



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...	
Jan	17
Feb	21
Mar	21
Apr	18

Manhattan Chapter Newsletter **January 2023**

The Holidays Are Behind Us

It is the New Year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of both, they are now a part of our memories. In a strange way, as a memory in our hearts, and in our minds, our child's place is there among all the other memories of the season. There is hurt along with the memory, but also thankfulness for the memory.

Now we look at the winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the energy and warmth of our earth is guarding and providing life to all that grows. We may personally know the coldness and hardness of a grief so fresh that we feel numb – a grief so hurtful that our body feels physically hard, our throats tight from tears shed or unshed, our chests banded tightly by our mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet, as we live these days, like the earth from which we receive our sustenance, we too, in our searching, find places of warmth and change and love and growth deep within. Let our hearts and minds dwell in these places and be armed and renewed by them, and let us have the courage and love to share them with our loved ones, to talk about even that first dim shape of new hope or of new acceptance or of new understanding or of new love.

These are the new roots, born of our love for our child, that are forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deep way.

~ Marie Andres, TCF, South Maryland

HAPPY NEW YEAR

We wish everyone a gentle start to 2023 and a better year ahead. May you find more love and less pain in remembering. Together we find help and understanding. We are not alone.

Remembrance

You can shed tears that he is gone,
 or you can smile because he lived.
 You can close your eyes
 and pray that he'll come back,
 or you can open your eyes and see all he has left.
 Your heart can be empty because you can't see him,
 or you can be full of the love you shared.
 You can turn your back on tomorrow and live yesterday,
 or you can be happy for tomorrow because of yesterday.
 You can remember him and only that he is gone,
 or you can cherish his memory and let it live on.
 You can cry and close your mind, be empty, and turn
 your back, or you can do what he'd want:
 Smile, open your eyes,
 Love, and go on.

~author unknown

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 now monthly - always the third Tuesday 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.

Some Thoughts on Long Term Grief... describing what was my joy...

This essay was originally written in 2007. I've done a wee bit of editing but in reading it again I realize what a valuable exercise writing it was then, and how meaningful it is to me now, remembering so many years later, some of the specifics that having Peter and losing him, impacted my perspective on life. For those new to this life, writing down some of the thoughts rattling around in your heads, may prove to be as much of a gift to you down the road, as this piece is to me...

I look at his pictures. Six portraits taken just a few months before he died... a photo shoot designed to get a press photo of me that turned into an opportunity to get him in front of the camera as the roll of film ran out. The last photo – the two of us cheek to cheek – me clinging to my beautiful son for all of time. Portraits frozen in time, that stare down at me from the walls in every room. Him smiling at me ... the pictures are such a gift. I smile back at him. I'm so grateful for the images.

My grief is middle aged. Almost three decades without my beloved child. So much time spent trying to recover and reinvent myself. I've been sifting through old papers and come upon a letter I wrote more than twenty years ago to someone who asked me to tell them about Peter. Reading it again brings back all the drama that was my son, killed in a stupid car accident when he was barely 22. I said then that they were random thoughts but realize now that they are thoughts that even so many years later, continue to roll around in my brain... not random at all. Only the earthly chaos that took him from me was random.

... I think about a ten-year-old with red, rosy cheeks, getting on his bike on a cold winter morning and going to get me the newspaper...

... I think about the enterprising 12-year-old riding his bike in the city, hanging around at the 23rd street marina in the hope of being asked to run an errand or two... for tips...

... I think of him taking care of the neighbor's cats...
... I think about how I never had to wake him up for school...
... I think about the nervous teenager we took to his new high school, and how overwhelmed and nervous he was that day. And I remember how he made that world his own and became a well-known personality in a community of more than 5000 kids.

... I think about how important it was to Peter that we were proud of him... and how well he succeeded.

... I think about how everybody who ever met him commented on how terrific he was.

... I think about how he always worried about me ... and how good it made me feel.

... I think about him calling me at work and suggesting he make spaghetti for dinner.
... I think about all the neighbors who used to stop me and tell me what a lovely young man he was.

... I think about how close he was to my mom, how he worried about her and cared for her during her last years...
... I think about how she taught him to cook and how he loved the fact that he was better at it than me.

(con't in next column)

Thoughts on Long Term Grief... describing my joy... *(con't from left column)*

... I think about how he never let me worry when he went out with friends, how he always called to let me know where he was and when he would be late coming home.

... I think about how he called me every day after school. And I think about how he called me every Friday and Sunday nights when he was away at college...

...I think about how funny he was, how he delighted in making me laugh and how his Dad called me his laugh track.

...I think about how he delighted in having a girlfriend and how devastated he was when they broke up. I think about how he came into my room and woke me in the middle of that night because he needed to talk about it, and how he cried like a baby when he told me how heartbroken he was.

... I think about all the errands and chores around the house that we counted on him for...

... I think about all the times he took me to and picked me up from the airport..

... I think about how he rescued me when I had trouble parallel parking the car...

I think about my mother, and I think about how I cared for her during those last years when her health was failing. And I wonder... who will be there for me? I think about all that life has in store and I wonder... how will I manage without my son to help me get through?

I think of how proud we were of him – of all he achieved, all he accomplished, all the hope, all the promise, the kudos, the accolades heaped upon him – for his kindness, his humor, his potential. I think every day about what he would be doing if he were here.

I think of the daughter-in-law I would have loved to shop with and decorate with. I think about what a terrific father he would have been. I think then, of all the grandchildren I will never have.

I think about all the Thanksgivings I will have to endure without him... all the special times that will continue to happen in the world... without him.

There is more... so much more. When he graduated from Syracuse just three months before he died, I wrote him a letter. In it I told him how proud we were of him and that he turned out "better than if I had designed you myself!" Such a rich collection of memories. I am so fortunate to have them.

We begin another year – another winter followed by a season of rebirth and renewal. While I ruminate on thoughts of what might have been, I continue to look forward to better times, warmer weather and another sunny day. No doubt it's the shorter days and the longer nights that turn my thoughts inward. But oh, in my memories, Peter continues to delight me. I cannot help but smile, when I remember.

Marie Levine (2007 and now)

Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

~ I Corinthians 13:7-8

What a truckload of responsibility and potential pain we take on when we love another human being; all the dangers of misunderstanding, of betrayal, of indifference, and ultimately, of loss.

To more than balance those dangers, we feel the possibility of life made rich through sharing experiences with one another – of physical and spiritual warmth and communion, of enriched understanding and common achievement, of a stay against loneliness and isolation.

Most of us have no trouble opting for love.

But then, to have invested so much of our life's energy in the life of a loved one – and then to find that loved one gone! Is it any wonder we are, for a time, laid low?

But the love we have shared helps form the strength to deal with loss. The hope and joy we have known help us to believe in the possibility of hope and joy again.

And the intensity of grief (which will moderate, though we may find that hard to believe) mirrors the intensity of shared love, which will continue to beam through our life, to illuminate and nourish all that we do and are.

Love never ends. Never

~ Martha Whitmore Hickman, from *Healing After Loss*

A Solitary Journey

By Helen Steiner Rice

Grief is a solitary journey. No one but you knows the gaping hole left in your life when someone you know and loved has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and of death to touch every person in a totally unique way. Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.

A New Year's Prayer

*God grant us this year a wider view
so we see others faults through the eyes of You.
Teach us to judge not with hasty tongue
neither the adult ... nor the young.*

*Give us patience and grace to endure
and a stronger faith so we feel secure.
And instead of remembering, help us forget
The irritations that caused us to fret.*

*Freely forgiving for some offense
and finding each day a rich recompense
in offering a friendly, helping hand
and trying in all ways to understand*

*that all of us, whoever we are,
are trying to reach an unreachable star...
for the great and the small... the good and the bad,
the young and the old ... the sad and the glad...*

*are asking today, "Is life worth living?"
And the answer is only in loving and giving..
for only love can make us kind,
and kindness of heart brings peace of mind.
And by giving love we can start this year
to lift the clouds of hate and fear.*

~ author unknown

The Secret of TCF

The secret of The Compassionate Friends is simple; there is no line between helped and being helped. In the early months of people's membership in TCF it seems that most of the time is spent in absorbing ideas, crying and letting the grief flow, and "learning the ropes" of being a bereaved parent.

The next step is reaching out to others and helping them. It is not a big step, for listening to another person sort out their life helps us to sort out our life too. But it is an important step because it is the first point at which the movement is reversed.

All the energy had been going inward. We had been feeling so empty inside that we kept withdrawing into ourselves. But the point when we turn around is when we first listen to another, speak the words of comfort and hope, share our pain instead of just feeling our pain. At that time, the real healing has started.

~ Dennis Klaus, PhD., TCF, St. Louis, MO

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.

Recommended reading...

- ◆ The Bereaved Parent by Harriet Sarnoff
- ◆ First You Die by Marie Levine
- ◆ Talking to Heaven by James Van Praagh
- ◆ Beyond Tears by nine mothers
- ◆ Love Never Dies by Sandy Goodman

⇒ take advantage of the book list on the TCF website www.compassionatefriends.org

⇒ go to www.centeringcorp.org, for an extensive list of resources for ALL those grieving for every possible reason – for parents, grandparents, siblings, mothers, fathers, teens, children...because of sudden death, accident, long term illness, infant loss, miscarriage, homicide, substance abuse, etc.

Reading other bereaved people's stories helps us. Take advantage of these resources. Discovering how much of what we feel is being experienced by fellow travelers helps us understand the process and restores hope.

...to our new members

Attending your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

...to our long standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. *THINK BACK...* what would it have been like for you if there had not been any "oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

~ ~ ~

A TIME TO MOURN

by Jill Englar

I am lost in grief, numb with shock
filled with disbelief and at times, rage.
Besieged by an army of rebellious emotions
my instinct is to retreat.

I want to hide under a blanket and sleep,
awakening only to your smiling face.
But the nightmare is real,
and you are not coming back

I am a worry to my family
and a stranger to our friends,
Adrift in a sea of despair
and marooned in an unwelcome reality.

Please don't rush my grief
or tell me to move on with my life.
I need time.

My loss must be processed,
my pain must be healed.

Please be gentle and kind.
Offer a hot meal – not advice!
Share a cup of tea.

Understand my silence may be from fatigue
and emptiness within.

Please don't shy away
when I vent anger and frustration.
I may even seem bitter
and envious of those around me.

Have patience as I reminisce
and gaze fondly at old photographs.
Speak my beloved's name and smile
as we reflect shared memories.

I am not afraid of tears,
Only the loneliness each day brings.

Grieving takes time, grieving requires support.
Embrace me with love; companion me with hope.
My faith gets me out of bed,
your support keeps me going.

Thank you for being my friend.

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Online Support from the National Compassionate Friends Website

Live Chats

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

Click [HERE](#) for more information and a list and schedule of Live Chats.

Private Facebook Groups

The Compassionate Friends offers a variety of Private Facebook Groups. These pages cover a wide range of topics and are moderated by bereaved parents, siblings, or grandparents. They may be accessed only after a request to join is approved by a moderator.

Click [HERE](#) for more information and a list of Private Facebook Groups.

Siblings

The Forgotten Ones

“How are your parents doing?” I hear it all the time. That gentle tone, The lowered eyes. The implications.

They say that when you lose a parent you lose your past, and when you lose a child, you lose your future. What they leave out is when you lose a sibling, you lose both.

Less than a year ago, my 17-year-old brother died in a car accident. Since Ryan’s death, I have learned what its like to be The Forgotten Mourner. That’s what the siblings are called by books and support groups. People’s thoughts and prayers automatically go to the parents. And why shouldn’t they? Most of them are parents too. Losing a child is one of the most difficult ordeals life can chuck at you. I’ve been a constant witness, watching as my parents turbulently survive losing their son. I see my mother’s open weeping, her small body crushed by the weight of grief, and my father’s silent sorrow, his outbursts of anger. I see them suffer, but I’m suffering too.

The grief of a sibling is complex, it goes beyond the simple sadness of loss. There is a pressure to redefine myself. To take care of my parents. To protect them. To not fuck up. To not die. This burden is added to the heaviness of sorrow. There is also alienation, the depression, the grief. The lost sleep. Lost appetites. Lost friends.

My future is gone, the future as I intended, as I planned it to be. People are cruelly optimistic: you can still get married. Have babies, live the way you’re supposed to. Get on with your life. Fill biological urges. Find a job. Buy a house. They see the future as full of possible joy for the girl who lost her brother. But every moment of joy will be coupled with suffocating absence. The brother-in-law my husband never knew. The uncle my child never met.

I was at the hospital too. I sat with my brother in the ICU. I held his hand. I cried over his bed, hot tears of anger, frustration, anxiety, and fear. Shaking from the terror of the suddenly possible. I was there when Ryan was declared brain dead. Dead. I couldn’t breathe. I was shaking, bawling, and panting. I had to be taken down to the emergency room because I was having a panic attack. The screaming inside me was muffled by the Xanax they gave me, but I was still screaming.

I was at the wake too, and the funeral. I was hugged by a long line of mourners who couldn’t think of anything else to do. There was nothing else to do. They kneeled in front of my brother’s open casket. The damage to his head that caused his death was covered by a beloved white hat. Ryan looked tranquil, like when he fell asleep on the couch watching TV after school. “It must be so hard for his parents,” they said as they looked down at my handsome brother. “His poor mother,” they said. “This is every father’s nightmare.” His sister unmentioned. Forgotten.

~ Jessica Hautsch, TCF Twin Forks/Hamptons

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, 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.

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](#)

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](#)



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 **ARA DYMOND**, son of George & Linda Torosian Dymond
- 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
- 1/18 **STEPHANIE GUBIN**, daughter of Rita Mittman
- 1/19 **VINCENT MONACO**, brother of Charles Monaco
- 1/20 **JONATHAN TARA**, son of John & Mary Tara
- 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 **JOHN THOMAS (TOMMY) VIGORITA**, son of Patricia Vigorita
- 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
- 1/2 **BRADLEY CHAIN**, son of Herbert Chain
- 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
- 1/6 **ARA DYMOND**, son of George & Linda Torosian Dymond
- 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 & Broniek Pytowski
- 1/22 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse
- 1/22 **MICHAEL RATH**, son of Kathy Rath
- 1/23 **ALEX WITONSKY**, brother of Ava Witonsky
- 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 Remembrances — Changes

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Dan Zweig



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 Merilyn 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
- 2/12 **IAN BOSIN**, son of Judy Neustadter
- 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 **DANNY CRONIN**, son of Mary Cronin
- 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 AURELIA**, twin sons of Patrick Aurelia
- 2/28 **BARA COLODNE**, daughter of Mia and Eric Colodne
- 2/28 **MARCUS PRESTON**, son of Valerie Preston



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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
- 2/12 **NARI GAJADHAR**, son of Beena Bermingham, nephew of Asha Singh
- 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 **JONATHAN TARA**, son of John & Mary Tara
- 2/10 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin
- 2/12 **KEITH DANIEL**, son of Linda Daniel Finer
- 2/12 **LINCOLN WHEELER-POWELL**, son of John Powell & Britta Wheeler
- 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 **NAOMI STOLAR**, sister of Susan Schindler
- 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
- 2/21 **TEVIN A. HAMPTON**, son of Patricia Lilly
- 2/22 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro
- 2/23 **AODHAN CUMISHEY**, daughter of Donal Cumishey
- 2/24 **LEO CONAGHAN**, nephew of Ellen Barry
- 2/25 **MARY ANN VALVERDE**, sister of Victoria Soto
- 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



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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 Online National Magazine
[Click here for Information](#)

MARK YOUR CALENDARS!
Our next Chapter meetings are the 3rd Tuesday of each month:
JAN 17 FEB 21 MAR 21 APR 18

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

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

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](#)