



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

**Our next meetings...**  
 Jan 16  
 Feb 20  
 Mar 19  
 Apr 16

**Manhattan Chapter Newsletter** **January 2024**

**OUR JANUARY 16TH MEETING IN-PERSON**

We will be in-person only January 16th. We are still working to figure out how and when we can work in on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

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**Worldwide Candle Lighting**  
 moving, memorable, loving

**In Memory of Aurelie Elise Franchitti**

I was particularly moved by the Worldwide Candle Lighting.

I am deeply appreciative that we have an opportunity that allows parents to keep the memories of our children alive.

Just like pain, laughter is impossible to fake and hard to stifle. Aurelie was brilliant at perceiving anything that is absurd and ludicrous. Often, we would look at each other, and burst into laughter, instantly knowing what that is all about.

If she could have seen me now, she would have given me one of her bemused, quizzical looks. Trying to stifle a giggle, she would watch silently, wondering why her mother is spending a rainy Sunday afternoon in a church. She would find it infinitely amusing that I am holding a candle, crying among the people that barely know me.

Aurelie is not here, but I want to thank all of you for laughing and crying with me. When we look at each other, we instantly understand what this ceremony is about. May the memories of all precious moments with our beloved children live among us.

~ **Marianna Vertsman**, Manhattan Chapter

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**WISHING ALL A GENTLE YEAR AHEAD**

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**The Group**

I tell myself I no longer need the group  
 and yet I still remain.  
 I tell myself I'm over the grief,  
 and yet I still feel the pain.  
 I tell myself no one can possibly know  
 how I feel.  
 And then that caring voice from across the circle  
 says, "We'll give you time to heal."  
 I tell myself I can't possibly contribute anything  
 worthwhile by coming to this place.  
 And then I see the pain and suffering  
 on each new member's face.  
 I tell myself if something that you say in  
 group tonight, helps even one person  
 in any way, then your coming here is not a  
 loss, but a tremendous gain indeed.  
 I tell myself that's what the group is all about,  
 helping those in need.  
 I tell myself stop listening to the voice  
 inside who doubts.  
 I tell myself it's the other voice who knows  
 what the group is all about.  
 I tell myself I still need the group.  
 I can't deny it's true.  
 I tell myself that's quite all right  
 because the group still needs me too

~ **Allison Nevarez**, TCF Orange County

**TELEPHONE FRIENDS:** When you are having the kind of day you feel only another bereaved parent or sibling can understand, we can 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)  
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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month  
**WE MEET AT 7:00pm—arrive or sign on at 6:45pm**  
 This month, Jan. 16, 2024, we will be meeting only in person at 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.*

## A Little More About Anger...

I've been facilitating sharing groups at meetings for more than 20 years. One sensibility that is most often brought up during conversations is anger. In most instances, those that admit to feeling angry are a bit apologetic. There is a sense that anger is a bad thing and should be overcome. It always bothers me...why, I wonder do people feel anger is something to "get over". I remember being angry. I wrote about it often...

*"I was angry at those who avoided the subject of Peter's death for fear of my 'uncontrollable' response, anger at those who couldn't possibly understand what I was feeling, anger at my inability to make them understand. Anger at my own thought of what would make them understand (and my secret hope that someday they would). The anger at not being understood, at being pitied, at being singled out, at being given advice. The anger at being told when it was 'time' to 'feel better', 'move on' 'get on with your life' - anger at not having our children anymore while getting advice from the uninitiated."*

Time has softened my anger. I no longer feel it bubbling below the surface as I did so many years ago. But I never felt compelled to suppress my anger. I treasured it. It gave me something almost palpable to hang on to while I floated in a sea of despair. Now my anger has turned on those who continue to suggest that anger is a negative - something to get past or over. In my view, working on dispelling anger dilutes the effort of grieving. Those of us who suffer the loss of a child have a right to be angry. We come by it honestly. It's not the result of some psychosis. We have a right to be angry that our children are no longer with us - forever. I'm not a fan of forgiveness. Nor am I raving, bitter harridan. But I am still angry. I just manage it better.

Many newly bereaved parents seek help from professional therapists. Some therapy is successful. Many therapists refer clients to TCF. They recognize how complicated grief for a child is. And invariably those who join a TCF meeting find considerable relief being in the company of others who feel what they have been unable to describe. It is validating to be in the company of fellow strugglers. We always assure new visitors that our meetings are a safe place, without professionals trying to 'cure' us. We don't give advice. We share our individual experiences and become

## A Little More About Anger... (continued)

reassured when we discover that thoughts and feelings we are having, thoughts that confuse us because we think they are individual to us and not healthy, are being felt by others. That we are all struggling to understand what we are thinking - that we're not losing our minds or sinking into an abyss of incurable despair.

At a recent meeting, a newly bereaved mom attended with two friends who came as her support system. I commended them when they signed in and remarked on how lucky this Mom was to have such supportive friends and commended her friends for being such a support system. We all wound up in small sharing group of several newly bereaved Moms and Dads. During the discussion one of the Dads brought up the "stages" of grief. To his credit, he had done some reading on grieving the death of a child and learned of the five "stages" of grief as told by several clinical specialists. Now to be honest, I hate the suggestion of grieving sensibilities being experienced in stages. In my experience, grief doesn't happen in stages and so I jumped in to refute the concept. (Even Kubler-Ross, who invented the term, ultimately regretted the label). At this point, one of the supportive friends sat forward and offered what I recognized immediately as a clinical, positive explanation of what the stages were designed to do. I was amazed at my angry response.

"Are you a therapist" I asked. "Yes" she answered (somewhat smugly, I thought). I reminded everyone that I had assured the group during the introduction that our meetings were a safe place where no professionals would offer advice. It created an uncomfortable kerfuffle for a few minutes but ultimately the group got back on track. As a facilitator, my responsibility was to keep the conversation going, not to get personally involved. I felt bad (for maybe a minute) but what really came home to me was the realization that *my* anger is alive and well. Unlike my son. Along with my love, my grief and my anger are all I have and I will never relinquish them. They are a quiet treasure I keep in my heart where Peter lives..

~ Marie Levine

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*We know ourselves by the stories we tell. Losing you has dismantled my storyline  
And shaken my plot; the tale I tell about who I am and where I am  
Going doesn't make sense anymore.*

*I want desperately to find other words that will imagine my life anew.  
I just don't know where and how that story will begin.*

~ Molly Fumia, "Safe Passage"

## 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** – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, 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.

## **A TIME TO GRIEVE ... A TIME TO HEAL**

*Have you ever noticed the many mixed-up emotions involved in grieving?*

*On the one hand, you feel restless.*

*On the other hand, you feel like you don't want to move at all.*

*You feel desperately alone, and yet you don't want anyone around.*

*You feel scatter-brained, forgetful, and yet frantically meticulous.*

*You feel like crying at nothing, and yet sometimes laughing at anything.*

*(or do I have that backwards?)*

*Being in a crowd of people is fine as long as they don't talk to you.*

*And yet, if they don't talk to you, you feel as if nobody cares.*

*You want so desperately for someone to mention your child, to remember the life that once was.*

*And yet it can make you furious if ALL they want to talk about is the dead one,*

*and never even mention the living ones.*

*Grief settles over you like a hot blanket, you're as cold as winter snow.*

*Grief presses on you like a steam roller, you're floating in a bubble above yourself.*

*Grief boxes you in on four sides, and introduces you to a pain no one should have to know.*

*But then, once again, you begin to feel compassion.*

*You relate to other parents who have had an experience similar to your own.*

*And eventually, with a light as sharp as a sunburst,*

*you hear yourself saying your child's name with an unfamiliar smile on your face.*

*You remember some of the funny times, and feel laughter building in your throat.*

*One morning you notice that the sun is shining,*

*the flowers are bursting with the colors of Spring.*

*The seasons have passed unnoticed – and somehow, you are still here.*

*Even though your child is still THERE.*

*You feel your heart swell with a love you never even knew could exist.*

*And you find a place in your life for something called (dare I say) Peace...?*

*And then, ever so gently, the memories enfold you in a warmth as soothing as a cool shower  
on a hot summer day.*

*So you find you want to remember*

*and tender memories of LOVE lift you to unreachable heights.*

*To the brightest of stars,*

*to the loveliest touch of YOUR CHILD.*

**~ Dana Gensler, TCF South Central KY**

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*Human pain does not let go of its grip at one point in time. Rather, it works its way out of our consciousness over time. There is a season of sadness, a season of anger, a season of tranquility, a season of hope. But seasons do not follow each other in a lockstep manner. At least not for those in crisis. The winters and springs of one's life are all jumbled together in a puzzling array. One day we feel as though the dark clouds have lifted, but the next day they have returned. One moment we can smile, but a few hours later the tears emerge... it is true that, as we take two steps forward in our journey, we may take one or more steps back. But when one affirms that the spring thaw will arrive, the winter winds seems to lose some of their punch.*

**~ Robert Veninga, "A Gift of Hope: How we Survive Our Tragedies"**

## 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](http://www.compassionatefriends.org)

⇒ go to [www.centeringcorp.org](http://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.

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### ...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.

~ ~ ~

## The Compassionate Friends Credo

*We need not walk alone.*

*We are The Compassionate Friends.*

*We reach out to each other with love, with understanding, and with hope.*

*Our children have died at all ages and from many different causes,*

*but our love for our children unites us.*

*Your pain becomes my pain just as your hope becomes my hope.*

*We come together from all walks of life, from many different circumstances.*

*We are a unique family because we represent many races and creeds.*

*We are young and we are old.*

*Some of us are far along in our grief, but others still feel a grief so fresh,*

*and so intensely painful that we feel helpless and see no hope.*

*Some of us have found our faith to be a source of strength; some of us are struggling to find answers.*

*Some of us are angry, filled with guilt or deep depression; others radiate an inner peace.*

*It is pain we will share just as we share the love for our children.*

*We are all seeking and struggling to build a future for ourselves,*

*but we are committed to building a future together as we reach out to each other*

*in love, and share the pain as well as the joy,*

*share the anger as well as the peace,*

*share the faith as well as the doubts,*

*and help each other to grieve, as well as to grow.*

WE NEED NOT WALK ALONE.

WE ARE THE COMPASSIONATE FRIENDS.

~ ~ ~

## 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 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

## RINGING IN THE NEW ME

by Jordon Ferber

This coming New Years Eve will be our 22<sup>nd</sup> without my dear brother Russell, who died in July 2002. It's a bittersweet holiday because it is also his birthday.

The holiday season can be a stressful time for everyone, but it can be especially hard for families whose lives have been shattered by loss. Celebrating the holidays suddenly felt like an empty ritual or a thing of the past. It was hard to embrace new traditions in order to find hope and joy again. It took time to give myself permission to do it the way that I do it.

I remember how hard the first few years were, how alone I felt in the world. I didn't know how to do the holidays without my brother. All I could do was go through the motions. Spending time with family was often when I felt the most alone. It was hard to see the rest of the family intact, acting as if everything was ok, and no one talked about Russell but me.

New Years Eve was especially tough, as there seemed no where to go and nothing to do where Russell wasn't not there. His absence was ever present for me. My grief followed me to every party, a cloud hung over me at every celebratory event. Alone in my thoughts, surrounded by strangers who didn't know or care what I was going through.

The repetition helped. My process of grief has been Trial and Error – MOSTLY Error! As hard as these events that come up every year can be, they are also opportunities to try something new. Every year I get to find ways for the holiday season to suck less.

Every year I get a little bit better at navigating the hard days. I have made it my job to bring up Russell at family events. It was a little awkward and weird those first few years; it was clear that it made some people in my family uncomfortable because it forced them to confront his death, but I am always going to make sure I remind everyone of his LIFE. It's up to me to keep talking about Russell, to remind people that he lived, to normalize the fact that we're going to continue talking about him as a family. It's comforting to me to know that I get to keep working at it until I find what feels good.

About 5 years after Russell's death, my parents and I started hosting a party on New Years Eve that we always describe as a hybrid NYE/ Russell's birthday party. It's a mixture of my friends, my parents friends, and always a nice showing from our TCF family. Everyone there knows the deal, and I'm allowed to be emotional if I want, or jubilant, or whatever I need to be and no one will judge.

It's also just the perfect low-key way to ring in the new year, similar to a party my parents threw years ago that Russell and I basically crashed (along with a half dozen friends). We always have a huge spread of food and desserts (SO many desserts – Russell was a pastry chef after all). At midnight we sing happy birthday to Russell, and then we do a balloon launch, giving everyone there a chance to write messages to their lost loved ones and send them up. It's become a real source of healing and connection to be able to celebrate not just Russell, but all the people we still have in our lives. It truly feels like Russell is there with us every year. For many years, I was convinced that all my New Years would be ruined for the rest of my life, but the truth is, I would never be able to celebrate it with as many people as I do were his birthday any other day of the year.

(cont'd in next column)

## 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](#)

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**Ringling in the New Me** (cont'd from left column)

One year when Russell was very young, he was awakened by the fireworks at midnight, only to run out into the living room asking, "is it time for more presents?!" I have tried to think of NYE the same way that Russell did – that the whole world was celebrating his birthday whether they knew it or not, and I allow myself to celebrate him every year, along with the rest of the world.

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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 **GABRIEL J. DIERRE**, son of Marie Nicole Rene
- 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 **ARIELLE ANEY**, daughter of Jenelle & Christopher Aney
- 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 & Vincent 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](mailto:tcfmanhattan.nyc@gmail.com) and tell us what needs to change.



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



- 1/1 **MATTHEW SADI**, son of Sheri & Tzuri Sadi
- 1/1 **SCOTT DEMEL**, son of Caren and Marc Demel
- 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 Kuppersmith
- 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 **ALEX WITONSKY**, brother of Ava Witonsky
- 1/23 **FRANCISCO JAVIER**, son of Doris Cales
- 1/23 **GIAN PAOLA SANTINI**, son of Joan Santini, brother of Giuliana Reitzfeld
- 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



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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 Leondis
- 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 **MARTIN DE JESUS FLORES**, brother of Joanna Flores
- 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 **ADAM FELDBERG**, son of Tsipi Taube
- 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
- 2/13 **LEO AYALA**, son of Gila Ayala
- 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
- 2/24 **MARTIN DE JESUS FLORES**, brother of Joanna Flores
- 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.<br><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<br>Parents/Grandparents/Siblings        |
| TUE  |  | Loss to Substance Related Causes<br>First time CHAT orientation | Bereaved less than 2 yrs<br>Bereaved more than 2 yrs        |
| WED  | Parents/Grandparents/Siblings                        | First time CHAT orientation                                     | General Bereavement<br>Parents/Grandparents/Siblings        |
| THU  |  | No Surviving Children<br>First time CHAT orientation            | General Bereavement<br>Parents/Grandparents/Siblings        |
| FRI  | General Bereavement<br>Parents/Grandparents/Siblings | Pregnancy/Infant Loss   | General Bereavement<br>Parents/Grandparents/Siblings        |
| SAT  |  |   | General Bereavement<br>Parents/Grandparents/Siblings        |
| SUN  |  | Suicide Loss  | General Bereavement Issues<br>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 16 FEB 20 MAR 19 APR 16**

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