



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...

Jan 11 & 25
Feb 8 & 22
Mar 8 & 22
Apr 12 & 26

Manhattan Chapter Newsletter

January 2022

What difference does a new year make?

by **Marie Levine**, January 2021

I hear it all around me. "Hallelulah! It's 2021. Good riddance to 2020! Worst year ever"

True. Somewhat. For me and most of my old friends its only the second worst year ever. For my newer friends it is certainly the very worst year ever and that will ever be.

I haven't *celebrated* the dawning of a new year in decades. In my long lived life I haven't experienced a fabulously new year since I became a Mom. That was surely the best year even though I didn't know it at the time. Every year seems to bring more hardship, more disasters, more stupidity, more treachery, more challenges, more loss – more of everything but resolve, satisfaction and happiness.

Then why, I wonder, do I still remain hopeful? It's a puzzle. My heart breaks again and again when I meet more recently bereaved friends. I listen to their hurt and pain and feel helpless – incapable of offering any relief. I can only offer myself as an antidote. I too have suffered this indescribable, most hideous loss – and yet I continue. Despite the pain and hopelessness I have endured. I suspect it is because Peter became more than my lost son – he became my purpose.

This past year, stuck in the traffic of seemingly unmoving time, I have spent an inordinate amount of idle time reflecting on the past. I remember how important it was to me back then, that the uninitiated understand what losing a child feels like. It was an impossibility but undaunted, I never stopped trying to describe the

(con't on page 3)

Strange words welcome new members.....

by **Annette Mennen Baldwin**

I'm always amazed at the instant empathy we feel as new members attend their first meeting. We have the strangest welcome for these parents; "we're so sorry you have to be here."

In other organizations the questions are probing; where did you go to school? Where do you work? Where do you live? All designed to "size up" the newcomer, put him or her in the proper perspective of a neatly ordered world. For us, this information is meaningless. We know the world isn't neat and orderly; we discovered that when we lost our children. We care about you, the newly bereaved parent, whose life was tossed into a cosmic blender when your child died. We care because we are you. We have been here a while, in this purgatory of pain. We have learned to live our lives in a different way, to place value on understanding and hope, the intangibles of the purest meaning of life. We have learned to value each other, to reach out and talk, to wait patiently during the silences needed to form thoughts. We listen intently as you quietly say your child's name, tell your child's story, and speak of your heartbreak.

Yes, this is a different kind of welcome. But it is the most deeply sincere welcome we will ever receive. We are kindred souls, you and I. Each of us lives in the "after death" world of losing our child.

Each of us has learned gradually that the hope we have attained has made life better, lessened the pain, moderated the isolation, tears, emotional devastation

(con't on page 3)

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

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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.

Ask My Mum How is She

by Joann and Shelley Burr, TCF Australia

Written in loving memory of their son and brother Simon from their book "If only I had Known"

My Mum, she tells a lot of lies. She never did before.
From now on until the day she dies, she'll tell a whole lot more.
She used to tell the truth a lot, but now it does not matter.
I died and went to heaven, her life is all a shatter.

Ask my Mum how is she, and 'cause she can't explain,
She will tell a little lie, 'cause she can't describe the pain.
Ask my Mum how is she, she'll say "Yes, I'm fine!
She wants to beg, "please help me, I can't find that boy of mine!"

Ask my Mum how is she, she'll say "I'm alright."
If that's the truth then tell me, why does she cry each night?
Ask my Mum how is she, she seems to cope so well,
she didn't have a choice you see, nor the strength to yell.

You think you know the feeling, but this just cannot be.
For even though you loved me, you didn't love as much as she.
He will smile and tell you, "It's okay. God has a plan."
But she will turn away and cry, 'cause she just can't understand.

Tell a joke and she will laugh, but she is not okay.
She wants to share the joke with me, it will not be today.
I watch, from here in heaven, her distress disturbs my peace.
Will someone please take care of her, and thus take care of me.

"Someday you will feel better. "Yes, I will" she lies.
She knows this will not happen, until the day she dies.
"I was oh so lucky! I had him all those years!"
(They passed in but a minute, I shed so many tears).

As my Mum how is she, she'll say "thank you, good."
She cannot tell you how she feels. Oh how I wish she could.
Ask my Mum how is she "I'm fine, I'm well, I'm coping."
For God's sake Mum, just tell the truth, just say your heart is broken.

Ask my Mum how is she. "I'm well. I'm good. And you?"
I shake my head in heaven, it simply isn't true.
She'll love me all her life, I loved her all of mine./
But if you ask how is she, she'll lie and say she's fine.

Her carnival is over, she's stepped off the carousel,
But, to save you feeling badly, she'll say "thanks. All is well."
My Mum. She's not gone mad yet, but oh so very nearly.
Don't ask my Mum how is she, ask how is she, really.

I am here in heaven, I cannot hug from here.
If she lies to you don't listen, hug her, hold her near.
On the day we meet again, we'll smile and I'll be bold.
I'll say "you're lucky to get in here Mum, with all the lies you told!"

The Trouble with Condolences

by Carol Smith

Carol Smith is the author of Crossing the River: Seven Stories That Saved My Life, a Memoir about coming to terms with the loss of her son Christopher when he was seven. She lives in Seattle where she works as an editor for NPR affiliate Kuow Public Radio.

"What's the worst thing someone ever said to you?" I've gotten this question so many times in the twenty-seven years since I lost my son Christopher. Newly bereaved parents often asked it in disbelief after well-meaning friends and relatives said exactly the wrong thing at the wrong time. Older grievers, like me, sometimes asked it in solidarity when we recognized our common grief.

For me, the answer to that question was: "At least you had him for seven years."

When I heard "at least you had him," the translation in my head was "you're being ungrateful for the seven years you had." What I heard in my head was you're not entitled to be sad because he wasn't supposed to live in the first place or, at the very least, you had seven years to prepare for this.

You're never prepared.

There were other miscues. I sometimes heard variations on this theme: "If I lost my child, it would kill me." What I heard was, if you are still standing, your grief must not be so bad. Intrusive questions were just as hard.

I am not alone in this. Each of us has our own horror stories. They're in a better place; you can have another baby; you're not given more than you can handle. None of these are the comfort they're intended to be. I have said all the wrong things myself to others who are grieving, words I immediately regretted flying out of my mouth.

There are reasons we say these things, even when we should know better.

What happened?

People who ask, "What happened?" are really trying to build a case for why it can't happen to them. Same with its corollary: "Everything happens for a reason." If there's no reason – that's an intolerable thought. What they are really saying is, I can't permit you to grieve because it means I might have to grieve someday too. They're afraid. I understand that. I'm afraid, too.

(con't on page 3)

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 are able to, 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.

What difference?

(con't from page 1)

unmitigated despair and hopelessness. It was almost a mission. When my like-minded grieving friends agreed with much of what I wrote and went so far as to tell me I had helped them by describing what they too were feeling, I began to feel a sense of meaning creeping back into my life.

Ultimately, I learned some of the coping skills I needed to survive and even thrive. Talking about Peter – who he was, what he was like, how he delighted me, who he might have become really helped. These were not conversations I could have had with “civilians”. No, these conversations were shared with my compassionate friends (“aliens” now) – all of us talking about our lost children – who they were, how they impacted our lives, how impossible it would be to continue without them present – here in this world. In these conversations I learned about all the lost children. Who they were, what they meant – what they brought so briefly to the world – what they continue to bring – even from so distant a place. The loss had changed me and friends and family could never have endured all I had to say. They were just waiting for me to return to the me they knew. I think of how often I've heard said of those gone before - “*he/she lost a son/daughter years ago and was never the same*”. You betcha!

So, it's another year. And once again it promises to be a tumultuous one. As the current pandemic ravages the world – as losses grow and grief proliferates – we continue to hope. A vaccine has been invented. Soon we will figure out how to vaccinate. The days grow longer as nights shorten. Politicians grow old and soon a young, new generation will be in charge of the world. Temperatures will rise. Buds will appear on the trees, grass will reappear under our feet. The world will go 'round.

We will recognize that our children never leave us. They are as indelible as ever. The impact they had on us the day they were born remains even as their leaving has chemically changed us. We rejoice in having had them for however long it was and we carry them gamely with us into this new year.

The love never dies. Wishing you all, gentle days.

Marie Levine
January 2021

Strange words..

(con't from page 1)

and pure mayhem that once overtook us. Each of us has learned this slowly, in our own time, and in our own way. Each month new parents who have suffered the most horrific loss that a human can endure are welcomed into our group. We reach out, we listen with our hearts and we remember.

~ **Annette Mennen Baldwin**
~ in memory of her son **Todd Mennen**

Grief

*Grief is the darkness of a broken life
Grief crushes like a deadly avalanche.
Grief is a stormy sea that throws the heart
into the depth of pain, the center of despair.
But we are given tender remedies;
remembrance of a golden joy embraced,
rich feeling left from moments in the sun.
If we but reach for these:
they wait beyond the dark to give us hope,
to let us live again, to let us celebrate
the children gone from earth, yet always here,
eternal light of memory and love.*

~ **Sascha Wagner**

Trouble with Condolences (con't from page 2)

You're so strong.

When people say, “You're so strong,” or some other version meant as a compliment about how well you're “handling it” or how successful you've been at “moving on,” they are indirectly admitting their own fear and insecurity that they are not up to the task of consoling you. This makes them feel powerless in a way that also makes them feel vulnerable. It's a weird rationale, but people reach for it. It must have happened to you because you can “handle it.”

I know just how your feel.

When people say “I know just how your feel. My (fill in the blank) just died,” they are also saying, I don't want this horrible thing that happened to take you away from me. They want their own experience to cleave you to them. They may also be sending up a subconscious flare that the news of your loss has triggered old losses for them as well. They seek comfort from you in the moment you need comfort from them.

It's gotten easier over time to stand back and be able to consider what lies behind the words people say. I no longer get the hot flash of anger when people say the “wrong” thing to me. I try to remember to be grateful people tried, no matter what gets said, and to recognize it takes courage on their part to say something to begin with. The truth is, there is no one right thing to say. What's comforting to one person may not be to another. Not only that – what's comforting one day, may not be the next.

All these years later, I don't remember the exact words people used during the acute stages of my grief, but I do remember their faces and the fact they tried to comfort me when I was most in need.

It's worse to say nothing at all.

~ **Carole Smith**

Siblings...

by Jordon Ferber

Everyone grieves differently. I have met people whose families have lost loved ones and they refuse to talk about it. They bottle it up. I'm lucky enough to have parents that need to talk about Russell. We don't hide our sadness from each other., or ourselves, at least not anything more than a normal guy in his 20's hides from his parents. And as much as talking about Russell and sharing funny stories about him brings me joy, one of the core cathartic endeavors for me has been writing about him. Putting some of my feeling down on paper forces me to think about how I feel, not just about Russell, but about myself, and how I'm struggling to maintain a life I no longer know. The opportunity to write this very column every couple of months allows me to express to anyone else I miss Russ. I just plain miss him.

There are a few relationships that have as much meaning as that between siblings. At once my partner in crime as well as my nemesis, Russell was the smartest, the cutest, and most aggravating younger brother one could hope to have. By my side, tagging along at every family gathering, striving to surpass me in athletic and social endeavors. It wasn't even so much that he got away with more. It's that he was witness to the things that I didn't get away with, and he was smart enough to know how to not get caught when he did the same thing.

Even though he was my younger brother, sometimes it didn't feel that way. He accomplished a lot in his 21 years. When he was 13, he was good friends with several of the NY Knicks, as well as at least a dozen employees around Madison Square Garden. When he was 16 he was a promoter for some of the biggest nightclubs in Manhattan, his best friend was dating Paris Hilton, and even though that's not really my scene, I definitely felt like I was living in his shadow sometimes.

Plus we lived by the unwritten rules between siblings, as all siblings know. The Older sibling is legally allowed to beat up on the Younger sibling, provided that the Younger sibling, tells on them. Which was never really fair anyway, cuz, he started it!

Jordon Ferber, 2006

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

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

Things that happen for a reason....

By Marie Levine

We've all heard it before. All our lives, the phrase has been in the ether. "Everything happens for a reason." It is a phrase that really rankles me. Those of us traveling this road often complain to each other about the dumb things people say. It used to make me angry. But time has softened my attitude and I've become strangely forgiving. I've concluded that most of these cliches are offered in the spirit of helping...of wanting to offer solace...even though it's pretty dumb to think a cliché can offer anything to anyone who has suffered a loss as catastrophic as ours. One thing I'm sure of ... not everything happens for a reason.

Belief systems are another syndrome that used to bother me. Those who lean heavily on their belief in God and the afterlife used to annoy me. Time has also altered that view. It seems wonderful to me now that some people are so invested in their belief systems that it carries them along on the journey. I sometimes wish I could toss off all my pain and rejoice in the sense that my son has "gone home". Home? Isn't that here with me and his father? Isn't that here with his friends and family, living out the life he spent all of his earthly years growing through and learning about... always working toward living into adulthood and old age... finally experiencing everything he ultimately missed? Having gotten through his childhood and adolescence, didn't he deserve an adult life and some reward for his efforts?

I do harbor a belief that in some manner or form. Life is a continuum. I never really believed that before, but when Peter died it was impossible to believe that so large a personality could have simply evaporated. There has to be more. I've been searching for the 'more' for 15 years now.

No, in spite of the company I keep, for me this has been and continues to be a mostly solitary journey. Surrounded by compassionate friends who share many of my views, I continue to wonder about many of these things. For instance, I know that most people who have known me throughout these past 15 years think I'm "over it". Surely those I've met during these years have no idea that Peter is, even now, such a major part of my life. Had he lived I suspect I wouldn't think of him as much. But his absence has become even bigger than his presence. That could be because he was our only child. But maybe not. It just seems that I must deal every day with the ongoing lives of all my contemporaries... and the fact that I have nothing similar to share with them.

So I am often left wondering when I hear that "everything happens for a reason". I think of all I've learned since Peter died. All the children I've "met" posthumously. All the different ways they were taken from us. Was there a reason for all the mayhem, the pain, the suffering, the loss...? If there is a god, and he really needed our children, couldn't he have made the leaving less violent in some cases, less painful in others? Was there a reason for all the pain and torment?

Julien Barnes, the author, said recently that he doesn't believe in God, but he misses him. I miss him too. I miss having something to hang on to that would make this life more comprehensible. I miss finding the why in all this. I'm comforted to know that some of my friends with their very committed, strong belief systems are themselves comforted by those beliefs. I hang on to them and hope that they know something I don't know.

Meanwhile, I move ahead. I continue to share my experience as each year I learn more about it. I stay in the entry to this path to greet those who stagger in so that I can catch them and try to assure them they will survive. I live as full a life as I can manage and offer myself as an example on how it is possible to recover, reinvent and renew yourself after such a calamity. Time, in its inexorable moving forward, has worked for me. I know that it can work for others and offer that hope. That's my belief system.

Marie Levine, 2009

Yesterday

Yesterday I heard your voice
today, that voice is still.
I yearn to hear it once again,
I guess I always will.
Yesterday I touched your face
as you lay safe in bed.
If I could kiss you just once more
and stroke your precious head.
You touched my life so briefly,
and the magic lingers on.
It blesses me at twilight,
and it wakes me with the dawn.
If I live until forever,
'til my eyes no longer see,
my mind will 'ere remember
what you were, and are, to me.

~Marcia Dyke, TCF Ocala, FL

Sometimes

Sometimes something clicks
and with a tear
remembrance of the pain
and the loneliness
flood the heart.

Sometimes something clicks
with a smile
remembrance of the love
and the laughter
flood the senses.

And there are times
when nothing clicks at all,
and a voice echoes
through the emptiness
and numbness.
Never finding the person
who used to fill that space.

And sometimes
the most special time of all,
a feeling ripples through your
body, heart and soul
that tells you
that person never left you.
And he's right there with you
through it all.

~Kirsten Hansen, TCF Kenfield, CA



OUR CHILDREN—LOVED AND REMEMBERED



JANUARY BIRTHDAYS

- 1/2 **LAURA LEVIS**, daughter of Georgia & William Levis
- 1/2 **LUCY GRAVES**, daughter of Edward Graves
- 1/3 **BRIAN MARC LIPTON**, son of Nancy & Charles Lipton
- 1/5 **BENJAMIN TELUSHKIN**, son of Joseph & Dvorah Telushkin
- 1/5 **MICHAEL MOSS**, son of Michaela & Bob Moss
- 1/5 **NOELLE QUARANTA**, sister of Meredith Bonacci
- 1/5 **RUTH DOUGHTY**, sister of Louise Doughty
- 1/7 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls
- 1/7 **JAQUELINE AHERN**, niece of Nan Ahern
- 1/7 **OSCAR JOAQUIN**, son of Dru Levasseur
- 1/8 **CHRISTINE EBERT**, daughter of Judy & John Ebert
- 1/8 **ELLIOT CALVIN COPP**, son of Ariel Marie Pierce & Aaron Copp
- 1/8 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd
- 1/8 **JOCELYN REED**, daughter of Cynthia Powell
- 1/10 **MICHAEL STEIN**, son of Eric Stein
- 1/11 **BRYAN KELLY**, son of Sean Kelly
- 1/11 **JESS ILIAS**, son of Chris Clavelli
- 1/12 **JOHN MARZANO**, son of Claire Martino
- 1/12 **JONATHAN MOORE**, son of Ron & Ronnie Moore
- 1/13 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch
- 1/13 **JOSE SANFORD**, son of Yolanda Rosado Ortiz & Gloria Perez
- 1/13 **MICHAEL RATH**, son of Kathy Rath
- 1/14 **ANTHONY SANCHEZ**, son of Deborah Sanchez
- 1/14 **BRIAN CULLIMORE**, son of Teresa Cullimore
- 1/14 **CHARLENE ALVAREZ**, daughter of Charlie Alvarez
- 1/14 **DAVID GIBBS**, son of Ann Gibbs
- 1/15 **MARIA CUNARD**, sister of Angela George

- 1/16 **AMOL VADEHRA**, brother of Mallika Vadehra
- 1/17 **KIARA KHARPERTIUM**, sister of Devin Kharpertium
- 1/17 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie
- 1/17 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother of Lisa
- 1/19 **VINCENT MONACO**, brother of Charles Monaco
- 1/21 **CHARLIE CAMPDERRICH**, son of Jody Campderrich
- 1/21 **LISA WEBB**, sister of Janine Clancy
- 1/21 **YVONNE LAURICE AJAKIE**, daughter of Evelyn Rabi
- 1/22 **KEITH DANIEL**, son of Linda Daniel Finer
- 1/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas
- 1/24 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos
- 1/24 **ERIC ROSENBERG**, son of Sharon Rosenberg
- 1/24 **LATASHA ALCANTARA**, daughter of Anita Guy-Martin
- 1/24 **MICHAEL AARONSON**, son of Dorothy Aaronson, brother of Robert Aaronson
- 1/25 **KELLY ERIN GRAVES**, daughter of Gail Graves
- 1/26 **DAVID 'JESSE' REISSMAN**, brother of Phil Reissman
- 1/26 **FRANCISCO JAVIER**, son of Doris Cales
- 1/26 **SONU ADAMS**, daughter of Una Chaudhuri & Michael Adams, sister of Nathaniel Adams
- 1/27 **JEFF CARPENTER**, son of Donna Carpenter
- 1/27 **ROBBIE LAWRENCE**, son of Keisha Lawrence
- 1/27 **WILL EARLE**, son of Nancy Earle
- 1/29 **EREZ KLEIN**, son of Rachel Gordon
- 1/30 **JIMMY ARMSTRONG**, brother of Siobhan Armstrong
- 1/31 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam
- 1/31 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin Zimmerman



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 and tell us what needs to change.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED
JANUARY ANNIVERSARIES



- 1/1 **MATTHEW SADI**, son of Sheri & Tzuri Sadi
- 1/3 **AMIAS**, son of Samantha Diaz, nephew of Jasmine Burney
- 1/3 **BARBARA STRAUSS**, sister of Joanne Shapiro
- 1/3 **PHILIP GOODFRIEND**, son of Debbie Goodfriend
- 1/3 **STUART MILLER**, son of Nancy Morgan
- 1/3 **WILLIAM FISHER**, son of Sally A. Fisher
- 1/4 **JASON KLEIN**, son of Jeanette LaBarb
- 1/4 **LOUIS DEDAJ**, brother of Victor Dedaj
- 1/4 **MARK H. IHDE**, son of Linda & Don Ihde
- 1/4 **ROBBIE LAWRENCE**, son of Keisha Lawrence
- 1/5 **NOELLE QUARANTA**, sister of Meredith Bonacci
- 1/7 **JAKE GOLDBERG**, son of Gene Goldberg, brother of Ben Goldberg
- 1/8 **AVA NASCIMENTO**, granddaughter of Eugenia Nascimento, niece of Laura Jones
- 1/8 **JASON R. CHIN**, son of China Chin
- 1/9 **CAROLINE MONTGOMERY**, daughter of Catherine Montgomery
- 1/10 **ELLIOT CALVIN COPP**, son of Ariel Marie Pierce & Aaron Copp
- 1/10 **INSANN LAWLOR**, son of Serena Bhaduri
- 1/11 **ANYA GABRIELA KUPPERSMITH**, daughter of Judith Koppersmith
- 1/11 **SAM BERGER**, son of Marla & David Berger
- 1/12 **CHARLOTTE MILLER**, daughter of Caitlin Felton & Barney Miller, sister of Clara
- 1/13 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton
- 1/14 **CASEY CRUZ**, daughter of Ibelka Cruz
- 1/14 **CHRISTOPHER MURPHY**, brother of Nina Murphy
- 1/16 **SANDY SMITH**, sister of Cindy Smith
- 1/18 **DAYLE HENRY GRUBER**, son of Hank Henry
- 1/18 **LISA WEBB**, sister of Janine Clancy
- 1/19 **JENNA AGULE**, sister of Devon Agule

- 1/19 **ROBERT GOODEN**, son of Tonya & Frank Gooden
- 1/20 **ELIZABETH HANAU**, daughter of Marsha Hanau
- 1/22 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino & Bronek Pytowski
- 1/22 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse
- 1/22 **MICHAEL RATH**, son of Kathy Rath
- 1/23 **FRANCISCO JAVIER**, son of Doris Cales
- 1/23 **HUNTER MARSHAD**, grandson of Erica & Neal Marshad
- 1/23 **JAMES MONTGOMERY**, son of Denise Montgomery
- 1/23 **VICTOR CHEN**, son of Vivien Chen
- 1/24 **JAMILA IRONS-JOHNSON**, daughter of Jeannine Irons
- 1/25 **ADAM RAPOPORT**, brother of Lindsay Rapoport
- 1/25 **ANTHONY SANCHEZ**, son of Deborah Sanchez
- 1/25 **MEGAN SMITH**, daughter of Ann Smith
- 1/25 **RICHARD WARNOCK**, son of Claire Warnock, brother of Susan Warnock
- 1/26 **JULIO BARRERA**, son of Martha Riveira
- 1/27 **JASMINA ANEMA**, daughter of Theodora Anema
- 1/28 **ALEXANDER GOLDIN-KRAUS**, son of Jill Goldin
- 1/28 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis
- 1/29 **DANIEL SNYDER**, brother of Lisa Snyder
- 1/29 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah
- 1/29 **VINCENT MONACO**, brother of Charles Monaco
- 1/30 **CHRISTOPHER KWIK**, brother of Sharon Kwik
- 1/30 **RICK HOWELL**, brother of Annie Howell
- 1/31 **EUGENE BONACCI**, brother of Meredith Bonacci
- 1/31 **MATTHEW GOODSTEIN**, son of Ann Goodstein
- 1/31 **ZACH HOWELS**, brother of Matt Howels





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 Marilyn 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 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 are able to, 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.

THE COMPASSIONATE FRIENDS CHAT SCHEDULE. Click here to display exact times and to see entire schedule			
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
TCF National Magazine
1 yr. subscription \$20

MARK YOUR CALENDARS!
Our next Chapter meetings are Tuesdays:
JAN 11 FEB 8 MAR 8 APR 12
JAN 25 FEB 22 MAR 22 APR 26

Newsletter article submissions are welcome.
Please email to 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

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

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](#)