



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...
 Mar 8 & 22
 Apr 12 & 26
 May 10 & 24
 Jun 14 & 28

Manhattan Chapter Newsletter **March 2022**

Musing on Mattering

by Marie Levine, January 2022

As I write it is a freezing cold afternoon with two feet of freshly fallen snow trapping me in my house and compelling me to watch the news for weather updates and exposing me to a variety of news noise – both good and bad. As a result, in a period of 24 hours I am reminded of one of my earliest realizations – the need we all have to matter. Yesterday I watched a TV report about National Geographic photographer Joel Sartore. He has spent the past dozen years photographing what he hopes will be every living species before they go extinct. The project is called Photo Ark and he has been traveling around the globe for more than a dozen years now creating an amazing record of every species living today. It is an exhaustive effort and has to date created along with National Geographic, an incredible record for posterity. He has no intention of ever stopping and works tirelessly. Asked what drives him he states to the interviewer, he “wants to do something that makes his life matter”. I am struck dumb at this statement. I think back to what was so important to me when describing Peter, whose life ended after only 22 years. I needed to know that his life “mattered”.

Today, just 24 hours later, the news reports of the suicide of a beautiful 31 year old former beauty queen, an accomplished lawyer, a successful news commentator a magnificent accomplished woman who noted on a recent social media posting that as she approached her 30th birthday she felt she was running out of time to “matter in this world”....

I am brought to my knees at the loss of this magnificent young person brought down by the pressure our society put on her... but reminded of my own acknowledgement of how important that need was to me. When Peter died and I enumerated all that he had accomplished in his abbreviated life, what
 (con't on page 2)

Grief is a Constant Companion for the Mother Who's Lost a Child

by Tiffany Wicks

I'm sorry for your loss. Loss is something that is never easy, but especially excruciating when it was the life you created, carried, birthed, and held. It is so important to remember your child, but also important to remember you.

Grief is one of the most uncomfortable topics in the world. When you grieve, you often struggle to capture the wide range of emotions felt day-to-day, or you struggle to grasp what kind of support you need when asked. But for others watching you grieve, it's awkward and sometimes silent. People say the words “take as long as you need” and yet they expect you to come back to work in a week or at least get out of bed. There's this unspoken expectation that eventually you will stop talking about it or it won't be at the forefront of your daily life anymore. But the truth is, you have gone through a great loss, one like no other. Although that grief will look different over time, it IS a part of you.

I say this because it is OK to feel it. It's OK to take as long as you need, because you will need forever. It's OK to feel the range of emotions, to talk about it, to cry, to not be OK sometimes. The norm SHOULD be that we expect each other to grieve for a lifetime, and that we unconditionally accept that your loss will shape you in a different way forever. While grief may take a lifetime, healing allows your pain to feel like that boulder on your chest each and every day is a little lighter. It is anger and acceptance, pain and comfort.

But healing is possible

Your journey in this matters. You matter. The child you lost matters. As you and your family adjust to a new
 (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.

Musings on Mattering

(con't from page 1)

I acknowledged was most important was "that he mattered".

We wonder, like Alfie, "What's it all about". So many of us conclude that it is about "Mattering". In the end, can we look at our lives and decide we made a difference somewhere. Did it even matter that we lived? In our old age we look back and take stock of what impact we had. If we are found wanting, we hope that our children will make up for our disappointments. I imagine that having a surviving child who outlives us would maintain our sense of "mattering". Becoming "childless" doesn't leave us much room for having mattered.

Mattering is on my mind today. It was so important in those early days to convince myself and the world that Peter "mattered". Now, having arrived in my "old age", I look at my life and wonder if I mattered. I am forced to conclude that those I have impacted by sharing how I have survived the loss of my beloved only child Peter, is what makes me matter. How strange and unsettling is that? I suppose I matter because Peter lived. And maybe, because he died?... that's a hard one to swallow.

*Anyway, my dear compassionate friends, who else could I share these musings with? Here again, is what I wrote so many years ago, in 1999, six years after Peter died... my thoughts on *The Need to Matter*.*

THE NEED TO MATTER

On the recent tenth anniversary of the downing of PanAm flight 103, a surviving sibling wrote a touching tribute to his brother in *The New Yorker* magazine (December 21, 1998), called "Where My Brother Fell to Earth". In the end, after 5000 masterfully written words describing the event, it's aftermath, the effect on the survivors and most poignantly, a lengthy description of his lost brother's failings and attributes, Ken Dornstein ends with the sentence... "in the end it can be said that he mattered".

I was so taken with this closing sentence. It pierced my soul with a familiarity that made me feel I could have written it myself. Looking back, I saw that I had. When I could not get the phrase out of my mind, I began to look through much of the pained writings of my earliest grieving days. As memory overcame me, I soon came to recognize my own lifelong desire to matter and my unrelenting belief that Peter was ultimately what made me matter. And I recognized too, that my hope of Peter mattering in some future extraordinary sense died with him that rainy night in August 1993.

All of us feel, in addition to how much they themselves matter, that our children make us matter. Without them we are so reduced that whatever else we ultimately do with our remaining lives, we will never matter as much as we did to our kids. I suspect this need to matter and coming to terms with not mattering is more pronounced among those with no surviving children. Surely, though the loss of a child is no greater whether it is an only child or one of several children, the loss is of so much of one's self when the loss leaves you childless, it seems to bring on a sense of being adrift in the universe...of simply not really mattering at all.

As a child I can remember thinking how wonderful it must be to be able to write a book. Or paint a painting. Or write a song. Strange as it is to contemplate today, in my earliest years I was impressed by lives that managed to create something lasting beyond their own limited lifespan. I suspect that the desire to leave something larger than life behind is not limited to the great artists of the day. The poorest kids in the bleakest neighborhoods recognize the thrill of leaving their graffiti "tags" on overpasses, trains and other impossible locations. In their limited view, it is their statement

(con't in next column)

THE NEED TO MATTER (con't from left column)

of immortality. Something that will outlast them and give some permanent meaning to their little lives.

By the time I had Peter I no longer believed I would write the great American novel or paint a masterful work of art or compose a body of music to rival Gershwin. But in my child rested all the possibilities of the universe. Not only did he more than fulfill my wildest creative dreams, in him hidden from anyone's possible knowing, could be some future greatness that could impact the world. It mattered greatly that he survive and prosper for all that might come after him. We all matter for what might come from our having existed.

So how do we, in our almost completed lives, resolve the fact that our greatest work, the one that would have made us really matter, has been lost? That though we may manage to matter temporarily in some tiny way, nothing that will ever happen in the world will be greatly impacted for our having lived. Believing this, it astonishes me, that I, and so many of my bereaved friends, simply refuse to give up the fight. Though Peter is physically gone I fight daily to keep his memory alive... to make him "matter". Though he will never write the great American novel, perhaps one of the kids who benefit from the scholarship award that bears his name will. Those who knew him are regularly reminded of him by me. Those who only know me in my post-Mom life, always tell me that they feel like they know Peter. That is always music to my ears.

The need to matter is so overwhelming to us. To us our children mattered more than anything in the world. Days after Peter died in 1993, I put together a little book about him, to give to those who loved him and who, I hoped would occasionally give his brief life a thought and glance through the little book in remembrance. In my desperate attempt to quantify so short a life, I wrote:

*This little book is about a life.
Peter's life. Though short it was well lived.
He grew up fairly healthy.
He grew to be tall ... and handsome.
He knew love – the love of his family and his friends.
He knew of romantic love –
the magic of finding it...
the pain of losing it.
He knew passion and physical love.
He knew adventure.
He knew intense brotherly friendship.
He enjoyed great comfort and social acceptance.
He knew the admiration of neighbors and associates.
He knew how to be kind and caring.
He knew achievement.
He knew how to laugh and make others laugh.
His was a successful life, for in the end, it can be said that he mattered. He had a presence that seemed "larger than life", and an impact that will long survive him.
Those who knew him are better for the experience.
Those who come after him will know him from those who carry him in their hearts.*

Marie Levine - March 1999

Grief is a Constant Companion (con't from page 1)

normal, the idea that things are different and you might not always be able to put your finger on what's best for you at each moment, it is important to surround yourself with others who allow you to grieve in your own time and your own way. Phrases like, "Yeah I know that was tough but . . ." or, "Well it's been so long isn't it time to move on? Or try again?" are damaging and can be toxic.

Generally, people mean well. But because our society still treats grief as an awkward pause in life, it is vital to set boundaries. In your grief, use your voice. It's OK to tell others in your life that what they said was hurtful or that it wasn't what you needed. It's OK to set boundaries with others that you may not want in your life anymore but they might still exist in your space such as work, church, or family. It's OK to give yourself the power to remember that your grieving process is yours and no one else's. Don't compare. The woman who spoke at your support group who lost her child last year might have seemed to "get through it" faster, but that comparison minimizes what you need. Comparison is the thief of joy, and to compare your grief is to prevent future possibilities of joy as you heal.

It's important to remember that you can reach out to those who have embraced your grief with you. Creating networks of friends and family for you as an individual and you as a family is crucial to healing. Allowing yourself to ask for what you need—maybe a meal, maybe time alone, maybe a friend for comfort and company—gives you the new ability to get in tune with your feelings and needs daily in order to take care of yourself.

Self-care is similar to healing, but not the same. Self care leads to healing. It is an active practice of understanding who you are as you undergo major transitions in life. Losing a child is the worst, major transition that no one would ask for. But in your grief and your process to heal, you only benefit you and your family when you begin to assess what you can and will need from yourself and from others. If you don't know right now or tomorrow? It's OK. It takes time. If it feels selfish at first, that's OK, too. It's not selfish, but it can be uncomfortable to put your needs first when so many of you are feeling the weight of such a heavy loss. However, when each of you allow yourselves to prioritize what you need that will benefit your life and health and reach out to the people who help you accomplish that, it WILL lead to healing. You transform the process in which you understand the importance of your grieving and the importance of healthy coping. You begin to understand how to set boundaries with those who do not honor your loss as an ongoing process and you unapologetically move on from toxic environments toward true community. Through self-care you recognize that when your mental health improves, others around you benefit and want to improve too. You remember that your journey matters and that you matter. And the child you lost matters.

You are not alone. Many others who have endured the tragedy of losing a child. However, your journey through this difficult loss is different, and as important than any other mother's. You deserve unlimited time to grieve and unlimited time to heal. How you do that is up to you. But remind yourself of the power you have to take care of yourself, to reach out, to set boundaries and to take time. [Your grief and healing matter](#). So take your time because you matter, too.

Tiffany Wicks is a therapist, specializing in maternal mental health at [Push Counseling & Coaching](#). She survives off coffee, friendship, and daily cuddles. Tiffany lives in Dallas, Texas with her husband, daughter, and two dogs

LIFE'S TAPESTRY

It's said a splendid tapestry depicts life's 'grand design'
Immense in its complexity, the threads all intertwine...
To form a pattern illustrating with explicit weave
The reason why our children die, and why we're left to grieve.

I've heard it called the 'master plan', and there are those who say
Each thread's the story of a life, from birth to dying day –
No death occurs that is not planned, some greater purpose served
And some draw comfort from belief that fate cannot be swerved.
If destiny holds all the cards than nothing could be changed,
We could not alter tragedy – for death was prearranged.

I do not know if I believe that fate decreed the day
My life lost its illusions – enchantment came to stay.
But I do know the path I'm on is one that's far less clear...
I stumble through this darkness praying light will reappear.

Yet in my soul her light lives on, my love for her remains
With innocence she healed my heart and broke through my life's
chains
My daughter showed me how to trust, her needs taught me to fight,
She planted seeds of caring about others and their plight.

If the tapestry depicts the life of all who walk the earth,
The master weaver added my child's thread and knew her worth.
Her life, her death, my agony – are pushing e to find
The reason for her years with me, and why I'm left behind.

I understand my path will stay in darkness 'til I see
The means by which I'll utilize the gifts she gave to me.
If I can find a way to share the caring I now feel
It will honor her dear memory and help my heart to heal.

~ **Sally Migliaccio**, *TCF Babylon 1997*

Sometimes something clicks,
and with a tear,
remembrance of the pain
and the loneliness
flood the heart.
Sometimes something clicks,
and 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 Kentfield, CA*

Heart Connections—Long-Time Grief by Shari O’Loughlin, Executive Director, The Compassionate Friends

The immediate time after a significant death is terribly painful in a raw, debilitating, and all-encompassing way. Others who witness our journey may feel and comprehend just a fraction of what we really experience. As more years pass, our experience of grief changes, yet we don’t love or miss our child, sibling, or grandchild who died any less. The ten-year anniversary of my son Connor’s death will come in several months, and I’m already feeling the weight that this significant anniversary brings. Even more lengthy, however, is the amount of time I’ve been a bereaved sibling. I’ve lived over 4 decades since the death of my youngest sister, Patti. When I say this amount of time out loud, it seems impossible. My parents are very senior now, and we are in the process of helping with living transitions that include cleaning things out from a past containing so many decades lived after child loss.

After our sibling, child, or grandchild dies, all our subsequent experiences are filtered through this life-altering change. As I’ve encountered these many years of living that are framed through childhood bereavement for me, and child loss for my parents, my experience is that loss grows in some ways over the years, rather than diminishes. For example, at every significant event in life, such as births, graduations, moves, deaths, marriages, etc., we are missing someone who would have been integral to those experiences. I had fewer sisters to walk with me through all those events. Even decades later, it doesn’t escape my notice and reflection when relatives or friends from my childhood experience their significant life events with all their children and siblings.

As the number of years that we are bereaved becomes quite high, our grief is more internal. Our grief hasn’t stopped and the hard work of incorporating our loss over a lifetime doesn’t end, but it may get more private. We may live in ways that honor our child, grandchild, or sibling while we still wish that it could have been different.

Outsiders sometimes think that parents or siblings who have endured many decades of loss have left that life in the past because so much time has gone by. Just because the pain and processing are more internal, doesn’t mean that we’ve left our loved ones in the past. Our love and longing remain.

If you are a long-time seasoned griever, know that your pain is seen, recognized, and acknowledged. Long-term grief is one of the reasons people stay connected to The Compassionate Friends over many decades. For those who may know a long-time seasoned griever, be sure to give an extra hug and a caring acknowledgment to them, for we know what it takes to carry loss and grief over the extensiveness of a lifetime.

The 45th TCF National Conference August 5-7, 2022 in Houston, TX.

We are very pleased to welcome back TCF’s annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves. Conference registration will open in mid-March.

This year’s conference will be held at the Marriott Marquis Houston. Reservations can now be made [online](#) at TCF’s dedicated reservation link. TCF’s discounted room rate with Marriott is \$149 per night plus tax. Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

45TH TCF NATIONAL CONFERENCE

LOVE SOARS THROUGH CLOUDS OF HOPE

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

[Click here for more information](#)

Gifts of Love

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

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

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

Making a contribution –

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

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

Siblings...

Have a Happy Grief Day!

Losing Russell was something I wasn't prepared for. Not only that, but I'm continually unprepared for everything that has come along since then.

One of the hardest things to deal with has been the anniversary. What to call it, how to refer to it, how to deal with it when it comes up – and it does come up.

So what do I call it? Do I call it THE anniversary? I still end up having to explain what it's the anniversary OF. His death date? That sounds so blunt and dejected. The fourth year since his accident? I almost think that sounds vague and somewhat disconnected. When a situation calls for me to explain what I have to do on that day I'm often tongue tied as to what to say.

This year was one of the hardest because it was the first year that it was obvious that only me and my parents really associate that date almost exclusively with Russell's death. Even family members called on the wrong day this year to let us know they were thinking about us. People who are little more than casual acquaintances and even friends who I don't talk to very often, tended to be oblivious to my mood around this time of year, and I find myself explaining things and rehashing old feelings and anecdotes over and over. I had a number of people invite me to some event or another around the anniversary date, which forced me to confront my feelings about the way I think about what to call that day.

I'm still not sure what to call it and I don't really have much consistency to how I present it. I have always found that its more awkward and uncomfortable for the person I'm talking to than it is for me. I can sense them looking for a way to change the subject or pull away from the conversation altogether.

Its distressing to realize that not only has the rest of the world moved on and left me alone with my grief, but I too have moved on in parts of my life and its equally distressing sometimes to feel like little more than a few days have passed when it's been over four years.

Part of my pain it that it still feels so fresh sometimes, especially in comparison to the fact that some of the people around me have forgotten entirely.

Sometimes just the verbalization of plain facts forces me to confront my feelings on the matter, even when that means alienating those around me.

~ 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

MOTHER OF SORROW

I hate to look at my mother, to see her in so much pain, wrinkles hiding her countless tears that would otherwise pour like rain.

I hate to see her hurt so much but silently hold it in. Struggling to beat the heartbreak, when she knows she cannot win.

I hate to listen to her cries that she tries so hard not to show. Grasping on to everything I wish she could let go.

I hate to watch her smile so bright and know that it's all fake. Sure she's "happy" every day but she's acting for our sake.

I hate competing with the sorrow and I can't bring back my brother. Drew is up there watching you. He's living, loving and laughing, Mother

~ Kristy Sheldon, Ashtabula, OH

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.



OUR CHILDREN—LOVED AND REMEMBERED



MARCH BIRTHDAYS

- 3/1 **JO ANNA BURRO**, daughter of Jeanette Burro
- 3/1 **RISA FIELD**, sister of Barbara Field
- 3/1 **ROSARIO TORANZO**, sister of Carmen Toranzo
- 3/3 **AREIS GORDON**, son of Joselyn Gordon
- 3/3 **DAVID MILLER**, brother of Jeanie Miller
- 3/3 **DIANE HASS**, daughter of Lillian Hass
- 3/3 **JENNA AGULE**, sister of Devon Agule
- 3/4 **CHRISTOPHER ROMINE**, brother of Jennifer Romine
- 3/4 **JASMINA ANEMA**, daughter of Theodora Anema
- 3/5 **PAMELYNN SAMUEL**, daughter of Madelaine Samuel
- 3/5 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli
- 3/6 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg
- 3/6 **PARKER KOLTCHAK**, son of Deb Capone
- 3/6 **SITA OLIVE SINGH DUTTON**, daughter of Nirvani Bissessar and Edward Dutton
- 3/7 **CHRISTIAN FUERSICH**, son of Janet Fuersich
- 3/7 **RORY DAZE CHONG**, son of Pam Chong
- 3/7 **SHIMMER HALL**, daughter of Janine James
- 3/8 **DANIELLE ALEXANDRA GORDON**, daughter of Fran Gordon
- 3/8 **MAGGIE GOWELL**, daughter of John & Rosanna Gowell and sister of Jesse
- 3/9 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens
- 3/10 **CYBELE ELIZABETH FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman
- 3/10 **ELINOR FRIEDBERG BLUME**, daughter of Leslie Kandell
- 3/10 **JULIAN SERAFIN**, son of Agata Lisok-Serafin
- 3/11 **GRACE CORDERO**, daughter of Margarita Zambrano
- 3/11 **LYNDON HOWARD**, son of Lila Howard
- 3/11 **SEAMUS WOOD**, son of Will Wood & Deb Funkhouser
- 3/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda & Reva Feinstein
- 3/13 **ALEXANDER ANDUJAR JR.**, son of Madelaine Colon
- 3/13 **ROBERT CABALES**, son of Susan Cabaes
- 3/14 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan
- 3/15 **ROBERT PATRICK JENKINS**, son of Barbara Jenkins, brother of Cheryl

- 3/17 **ELYSE CARVER**, daughter of Violette Carver
- 3/17 **GERSON JAIR SALMON**, son of Ivette Salmon
- 3/17 **WILLIAM FISHER**, son of Sally A. Fisher
- 3/18 **ANDY FISHER**, son of Barbara Fisher
- 3/18 **ANDY PERSAUD**, son of Dennis Persaud, brother of Andrea Persaud
- 3/18 **DESHA BEAMER**, sister of Laura Beamer
- 3/19 **CHARLOTTE MILLER**, daughter of Caitlin Felton & Barney Miller, sister of Clara
- 3/20 **ISABEL L. DODWELL**, daughter of Amy & William Dodwell
- 3/20 **PHILIP GOODFRIEND**, son of Debbie Goodfriend
- 3/21 **JOSHUA UNDERWOOD**, brother of Sarah Underwood
- 3/22 **DARIA NORTON**, daughter of Charlotte Savino & Lee Norton
- 3/23 **ALEXANDER ROBERTS**, son of Nancy Roberts
- 3/23 **GLENN GILLIARD**, son of Rose Chaney
- 3/23 **MANUEL RODRIGUEZ**, son of Irene Rodriguez
- 3/24 **BRYANT GIBBS**, brother of Cynthia Gibbs-Pratt
- 3/24 **RONAN CHRISTOPHER LOUIS**, son of Rick Louis
- 3/25 **JADEN MAXWELL THOMAS**, son of Louise Thomas, brother of Tanya
- 3/25 **RICHARD CONLEY**, son of Phyllis Conley
- 3/26 **BEN BREEN**, son of Carol Breen
- 3/26 **JEREMY PALLEY**, son of Iris Palley and Stephen Palley
- 3/27 **CHADWICK ALEXANDER ANDERSON**, son of Stacie Hawkins
- 3/27 **STEVEN HOUTERMAN**, son of Awilda Rodriguez Houterman
- 3/28 **DAVID LANG BAREK**, son of Peggy Lang
- 3/29 **BRANDON WEDEL**, brother of Brittni Wedel
- 3/29 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen & David Hantman
- 3/29 **ROBERT VRABLIK**, brother of Lauren Vrablik
- 3/30 **ALEX REY**, son of Alex and Myrna Rey, brother of Amanda Rey
- 3/30 **SANDY SMITH**, sister of Cindy Smith
- 3/30 **ZANE MANDEL-MICHALAK**, son of Janet Robinson
- 3/31 **ADAM RAPOPORT**, brother of Lindsay Rapoport
- 3/31 **ROBERT RODRIGUEZ**, son of Caroline Linares





OUR CHILDREN—LOVED AND REMEMBERED
MARCH ANNIVERSARIES



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

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



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



APRIL BIRTHDAYS

- 4/1 **ALAIYA**, daughter of Patricia Mosley
- 4/1 **JOEY MASLIAH**, brother of Amanda Rockoff
- 4/1 **SHANA DOWDESWELL**, daughter of Laurie & Roger Dowdeswell
- 4/2 **ALI SEEDAT**, daughter of Deborah McKinzie
- 4/3 **KYLE DANE**, son of Madelaine Samuel
- 4/3 **NATASHA GEMBKA**, daughter of Tim & Alexis Gembka
- 4/4 **ALEX BHAK**, son of Karyn Bhak
- 4/4 **DANNY MAZRAANI**, brother of Mona Mazranni
- 4/4 **JORDAN MITCHELL**, son of Melody Mitchell
- 4/4 **LORI HEALY**, daughter of Tom Healy
- 4/5 **CHRIS MASARONE**, twin brother of Nic Masarone
- 4/5 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister
- 4/7 **AMIR PRIZANT**, brother of Ayelet Prizant
- 4/7 **JASON KLEIN**, son of Jeanette LaBarb
- 4/8 **CYRUS**, son of Francine Figueroa
- 4/8 **JUSTIN R. NEGRON**, son of Nancy Negron, brother of Samantha
- 4/8 **LISA DONOFRIO**, daughter of Christina Korteweg
- 4/8 **VICTOR CHEN**, son of Vivien Chen
- 4/10 **MELANIE DINOWITZ**, daughter of Elaine Dinowitz
- 4/10 **SHONEN CHAMBERS**, sister of Tiffani Chambers
- 4/11 **AYDIN HOSSAIN**, daughter of Beth & Abir Hossain
- 4/12 **ETHAN MAGDER**, son of Andrea & Gary Magder, brother of Abbi Magder
- 4/13 **DR. AMY BETH ROSEN**, daughter of Helen Rosen
- 4/14 **SUZANNA ZHOU**, sister of Susan Zhou
- 4/15 **MATTHEW CARLSON LUTZ**, son of Linda L. Carlson
- 4/15 **NONI BIALE**, daughter of Margaret and Noam Biale

- 4/16 **ELLA BANDES**, daughter of Judy Kottick & Ken Bandes
- 4/16 **NICHOLAS MONICO**, son of Lisa & Craig Monico
- 4/16 **RICHARD WARNOCK**, son of Claire Warnock, brother of Susan Warnock
- 4/17 **CINDI DIMARZO**, sister of Jodi DiMarzo
- 4/17 **SEAN KIMERLING**, son of Ervine & Noah Kimerling
- 4/18 **HARRY GANDEL**, grandson of Karen & Meyer Gross
- 4/18 **NICOLAS DE LAVALETTE**, brother of Sebastian Lavalette
- 4/19 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk
- 4/19 **WILL TANG**, brother of Sandra Tang
- 4/20 **LAURA FELDSTEIN**, daughter of Marilyn & Al Feldstein
- 4/20 **MARSHALL FORDE**, son of Asurf Forde, brother of Marcel Forde
- 4/21 **AIDAN HERNANDEZ**, son of Maura Moloney & Victor Hernandez
- 4/21 **BARBARA STRAUSS**, sister of Joanne Shapiro
- 4/22 **DANIEL ALBERT**, son of Anita Albert, brother of Jenna Van Dusen
- 4/24 **SAM BINNICKER**, brother of Griffin Binnicker
- 4/25 **DANIELLE BAKER**, sister of Tiffany Baker
- 4/25 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez, grandson of Maggie Valentin
- 4/25 **KRISTEN SANCHEZ**, sister of Melissa Rosario
- 4/26 **SEAN COLLINS**, brother of Kelly Collins
- 4/27 **BENJAMIN HARTFORD**, son of Nora Madonick
- 4/27 **BRONWEN PRADT**, daughter of Katherine Pradt
- 4/27 **GRETA GREENE**, daughter of Stacy & Jayson Greene
- 4/30 **KIARR LACEY MONROE**, son of Xenia Vasquez & Lacey Monroe
- 4/30 **LOUIS ARESU**, son of Elizabeth Sperrazza, brother of Maria Sperrazza



Our Children Remembrances — Changes

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Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED



APRIL ANNIVERSARIES

- | | | | |
|------|---|------|--|
| 4/1 | MARCUS PRESTON , son of Valerie Preston | 4/17 | MICHAEL MOUSSA , son of Mariam Moussa |
| 4/1 | RORY STAUNTON , son of Orlaith & Ciaran Staunton | 4/18 | JEREMY PALLEY , son of Iris Palley and Stephen Palley |
| 4/2 | ALEX BHAK , son of Karyn Bhak | 4/20 | KYLE DANE , son of Madelaine Samuel |
| 4/2 | ANDREW SCHLEIFER , son of Kittyhawk Schleifer | 4/21 | RELONZO W. PERKINS-MACK , son of Denise Perkin Best |
| 4/2 | LYLA SKYE MEDICI , daughter of Mimi Delle Donne, sister of Meghan Matias | 4/22 | RELONZO W. PERKINS-MACK , son of Denise Perkin Best |
| 4/3 | DANA FLAX , sister of Casey Flax | 4/23 | ALIYAH RABSATT , daughter of Patricia Rabsatt |
| 4/3 | KRISTOFFER SALAVANTE , son of Maria & Eliezer Salavante | 4/23 | KERRY STONE , brother of Catherine Kells |
| 4/3 | SAGE JOSEPH , daughter of Debra Driscoll | 4/23 | KEVIN DEL ROSARIO , son of Annaliza del Rosario |
| 4/4 | CHRISTINE EBERT , daughter of Judy & John Ebert | 4/23 | PABLO RAMIREZ , son of Carlos Ramirez |
| 4/4 | JORDAN MITCHELL , son of Melody Mitchell | 4/23 | RISA FIELD , sister of Barbara Field |
| 4/6 | MICHAEL WHITLOCK , son of Peggy Whitlock | 4/24 | BRANDON MYERS , brother of Rachel Myers |
| 4/6 | TREVOR MATTHEWS , son of Angela Matthews | 4/24 | CHRIS MASARONE , twin brother of Nic Masarone |
| 4/8 | ALEXANDER ANDUJAR JR. , son of Madelaine Colon | 4/24 | EREZ KLEIN , son of Rachel Gordon |
| 4/8 | CYRUS , son of Francine Figueroa | 4/24 | NATALIE JOY HERTEL-VOISINE , daughter of Barbara Hertel & Don Voisine |
| 4/9 | ANDREW FREDERICK RUBIN , son of Barbara & George Rubin | 4/25 | CINDI DIMARZO , sister of Jodi DiMarzo |
| 4/10 | DAN OSHINSKY , brother of Julie Mintz | 4/25 | JORGIE PEREZ , sister of Janeisy Perez |
| 4/11 | DAVID ALEXANDER , brother of Farah Alexander | 4/26 | JAMES HAYS , brother of Claire Hays |
| 4/13 | AYDIN HOSSAIN , daughter of Beth & Abir Hossain | 4/27 | MARGARET BRAUN-GRIEP , sister of Helen Braun |
| 4/14 | BRITTANY MALVEAUX , sister of Jordan Malveaux | 4/27 | MATTHEW GORDON , brother of Elizabeth Stilwell |
| 4/14 | TYREE SHEPPARD , son of Laura Sheppard | 4/27 | OLIVIA PETRERA COHEN , daughter of Nancy Petrera |
| 4/16 | IAN BYSTOCK , son of Marc Bystock | 4/29 | MAX GLEZOS-CHARTOFF , son of Julie Chartoff & Irene Glezos |
| | | 4/29 | SOPHIA JOLIET AGUIRRE , daughter of Monica Deliz |



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.

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:
MAR 8 APR 12 MAY 10 JUN 14
MAR 22 APR 26 MAY 24 JUN 28

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](#)