every year if your sister died of breast cancer.
- **Do something to honor your sibling's life.** If your brother shot hoops and played with friends in a neighborhood park, you can donate a bench as a memorial. The goal is to honor your sibling's memory.
- **Join a supportive group.** Others are going through what you are, too. [Online grief support groups](#) can offer you a safe community in which to mourn. [The Compassionate Friends Sibling Groups](#) and [Modern Loss](#) offer resources to help you deal with grief.

While we live in a culture that encourages us to move on, grieving the death of a sibling can take some time. It's a very special loss and you have every right to feel deep pain. But there is light at the end of the tunnel and a way to live with and through the loss. Find professionals in your area or online support groups that can guide you through this difficult period.

## TUESDAYS

TUESDAYS AT 7:00PM

With Jordon Ferber - Sibling Leader

Siblings in the Manhattan Chapter meet every Tuesday of the month and more.

Sign up to get our siblings schedule emails

[Click here for exclusive sibling emails](#)

And access our regular Chapter website for the parent/sibling meetings and activities.

[www.compassionatefriends.nyc](http://www.compassionatefriends.nyc)

## TCF SIBLING CHATS

Some online chats for adult and teen siblings to share concerns and feelings are available on the TCF National website

[Click here to display the full schedule of chats for both parents and siblings](#)

### The Compassionate Friends Sibling Credo

*We are the surviving siblings of The Compassionate Friends*

*We are brought together by the deaths of our brothers and sisters*

*Open your hearts to us, but have patience with us.*

*Sometimes we need our families to be there.*

*Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be.*

*We cannot be our dead brother or sister; however a special part of them lives on with us.*

*When our brothers and sisters died, our lives changed.*

*We are living a life very different from what we envisioned and we feel a responsibility to be strong even when we feel weak.*

*Yet we can go on because we understand better than many the value of family and the precious gift of life.*

*Our goal is not to be the forgotten mourners that we are, but to walk together to face tomorrow as the surviving siblings of The Compassionate Friends.*

## 45TH TCF NATIONAL CONFERENCE

LOVE SOARS THROUGH CLOUDS OF HOPE

Friday-Sunday, August 5-7, 2022 Houston, TX

Save the Dates

## Winter of Our Souls

(con't from page 1)

Grief is harsher than winter. The tasks of daily living are amplified, and what was once soft and blurred becomes sharp and ragged. While winter invariably ends and I remember that Spring will arrive, grief makes no such promise. I must wait without assurance. There are moments when Winter is beautiful: a blanket of fresh snow on Christmas morning or the surprise of a warm breeze in February. There are nights when winter is hard and ugly, when temperatures plummet and the howl of the wind threatens our sanity. Grief is the same. A special memory comes into my heart and grief becomes bittersweet... beautiful. Then, a letter addressed to my son arrives in the mail, and I am back to the harsh reality that he is gone.

My grief transformed me. It tore out everything within me and said There! It is GONE! What are you going to do? You have NOTHING LEFT TO HANG ON TO! You must begin again. You must change.

And change is what I did. As winter alters the earth, my grief changed me. It gave me a period of time to step back from living and just be, a space in my existence to feel only that which I needed to feel. It was a time for reflection, reprioritizing and searching. Without it, I would remain as empty as a garden that never rests.

"But it was painful, horrifying and devastating" you say. "How can you be thankful for such a thing?"

Grief, like winter, freezes our world. Both appear painful, horrifying and devastating, but it is our preparation for, reaction to, and perception of it that creates our discomfort. It is our need to judge which labels discomfort as bad. If we deny that death is possible for those we love, we will be stunned and terrified by its occurrence. If we react to the first blizzard of winter with panic and fear, we will be too afraid to honor its power. If we perceive a fatal ice storm as an act of God, we will shake our fist at him and spend more time than we have asking why. And if we distinguish death as the end of a loved one's existence, we will be eternally saddened by their absence. The path to Spring, to the end of winter, requires only our patience and perseverance. The path to healing requires that and more: it requires that we learn to think differently.

We are a society that fears death. We consider it an end to life, love, and all that came before. Those who die either cease to be, or they exist in a place that is unavailable to us. It is not surprising that fear is present. However, if we alter our beliefs, we can then change our preparation for, reaction to, and perception of death. If we come to know that death is a change in form and not an end, we will not eliminate the winters of our grieving, but we will lessen our suffering.

When my son died in 1996, I had no other option but to change my thinking. I could not live another day presuming he no longer existed. By saying to myself often I am changing my perception of death, I announced to the universe and my higher self that I intended to change what I believed. I placed my intent, reached for it, and settled for nothing less.

I began searching for and finding information to support my new perception. I read books about life after death, mediumship, after death communication, spirituality, and reincarnation. I perused websites, subscribed to email lists, and joined chats where these topics were addressed. I found like-minded friends who understood what I was feeling. I observed mediumship activities on television, at seminars, and on the internet. I began to support my new belief system with knowledge.

(con't in next column)

## Winter of Our Souls

(con't from left column)

I invited experiences by talking to Jason and asking him to come to me in a dream or to give me a sign of his presence. I meditated and made myself more aware of that which isn't seen or touched. I opened up a doorway of possibility and welcomed all that came from love to enter.

Finally, I accepted what happened and expressed gratitude. When the lights went off and then on again for no apparent reason, I was quick to say "thank you". If I was only thanking the power company, it didn't matter. No one knew. The more I accepted as real, the more I experienced. We hear often that "seeing is believing", but this is about "believing is seeing."

My journey has been both desolate and inspiring. There have been moments when I thought the cold and darkness would never end, and moments when tears of joy washed away the pain and light permeated my being. I invite you to walk the path of grief a little differently: to nurture winter's bleakness and look deep into its purpose. And just as we must think differently to see the gift of grief. It is there, buried beneath a frozen crust that protects and restores while the winter of our soul... ensues.

Reprinted with permission from [Love Never Dies](#)  
by Sandy Goodman

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## GRIEF IS LIKE A RIVER

My grief is like a river  
I have to let it flow.  
But I myself determine  
just where the banks will go.

Some days the current takes me  
in waves of guilt and pain.  
But there are always quiet pools  
where I can rest again.

I crash on rocks of anger –  
my faith seems faint indeed –  
but there are other swimmers  
who know what I need.

A loving hand to hold me  
when the waters are too swift,  
and someone kind to listen  
when I just seem to drift.

Grief's river is a process  
of relinquishing the past.  
By swimming in Hope's channels,  
I'll reach the shore at last.

~ Cynthia G. Kelley, TCF Cincinnati, OH



## OUR CHILDREN—LOVED AND REMEMBERED



### FEBRUARY BIRTHDAYS

- 2/1 **JAMES RUSSO**, brother of Adrienne Russo
- 2/1 **RICHARD VALDEZ**, son of Lisa Valdez
- 2/2 **ANDREW BALTINI**, brother of Kevin Baltini
- 2/2 **BRUCE WALES**, son of Fran Wales
- 2/2 **ISAAC JACOB MEYERS**, son of Nahma Sandrow Meyers , brother of Hannah Meyers
- 2/2 **KAYDEN POLIUS**, son of Letitia & Greg Polius
- 2/3 **ANTONIA DALEY**, granddaughter of Linda Daley
- 2/4 **CHARLIE-ROSE MCCALL**, daughter of Yolette Perry
- 2/5 **BRYCE SHELDON**, son of Bianca Villalona
- 2/6 **JOSEPH BABY**, brother of Meryllyn Baby, son of Yohannan Baby
- 2/6 **MASON SIMMS**, son of Shavon Simms
- 2/7 **BRADLEY KEITH BONGAR**, son of Beth Bongar
- 2/8 **TRYGVE WASBOTTEN**, son of Marilyn Wasbotten
- 2/10 **JEREMY RODRIGUEZ**, son of Wanda Marrero
- 2/10 **KAREN CASBAY**, sister of Laura Reissman
- 2/10 **MARINA ELIZABETH CLOOS**, daughter of Alice Cloos
- 2/10 **PABLO RAMIREZ**, son of Carlos Ramirez
- 2/10 **STUART MILLER**, son of Nancy Morgan
- 2/11 **STACEY LEONDIS**, sister of Diana Liondis
- 2/13 **BURKE TAYLOR**, brother of Emily Yoshikawa
- 2/13 **GARY LEUNG**, brother of Tony Leung
- 2/13 **ROMEL ARIAS**, son of Luisa Cabrera
- 2/15 **DESTINI DOYLE**, daughter of Annette & Kendall Doyle
- 2/16 **RAJESHVARI PATEL**, sister of Sandip Patel
- 2/17 **IRIS**, daughter of Alyson Ben-David

- 2/17 **JONATHAN DIAZ**, son of Jeanette Diaz
- 2/17 **JUSTIN CRAIG LEDERMAN**, son of Ruth Lederman
- 2/17 **QUENTIN MUNDY**, son of Terri Mundy
- 2/18 **EMRE EDEPLI**, son of Levant & Kirsten Edepli
- 2/20 **BLAKELY RUSSELL KAY**, daughter of Barbara Russell
- 2/20 **JOHN RICHARDSON**, son of Vivian Richardson
- 2/20 **LISA COOPER**, daughter of Alphonso Appleton
- 2/20 **MIKEY HARTNETT**, son of Jessica & James Kerwin
- 2/20 **SHANEIREE DAMES**, daughter of Vivian Richardson
- 2/20 **ZACHARY JAMES MILLIKEN**, son of Vigi Cadunz
- 2/21 **ASHLEY HOPE GOODMAN**, daughter of Karen Goodman
- 2/22 **ALEXANDER GOLDIN-KRAUS**, son of Jill Goldin
- 2/22 **DANIEL BRENNAN**, brother of Aileen Brennan
- 2/24 **ANAYA TAHA**, granddaughter of Soheir Kache
- 2/24 **GEORGE MICHAEL PEREZ**, son of Priscilla Perez
- 2/25 **MICHAEL FABI**, son of Donna Leder
- 2/26 **IAN ADLER**, son of Judy Adler
- 2/26 **IMOGEN ROCHE**, daughter of Theseus Roche
- 2/26 **MATTHEW GOODSTEIN**, son of Ann Goodstein
- 2/27 **ADAM AZZOLI**, son of Amanda Azzoli
- 2/27 **ALISON GERTZ**, daughter of Carol & the late Jerry Gertz
- 2/27 **PARIS CAVIC**, sister of Mel Cavic
- 2/27 **QUINDORA PERSUAD**, daughter of Maria Cabassa
- 2/28 **ANTHONY & NICHOLAS**, son of Patrick Aurelia
- 2/28 **BARA COLODNE**, daughter of Mia and Eric Colodne
- 2/28 **MARCUS PRESTON**, son of Valerie Preston



### Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children’s and sibling’s birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child’s listing, my sister’s listing, and scan for the birthdays and anniversaries of my TCF friends loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one’s listing or if your listing is missing, please let us know. Email to [tcfmanhattan.nyc@gmail.com](mailto:tcfmanhattan.nyc@gmail.com) and tell us what needs to change.

Dan Zweig



## OUR CHILDREN—LOVED AND REMEMBERED

### FEBRUARY ANNIVERSARIES



- 2/1 **ISABEL XIE**, baby daughter of Denise Chow & Wayne Xie
- 2/1 **JUSTIN HOLLAND**, son of Carole & Marvin Holland
- 2/1 **MISCHA DRUCKER ZIMMERMAN**, son of Henia Drucker
- 2/1 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez
- 2/3 **GABRIEL ROCCOFORTE**, son of Judith Weiss
- 2/3 **JORDAN JOHN**, brother of Christian John
- 2/4 **ELLA BANDES**, daughter of Judy Kottick & Ken Bandes
- 2/5 **STEFAN PAKULSKI**, brother of Marek Pakulski
- 2/6 **BOBBY BEATTIE**, brother of Rose Beattie
- 2/8 **JESS ILIAS**, son of Chris Clavelli
- 2/10 **JONATHAN BUCAOTO**, son of Ruth Sowell
- 2/10 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin
- 2/12 **KEITH DANIEL**, son of Linda Daniel Finer
- 2/12 **PAMELYNN SAMUEL**, daughter of Madelaine Samuel
- 2/12 **RAJESHVARI PATEL**, sister of Sandip Patel
- 2/13 **BRENDAN BITTNER**, brother of Jessica Bittner Markus
- 2/14 **DANIEL BRENNAN**, brother of Aileen Brennan
- 2/14 **KRISTEN SANCHEZ**, sister of Melissa Rosario
- 2/14 **RHETT THOMPSON**, son of Gayla Thompson
- 2/15 **RONAN CHRISTOPHER LOUIS**, son of Rick Louis
- 2/17 **LAURIE NICHOLS**, daughter of Marie Jones

- 2/17 **RICHARD VALDEZ**, son of Lisa Valdez
- 2/18 **BRIAN GEWIRTZ**, son of Kathleen & Steven Gewirtz
- 2/18 **MICHELE SIEGEL**, daughter of Lillian Hass
- 2/19 **BRANDON WEDEL**, brother of Brittni Wedel
- 2/19 **CASEY STRAKA**, son of Dana Straka
- 2/19 **CORLYN HAYNES**, daughter of Yvonne Haynes
- 2/19 **IAN ADLER**, son of Judy Adler
- 2/19 **JAVAN STEWART**, son of Omarr & Ursula Stewart
- 2/19 **KELLI ANNE AULETTA**, daughter of Dick & Mary Auletta, sister of Kimberlee
- 2/19 **LORI HEALY**, daughter of Tom Healy
- 2/20 **GERSON JAIR SALMON**, son of Ivette Salmon
- 2/21 **ALEXANDER ROBERTS**, son of Nancy Roberts
- 2/22 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro
- 2/23 **AODHAN CUMISHEY**, daughter of Donal Cumishey
- 2/24 **LEO CONAGHAN**, nephew of Ellen Barry
- 2/26 **GLENN SPELLER JR.**, son of Glenn Speller Sr.
- 2/26 **JOSEPH MARINO**, brother of Joanne Marino
- 2/27 **FLORENCE FRAZER**, sister of Harri Molese
- 2/27 **PAUL THOMPSON**, son of Elaine Thompson
- 2/28 **MICHAEL MCGOVERN**, son of Harri Molese



### Gifts of Love

**A Love Gift** is a donation given in memory of a child who has died, or sometimes a memorial to a relative or friend. It can be in honor of a happy event that you would like to acknowledge, or simply a gift from someone who wants to help in the work of our chapter.

All TCF chapters are totally dependent on funds from our families. We DO NOT receive funds from our National Office. Everything we need to operate our local chapters is paid directly from our local resources and our local family contributions. Thank you to all who can contribute and support this chapter. Please see 'Making a Contribution' below:

**Passing the Basket** – During normal times, we raise needed funds at each meeting by passing a basket for voluntary contributions. In this time without in person meetings, the Manhattan Chapter is going without the resources we usually get from the basket passed during our meetings. We are so glad to be able to hold the online meetings, and if you are able to, once a month or whenever you can, please help and make a 'Basket' contribution to help our organization.

### Making a contribution –

Easiest way – online – use a credit card securely with Paypal – Click this link: [Please donate here](#)

Or you may mail a check to The Compassionate Friends, c/o Sally Petrick, 945 West End Ave Apt 2B, New York, NY 10025. Please make your check payable to The Compassionate Friends – Manhattan Chapter. We need and appreciate your support.



## OUR CHILDREN—LOVED AND REMEMBERED



### MARCH BIRTHDAYS

- |      |   |      |   |
|------|---|------|---|
| 3/1  | <b>JO ANNA BURRO</b> , daughter of Jeanette Burro   | 3/17 | <b>ELYSE CARVER</b> , daughter of Violette Carver                                     |
| 3/1  | <b>RISA FIELD</b> , sister of Barbara Field   | 3/17 | <b>GERSON JAIR SALMON</b> , son of Ivette Salmon                                      |
| 3/1  | <b>ROSARIO TORANZO</b> , sister of Carmen Toranzo   | 3/17 | <b>WILLIAM FISHER</b> , son of Sally A. Fisher  |
| 3/3  | <b>AREIS GORDON</b> , son of Joselyn Gordon   | 3/18 | <b>ANDY FISHER</b> , son of Barbara Fisher  |
| 3/3  | <b>DAVID MILLER</b> , brother of Jeanie Miller  | 3/18 | <b>ANDY PERSAUD</b> , son of Dennis Persaud, brother of Andrea Persaud                |
| 3/3  | <b>DIANE HASS</b> , daughter of Lillian Hass  | 3/18 | <b>DESHA BEAMER</b> , sister of Laura Beamer  |
| 3/3  | <b>JENNA AGULE</b> , sister of Devon Agule  | 3/19 | <b>CHARLOTTE MILLER</b> , daughter of Caitlin Felton & Barney Miller, sister of Clara |
| 3/4  | <b>CHRISTOPHER ROMINE</b> , brother of Jennifer Romine  | 3/20 | <b>ISABEL L. DODWELL</b> , daughter of Amy & William Dodwell                          |
| 3/4  | <b>JASMINA ANEMA</b> , daughter of Theodora Anema   | 3/20 | <b>PHILIP GOODFRIEND</b> , son of Debbie Goodfriend                                   |
| 3/5  | <b>PAMELYNN SAMUEL</b> , daughter of Madelaine Samuel   | 3/21 | <b>JOSHUA UNDERWOOD</b> , brother of Sarah Underwood                                  |
| 3/5  | <b>STEFANO AGOSTINELLI</b> , son of Pascale Agostinelli   | 3/22 | <b>DARIA NORTON</b> , daughter of Charlotte Savino & Lee Norton                       |
| 3/6  | <b>LEAH NICO</b> , daughter of Linda Sacks, sister of Mara Bragg  | 3/23 | <b>ALEXANDER ROBERTS</b> , son of Nancy Roberts                                       |
| 3/6  | <b>PARKER KOLTCHAK</b> , son of Deb Capone  | 3/23 | <b>GLENN GILLIARD</b> , son of Rose Chaney  |
| 3/6  | <b>SITA OLIVE SINGH DUTTON</b> , daughter of Nirvani Bissessar and Edward Dutton                        | 3/23 | <b>MANUEL RODRIGUEZ</b> , son of Irene Rodriguez                                      |
| 3/7  | <b>CHRISTIAN FUERSICH</b> , son of Janet Fuersich   | 3/24 | <b>BRYANT GIBBS</b> , brother of Cynthia Gibbs-Pratt                                  |
| 3/7  | <b>RORY DAZE CHONG</b> , son of Pam Chong   | 3/24 | <b>RONAN CHRISTOPHER LOUIS</b> , son of Rick Louis                                    |
| 3/7  | <b>SHIMMER HALL</b> , daughter of Janine James  | 3/25 | <b>JADEN MAXWELL THOMAS</b> , son of Louise Thomas, brother of Tanya                  |
| 3/8  | <b>DANIELLE ALEXANDRA GORDON</b> , daughter of Fran Gordon  | 3/25 | <b>RICHARD CONLEY</b> , son of Phyllis Conley   |
| 3/8  | <b>MAGGIE GOWELL</b> , daughter of John & Rosanna Gowell and sister of Jesse                            | 3/26 | <b>BEN BREEN</b> , son of Carol Breen   |
| 3/9  | <b>ANJELINA PATRICE WILLS</b> , granddaughter of Patricia Tyler-Owens                                   | 3/26 | <b>JEREMY PALLEY</b> , son of Iris Palley and Stephen Palley                          |
| 3/10 | <b>CYBELE ELIZABETH FISHER-KOPPEL</b> , daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman | 3/27 | <b>CHADWICK ALEXANDER ANDERSON</b> , son of Stacie Hawkins                            |
| 3/10 | <b>ELINOR FRIEDBERG BLUME</b> , daughter of Leslie Kandell  | 3/27 | <b>STEVEN HOUTERMAN</b> , son of Awilda Rodriguez Houterman                           |
| 3/10 | <b>JULIAN SERAFIN</b> , son of Agata Lisok-Serafin  | 3/28 | <b>DAVID LANG BAREK</b> , son of Peggy Lang   |
| 3/11 | <b>GRACE CORDERO</b> , daughter of Margarita Zambrano   | 3/29 | <b>BRANDON WEDEL</b> , brother of Brittni Wedel                                       |
| 3/11 | <b>LYNDON HOWARD</b> , son of Lila Howard   | 3/29 | <b>MICHAEL VINCENT ROSEN PIPITONE</b> , son of Alison Rosen & David Hantman           |
| 3/11 | <b>SEAMUS WOOD</b> , son of Will Wood & Deb Funkhouser  | 3/29 | <b>ROBERT VRABLIK</b> , brother of Lauren Vrablik                                     |
| 3/12 | <b>BENJAMIN RONALD OJEDA-FEINSTEIN</b> , son of Talo Ojeda & Reva Feinstein                             | 3/30 | <b>ALEX REY</b> , son of Alex and Myrna Rey, brother of Amanda Rey                    |
| 3/13 | <b>ALEXANDER ANDUJAR JR.</b> , son of Madelaine Colon   | 3/30 | <b>SANDY SMITH</b> , sister of Cindy Smith  |
| 3/13 | <b>ROBERT CABALES</b> , son of Susan Cabaes   | 3/30 | <b>ZANE MANDEL-MICHALAK</b> , son of Janet Robinson                                   |
| 3/14 | <b>BENJAMIN LEWIS KAPLAN</b> , son of Barbara Lewis Kaplan  | 3/31 | <b>ADAM RAPOPORT</b> , brother of Lindsay Rapoport                                    |
| 3/15 | <b>ROBERT PATRICK JENKINS</b> , son of Barbara Jenkins, brother of Cheryl                               | 3/31 | <b>ROBERT RODRIGUEZ</b> , son of Caroline Linares                                     |



### Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children's and sibling's birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child's listing, my sister's listing, and scan for the birthdays and anniversaries of my TCF friends loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one's listing or if your listing is missing, please let us know. Email to [tcfmanhattan.nyc@gmail.com](mailto:tcfmanhattan.nyc@gmail.com) and tell us what needs to change.

Dan Zweig





**OUR CHILDREN—LOVED AND REMEMBERED**  
**MARCH ANNIVERSARIES**



- 3/2 **DANIEL ALBERT**, son of Anita Albert, brother of Jenna Van Dusen
- 3/2 **NATASHA GEMBKA**, daughter of Tim & Alexis Gembka
- 3/3 **LOUIS ARESU**, son of Elizabeth Sperrazza, brother of Maria Sperrazza
- 3/4 **EDDIE WALSH**, twin brother of Tricia Walsh
- 3/4 **SAESHA KAYTAL**, daughter of Supriya & Sid Kaytal
- 3/4 **WILL EARLE**, son of Nancy Earle
- 3/5 **MICHAEL MCFARLAND**, son of Tamara McFarland
- 3/6 **ALEXANDER MAXWELL**, son of Deanna & Kent Grant
- 3/6 **DANIELLE BAKER**, sister of Tiffany Baker
- 3/6 **RICHIE BENANTI**, son of Monica Benanti
- 3/7 **PETER SCHLENDORF**, son of Karen Schlendirf
- 3/9 **DAVID 'JESSE' REISSMAN**, brother of Phil Reissman
- 3/9 **DONNA MALIZIS**, daughter of Agata Malizis
- 3/9 **ROBERT VRABLIK**, brother of Lauren Vrablik
- 3/9 **ROSARIO TORANZO**, sister of Carmen Toranzo
- 3/10 **BRIAN MARC LIPTON**, son of Nancy & Charles Lipton
- 3/11 **GRACE CORDERO**, daughter of Margarita Zambrano
- 3/12 **AMOL VADEHRA**, brother of Mallika Vadehra
- 3/12 **BURTON SANDLES**, son of Ina Sandles
- 3/13 **JUDAH GUBBAY**, son of Marge Gubbay
- 3/14 **MICHAEL ANTHONY EAGLE**, son of Leslie Katina Eagle
- 3/15 **DANIELLE ALEXANDRA GORDON**, daughter of Fran Gordon
- 3/16 **CHARLIE DENIHAN**, son of Barbara and Ben Denihan, brother of Krissy and Kate
- 3/16 **MICHAEL KAMEO**, son of Mordi and Keren Kameo
- 3/16 **NICHOLAS MONICO**, son of Lisa & Craig Monico

- 3/17 **ISAAC JACOB MEYERS**, son of Nahma Sandrow Meyers, brother of Hannah Meyers
- 3/18 **CATHERINE CORENU**, daughter of Carrie Tuhy
- 3/18 **CHARLENE ALVAREZ**, daughter of Charlie Alvarez
- 3/18 **DAVID MILLER**, brother of Jeanie Miller
- 3/19 **DAVID KRANZ**, son of Denise Kranz and Charles Katz
- 3/19 **SITA OLIVE SINGH DUTTON**, daughter of Nirvani Bissessar and Edward Dutton
- 3/20 **MICHAEL STEIN**, son of Eric Stein
- 3/20 **RASHID WASHINGTON**, son of Chakaina Anderson
- 3/21 **JELANI CARTER**, son of Darlene Hoffman
- 3/21 **LOUIS KORENMAN**, son of Sanders Korenman
- 3/21 **MELANIE DINOWITZ**, daughter of Elaine Dinowitz
- 3/21 **MICHAEL CYRUS**, son of Linda Reed
- 3/24 **CALLUM ROCHE**, son of Sean Roche
- 3/24 **SUZANNE PAGE**, daughter of Timmie Ross
- 3/25 **MATTHEW CARLSON LUTZ**, son of Linda L. Carlson
- 3/26 **AIMEE GANDOUR**, sister of Molly Gandour
- 3/26 **CLARIS GLOVER**, daughter of Crystal Glover
- 3/27 **ASHLEE D. BLAKE GUTIERREZ**, daughter of Marlene & Francisco Gutierrez
- 3/28 **ROBERT GRAUP**, son of Leona Graup
- 3/28 **TEPLY RACHMEL**, daughter of Allllison Tepley & Nir Rachmel
- 3/28 **ZAIDA SANTIAGO**, daughter of Selena Santiago & Lewis Harbour
- 3/29 **GARY LEUNG**, brother of Tony Leung
- 3/29 **NICOLAS DE LAVALETTE**, brother of Sebastian Lavalette
- 3/31 **HARRIS KAPLANSKY**, son of Denise Gelfand



THE COMPASSIONATE FRIENDS CHAT SCHEDULE. <a href="#">Click here to display exact times and to see entire schedule</a>			
ET	MORNING	EARLIER EVENING	LATER EVENING
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings
TUE		Loss to Substance Related Causes First time CHAT orientation	Bereaved less than 2 yrs Bereaved more than 2 yrs
WED	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings
THU		No Surviving Children First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings
FRI	General Bereavement Parents/Grandparents/Siblings	Pregnancy/Infant Loss	General Bereavement Parents/Grandparents/Siblings
SAT			General Bereavement Parents/Grandparents/Siblings
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings

**The Compassionate Friends National Office**  
48660 Pontiac Trail #930808, Wixom, MI 48393  
Toll Free (877) 969-0010  
www.compassionatefriends.org  
email:nationaloffice@compassionatefriends.org

**WE NEED NOT WALK ALONE**  
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**MARK YOUR CALENDARS!**  
Our next Chapter meetings are Tuesdays:  
**FEB 8    MAR 8    APR 12    MAY 10**  
**FEB 22    MAR 22    APR 26    MAY 24**

**Newsletter article submissions are welcome.**  
Please email to [marielevine2@verizon.net](mailto:marielevine2@verizon.net)

**MAKE A DONATION**  
[Click here to Donate to the Manhattan Chapter](#)

### OUR COMPASSIONATE FRIENDLY NEIGHBORS

Babylon	1st Friday	(516) 795-8644	Rockville Centre	2nd Friday	(516) 766-4682
Bronx	2nd Tuesday	(914) 714-4885	Rockland County	3rd Tuesday	(845) 398-9762
Brookhaven	2nd Friday	(631) 738-0809	SmithPoint/Mastic	2nd Thursday	(631) 281-9004
Brooklyn	3rd Wednesday	(917) 952-9751	Staten Island	2nd & 4th Thurs.	(718) 983-0377
Flushing	3rd Friday	(718) 746-5010	Syosset (Plainview)	3rd Friday	(718) 767-0904
Manhasset	3rd Tuesday	(516) 466-2480	Twin Forks/Hamptons	3rd Friday	(646) 894-0317
Marine Park, Bklyn	3rd Friday	(718) 605-1545	White Plains	1st Thursday	(914) 381-3389
Medford	2nd Friday	(631) 738-0809			

### PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

#### 24/7 PRIVATE FACEBOOK GROUPS

- |   |  |
|---|--|
| <a href="#"><u>TCF – Loss of a Child</u></a>                                    | <a href="#"><u>TCF – Loss of a Grandchild</u></a>                                  |
| <a href="#"><u>TCF – Loss of a Stepchild</u></a>                                | <a href="#"><u>TCF – Grandparents Raising their Grandchildren</u></a>              |
| <a href="#"><u>TCF – Loss of an Only Child/All Your Children</u></a>            | <a href="#"><u>TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild</u></a> |
| <a href="#"><u>TCF – Multiple Losses</u></a>                                    | <a href="#"><u>TCF – Loss to Long-term Illness</u></a>                             |
| <a href="#"><u>TCF – Daughterless Mothers</u></a>                               | <a href="#"><u>TCF – Loss to Cancer</u></a>  |
| <a href="#"><u>TCF – Men in Grief</u></a>                                       | <a href="#"><u>TCF – Loss After Withdrawing Life Support</u></a>                   |
| <a href="#"><u>TCF – Bereaved LGBTQ Parents with Loss of a Child</u></a>        | <a href="#"><u>TCF – Loss to Mental Illness</u></a>                                |
| <a href="#"><u>TCF – Bereaved Parents with Grandchild Visitation Issues</u></a> | <a href="#"><u>TCF – Sudden Death</u></a>  |
| <a href="#"><u>TCF – Loss to Miscarriage or Stillbirth</u></a>                  | <a href="#"><u>TCF – Loss to Suicide</u></a>                                       |
| <a href="#"><u>TCF – Infant and Toddler Loss</u></a>                            | <a href="#"><u>TCF – Loss to Homicide</u></a>                                      |
| <a href="#"><u>TCF – Loss of a Child 4 -12 Years Old</u></a>                    | <a href="#"><u>TCF – Loss to Substance Related Causes</u></a>                      |
| <a href="#"><u>TCF – Loss of a Child 13-19 Years Old</u></a>                    | <a href="#"><u>TCF – Loss to a Drunk/Impaired Driver</u></a>                       |
| <a href="#"><u>TCF – Loss of an Adult Child</u></a>                             | <a href="#"><u>TCF – Grieving with Faith and Hope</u></a>                          |
| <a href="#"><u>TCF – Loss of a Child with Special Needs</u></a>                 | <a href="#"><u>TCF – Reading Your Way Through Grief</u></a>                        |

The Compassionate Friends  
c/o Sally Petrick - Treasurer  
945 West End Ave Apt 2B  
New York, NY 10025

#### **Making a Donation—Now Online**

Many of us are grateful for what Compassionate Friends has done for them and want to lend their support, even those who do not currently attend our meetings. You can still mail a check to the address to the left or donate online.

[Click here to Donate to the Manhattan Chapter](#)