



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

May 20

Jun 17

Nat. Conf. Jul 12-14

Jul 22 (4th Tuesday)

Manhattan Chapter Newsletter

May 2025

MAY 20TH MEETING—3RD TUESDAY IN-PERSON

In-person only **on the third Tuesday**, May 20th 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.

Newly Bereaved

This will likely be the hardest thing you'll ever do. Survive this. And eventually, maybe even thrive again.

At times it will feel virtually impossible. You'll wonder how a human being can survive such pain. You'll learn you know how to defy the impossible. You did it from the moment your child's heart stopped, and yours kept beating. You do it with every breath and step you take. You're doing it now. And now. And now.

Your fingernails will become bloodied from clawing your way from the depths of despair. Your spirit will grow weary from fighting to survive. Your eyes will cry more tears than you ever thought possible. Your arms will ache an ache for which there aren't words. For a lifetime.

Your heart will break into a million tiny pieces. You'll wonder how it will ever mend again.

But with every morsel of unspeakable pain, there is love. An abundance of love. A love so strong, so powerful, it will buoy you. You will not drown.

Others will say things that are intended to be helpful, but aren't. Take what is, leave what isn't.

Still, you'll meet others along the journey who will get it without ever saying a word. Kind souls who will breathe you back to life again. Let them.

Years down the road you'll tire of hearing the same advice (con't on page 2)

What is it about Spring?....

What is it about Spring. What is it that makes the season such a magnifier of everything dark and sad in our souls? Wait! I want to say, as the days get longer and warmer. Wait! I need the cold, I need the dark. Winter days demand nothing of me. I can hibernate. No need to participate in the world. Nobody's looking. Nothing to rejoice about. Just hunker down and pull my soul into a fetal position and look inward...look back...think about all my yesterdays.

While most of the world relishes the impending season, I try to hang on to the darkness as long as I can. Longer days mean more activity. The light usually brings a lightness to one's mood. The warmth of the days forces a certain delight to the soul. It always takes me a while to transition to feeling good about the season. Like many of my compassionate friends, winter seems a safer time. It's seems okay...more acceptable to simply observe life...not necessarily participate in it.

But Spring comes again every year. And I will admit, as the years have passed, it has become easier to transition to the season. I know the garden beckons. Suddenly, friends I haven't seen all winter reappear. Plans that were non-existent during the cold, dark months are suddenly a priority. It's Spring. The game is on.

This will be my 13th mother's day without my beloved Peter. Amazing. Thirteen years. No card. No phone call. No dinner. Nothing. In July we'll celebrate his 35th birthday without him. Doesn't seem possible we'd have a 35 year-old son. Impossible to imagine Peter at 35 – a grown-up man. He was just a boy it seemed, when he left. Just out of school, no job, living at home. Would he be married? Would he have kids? Would I be a grandma? Would he live in New York? What would he be doing? What kind of car would he drive? So many questions. Would he be happy? Would he be bringing me the joy and

(con't on page 2)

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

TCF MANHATTAN website: www.compassionatefriends.nyc

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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - in person on the third Tuesday of the month

WE MEET AT 7:00pm—arrive or sign on at 6:45pm

This month, May 20, 2025, 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.

Newly Bereaved....

(con't from page 1)

and clichés, over and over again. Advice you don't want or need. Everyone will try to tell you how to best "fix" your broken heart. The trouble is, you don't need fixing.

There is no fix for this.

Eventually you'll learn how to carry the weight of this pain. At times it will crush you. At other times you'll learn how to shoulder the burden with newfound grit and grace. Either way, you'll learn how to bend with the weight of it.

It will not break you. Not entirely.

And even if you don't believe in hope – not even a little – hope will light the way for you. At times you won't realize your path is lit. The darkness feels all consuming when you're in it. But know the light is there. Surrounding you now. And now. And now.

Know you're being guided by all of us who have survived this impossible hell. You may not hear us, or see us, but we are with you. Beside you. Hand in hand, heart to heart. Always. Just like your child still is.

Above all else, know that no one can save you but yourself. You are the heroine/hero of this sad story. You are the one who gets to decide how, and if, you'll survive this. You are the one who will figure out a way to survive the sleepless nights, and the endless days. You are the one who will decide if and when you'll find a purpose again that means something to you. You are the one who will choose how you'll live with the pain. You are the one who will decide what you'll cling to, what will make your life worth living again. You, and only you, get to decide how you'll survive.

No one else can do this for you.

People will speak of "closure," of "moving on," of "getting over it," of grief coming to an end. Smile kindly, and know, anyone who says these things hasn't lived this thing called grief.

To lose a child is to lose the very heart and soul of you. It is overwhelmingly disorienting. It takes a long, long time to find yourself again. It takes a long time to grow new life around the chasm of such grave loss. It takes a long time to grow beauty from ashes.

There will always be a hole in your heart, the size and shape of your child. Your child is absolutely irreplaceable. Nothing will fill the void your child left. But your heart will grow bigger– beautifully bigger– around the empty space your child left behind.

The love and pain you carry for your precious child will be woven into every thread of your being. It will fuel you to do things you never dreamed you could do.

Eventually, you'll figure out how to live for both of you. It will be beautiful, and it will be hard.

But, the love you two share will carry you through. You will spread this love everywhere you go.

Eventually, you'll be able to see again. Eventually, you'll find your way again. Eventually, you'll realize you survived.

Love and Light to you!

I'm so sorry to say that the name of the author of this essay seems to have disappeared from my notes. Though I do not usually publish writing without attribution, I thought this piece was too good not to share. If anyone can supply the name of the author I would appreciate it and will be sure to inform readers in a later edition

What is it about Spring?....

(con't from page 1)

happiness he did during most of his life, or would life have dealt him some other misfortune that would have plunged me into despair later than it ultimately did?

These are the questions the seasons bring. In the beginning the only question was "why?" I no longer ask why. I wonder at "How". How have I managed to go on? How can I live through yet another Mother's Day? How do I manage to be happy for the joys in my friends' lives? How have I managed to become the survivor that I am? How is it possible that so much of life still delights me? How do I make the uninitiated think this is all so easy?

In truth, it does get easier. When I meet those who more recently joined this path, I am brought back to my earliest days. Though my heart breaks for each new traveler, I know in my heart, they will ultimately be where I am. Though I cannot whisk them through these dark passages with any greater speed, I am comforted to know that it is possible to rejoin the living. And even though I still relish the dark days of winter, I no longer dread the coming of spring and all the promise of renewal that season brings. Each new compassionate friend I meet reminds me of how far I have traveled. Closer and closer to my beloved Peter.

Marie Levine, 2006

To the living I am gone

To the sorrowful, I will never return.

To the angry, I was cheated,

but to the happy, I am at peace,

and to the faithful, I have never left.

I cannot speak, but I can listen.

I cannot be seen, but I can be heard.

So as you stand upon a shore gazing at a beautiful sea,

as you look upon a flower and admire its simplicity,

remember me.

Remember me in your heart, your thoughts, your memories..

of the times we loved,

the times we cried,

the times we fought,

the times we laughed.

For if you always think of me

I will never have gone.

~ Margaret Mead

The Compassionate Friends

48th National Conference

July 11th to 13th , 2025 in Bellvue, WA

The 2025 National Conference

Siblings

To My Baby Sister, Cat

Two years have passed since you took flight,
Into the heavens, shining so bright.
In the stillness, I feel your grace,
In every shadow, in every place.

Though you've left this earthly shore,
In my heart, you live evermore.
As I breathe in each precious breath,
I carry your love, transcending death.

Your laughter echoes in the breeze,
In every rustle of the trees.
Each star that glimmers in the night
Reminds me of your gentle light.

Though time may fade, my love stays true,
In every moment, I feel you near.
Forever cherished, forever missed,
In my heart, you will always exist.

So on this day, I quietly weep,
For the sister in my heart I keep.
In memory's embrace, we'll never part,
For you, my dear Cat, are forever in my heart.

~Christine Grimaldi

SIBLINGS

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

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

Why Siblings Are Special

Siblings play a special role in our families. They can often act as our best friends and become the people we confide in. We fight with our younger siblings, learn from our older siblings, play with our brothers and sisters and compete with them. In effect, we forge special relationships with our brothers and sisters. These relationships differ than those with our parents, other relatives, and even our own children.

Sibling Loss is Ignored

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

(con't on page 4)

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](#)

Memories are flowers growing in the heart,
flowers picked on happy days
that time arranges in bouquets,
to warm the heart in tender ways
by feelings they impart.

Memories are pictures taken through the years,
pictures of a smiling face,
a happy time, a favorite place...
these pleasures time cannot erase
they are kept as souvenirs.

~ Laura Rogers, TCF, Northfield, NJ

SIBLINGS

(con't from page 3)

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

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

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

Effects the Death of a Sibling May Have On You

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

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

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

Changes in the Family Dynamic

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

The Loss of a Close Relationship

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

Profound Guilt

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

Dealing With Friends Who Aren't Helpful

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

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

Fear of Also Developing the Illness

For siblings who passed from cancer, for example, you might now need to get tested. Especially if there's a genetic probability that you may get the same cancer. Added to your grief

(con't in next column)

SIBLINGS

(and sorrow about any suffering your loved one went through) is this new fear that you or another sibling will also be diagnosed with a deadly disease.

How Long Is Too Long to Mourn?

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

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

Complicated Grief

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

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

Coping With Grief After the Death a Sibling

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

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

- **Be kind and gentle with yourself.** As you're learning, grief is a winding process.
 - **Rest and sleep more.** The bereaved may feel more exhausted physically and emotionally.
 - **Don't skip over feeling pain.** Allow yourself the time to hurt so you can move through that.
 - **Spend time with family and friends.** Although you may want time alone, don't remove or isolate yourself.
 - **Do small things that make you happy.** Work in the garden, play games on your phone, and integrate small pleasures back into your life.
 - **Allow yourself joy.** Don't feel ashamed or guilty if you enjoy a meal or dance to a song that you liked.
- [Return to a routine as soon as you can.](#) Eat regularly, go for a walk, and resume work.
- **Focus on spirituality and creativity.** It's important to shift your energy toward doing the things that bring you joy. This is the perfect opportunity for you to tap into your creativity. You could write poetry, paint, or even write your loved one a letter.⁵
 - **Create a ritual in your sibling's memory.** This may be participating in a 5K for breast cancer research every year if your sister died of breast cancer.

(con't on page 5)

Recommended reading.....

Centering Corporation is a provider of resources for those grieving and publishes books on the loss of a child, grandchild, sibling, infant and miscarriage. For a catalog go to www.centering.org. Some examples:

Healing a Parents Grieving Heart – *100 practical ideas after your child dies* by Alan Wolfelt, helps parents understand and reconcile grief. Covers common challenges such as dealing with marital stress, helping surviving siblings dealing with hurtful advice and exploring feelings of guilt.

Into the Valley and Out Again – *The story of a Fathers Journey* by Rich Edler. After the unexpected death of his son, Rich's life seemed to stop. It is a man's story about what is important in life, sorrow, faith, acceptance and rebirth.

For Bereaved Grandparents – by Margaret Gerner, this gentle resource addresses the issues grandparent are faced with when experiencing this double grief – helping your grieving child, what you can do, grandfathers, holidays and deeper relationships.

Suicide Survivors Handbook – *A Guide for the Bereaved and Those Who Wish To Help Them* by Trudy Carlson who wrote this book after the death of her son, Ben, to Suicide. The book answers what every parent wants to know, and also covers the shame and guilt and the anger associated with losing a loved one.

Coping With Grief of a Sibling... (con't from page 4)

- **Do something to honor your sibling's life.** If your brother shot hoops and played with friends in a neighborhood park, you can donate a bench as a memorial. The goal is to honor your sibling's memory.

Join a supportive group. Others are going through what you are, too. [Online grief support groups](#) can offer you a safe community in which to mourn. [The Compassionate Friends Sibling Groups](#) and [Modern Loss](#) offer resources to help you deal with grief

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

When Hello Means Goodbye – *A Guide for Parents Whose Child Dies Before Birth, At Birth, or Shortly After Birth* by Perinatal Loss/Grief Watch.

This Little While – *For Parents Experiencing the Death of a Stillborn Baby or Very Young Infant* by Joy and Marv Johnson. Full of information beginning with hearing the bad news, things to do before leaving the hospital, grieving the loss, healing together.

The Compassionate Friends

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The 2025 National Conference



Bellvue, WA

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
- ♦ The Worst Loss by Barbara D. Rossoff

⇒ 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.

~ ~ ~

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 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.



OUR CHILDREN—LOVED AND REMEMBERED

MAY BIRTHDAYS



5/1 **GEORGE D. MARAS**, son of Marilyn Maras
5/1 **MICHAEL ANTHONY EAGLE**, son of Leslie Katina Eagle
5/2 **CASEY LOW**, brother of Dara Low
5/2 **GAVIN PESKIN**, son of Leah Peskin
5/2 **VERNON KENNEDY**, son of Tressie Kennedy
5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza & Hopeton Thompson
5/3 **JOSEPH MARINO**, brother of Joanne Marino
5/4 **CHRISTOPHER MEYER**, brother of Kimberly Meyer
5/5 **ANDRE AMES**, son of Jacqueline Jackson
5/5 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner
5/5 **PEARL PATEL**, daughter of Christian Peele & Vinay Patel
5/5 **ROBERT SULKOWSKI**, brother of Sarah Sulkowski
5/5 **RUBY MANE**, daughter of Mohasin Mane
5/5 **SAGE JOSEPH**, daughter of Debra Driscoll
5/6 **ANDREW MARTIN**, son of Marina Re
5/6 **BAYLIN CODDINGTON**, son of Debra F. Coddington
5/6 **DAVID KRANZ**, son of Denise Kranz and Charles Katz
5/6 **JASON ELLIS**, son of Michael Ellis
5/7 **CLAIRE DELORIS LUCIDO**, daughter of Kristen Lowman
5/8 **JORDAN JOHN**, brother of Christian John
5/8 **MARSHALL NEIDIG**, son of Quinn and Joe Neidig
5/9 **BRENDEN CARSON**, son of Debra Carson
5/9 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor
5/11 **JOHN HULWIYA**, brother of Vanessa Hulwiya
5/11 **SEAN MCCLURE**, son of Patricia McClure
5/11 **TATE RAMSDEN**, brother of Ashley Ramsden
5/12 **CHRISTINE FORNATO**, sister of Theresa Fornato
5/12 **LEO CONAGHAN**, nephew of Ellen Barry
5/12 **MATTHEW YUDELMAN**, grandson of Anne Schuman & Ian Yudelman
5/13 **BRENDA CHAPMAN**, daughter of Della Scrugs
5/13 **EVAN MAXWELL**, brother of Jean Maxwell
5/13 **NOAH BOWER**, son of Pat Bower Cooley
5/13 **NOAH STERN**, son of Barbara Samuels & Nicholas Stern
5/13 **RORY STAUNTON**, son of Orlaith & Ciaran Staunton
5/16 **ALIYAH RABSATT**, daughter of Patricia Rabsatt
5/16 **JUSTIN ALMON**, brother of Kristina Adam
5/16 **KHALID ALBABA**, son of Kerri Albaba
5/17 **ARTHUR KOZLOVSKI**, son of Anna Murzhenko, brother of Kristina Kozlovski

5/17 **LYDIA WOOD**, daughter of Matt Wood
5/17 **PATRICE WALKER**, daughter of Mazrene Holmes
5/17 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight
5/18 **ABIGAIL BURG**, daughter of Jean & David Burg
5/18 **ALESSIA MORRONE**, daughter of Amy Morrone
5/18 **EDDIE WALSH**, twin brother of Tricia Walsh
5/18 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo
5/19 **BENJAMIN RACCALE**, son of Sara Raccale
5/19 **CHRISTOPHER EISELE**, son of Kathleen & John Montoya
5/19 **DAVID YOOD**, son of Nora & Barry Yood
5/20 **DAN OSHINSKY**, brother of Julie Mintz
5/20 **DANNY VOLEN**, brother of Raizy Volen
5/21 **ALEX WITONSKY**, brother of Ava Witonsky
5/21 **SERYNA RODRIGUEZ**, daughter of Marilyn Castro
5/22 **BRIAN GEWIRTZ**, son of Kathleen & Steven Gewirtz
5/22 **CAITLIN SANDERS**, daughter of Veronica & Lamar Sanders
5/22 **ISABELLA CARROLL**, daughter of Doreen Carroll
5/22 **LINDA GIOVE**, daughter of Arlene Schechter
5/22 **NOAH REISMAN**, brother of Rachel Reisman
5/24 **ALEX HARRY SINGER**, son of Susan & Lewis Singer
5/24 **CHARLIE DENIHAN**, son of Barbara and Ben Denihan, brother of Krissy and Kate
5/24 **JULIETTE DICKSTEIN**, daughter of Gail Luria
5/25 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz
5/26 **AMANDA RUSSELL**, sister of Katie Turner
5/26 **JOSEPH ALINI**, son of Maria Rodriguez
5/27 **ROBERT ZIETEK**, brother of Barbara Zietek
5/27 **ZAIDA SANTIAGO**, daughter of Selena Santiago & Lewis Harbour
5/29 **LOUIS PEREZ**, son of Mercedes Tapia
5/29 **WILLIAM MAEROV**, son of Lance Maerov
5/30 **JON ROMULO**, son of Toccy Friend
5/30 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito
5/30 **OLIVIA PETRERA COHEN**, daughter of Nancy Petrera
5/30 **RICHEL BENANTI**, son of Monica Benanti
5/30 **TROY O. MYERS**, son of Claudette Hannibal
5/31 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino
5/31 **KOFI A. MENSAB JR.**, son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph.D
5/31 **T.J. CRAIG**, son of Tom Craig, brother of Mac Craig





OUR CHILDREN—LOVED AND REMEMBERED

MAY ANNIVERSARIES



5/1 **AUDREY NIBLO**, daughter of John Niblo
5/2 **BRADLEY KEITH BONGAR**, son of Beth Bongar
5/2 **CRYSTAL LAUZAU**, daughter of Gwyneth Hotaling
5/2 **JONATHAN JUSTIN RODRIGUEZ**, son of Gina Rodriguez,
grandson of Maggie Valentin
5/2 **MARLON LABOVITCH**, son of Hannah Labovitch
5/2 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert
5/3 **ISABELA ESPINOZA-THOMPSON**, daughter of Nayomi Espinoza
& Hopeton Thompson
5/3 **JOEY MASLIAH**, brother of Amanda Rockoff
5/4 **AVIVA LIPSKY-KARASZ**, daughter of Julia Zangwill & Daniel
Lipsky-Karas
5/4 **JAMIE ROBERTS**, son of Katelin Roberts
5/4 **ZACK KASNETZ**, brother of Alex Kasnetz
5/5 **ANDY FISHER**, son of Barbara Fisher
5/5 **JENNIFER BLANCHE BYRD**, daughter of Claudia Byrd
5/5 **JOE MCCLENAHAN**, brother of Michael McClenahan
5/5 **MATEO TASHMAN**, son of William Tashman
5/6 **CHRISTINE SCHLENDORF**, daughter of Karen Schlendorf
5/6 **MELISSA AVRIN**, sister of Andrew Avrin
5/6 **WILL TANG**, brother of Sandra Tang
5/7 **GER ANDLINGER**, daughter of Jeanne Andlinger
5/7 **KAMAAL C. KING**, son of Susan King
5/7 **PHILIP SULZER**, son of Barbara & Burton Sulzer, brother
of Lisa Sulzer
5/9 **BATHSHEBA KOHN**, daughter of Yoel Kohn
5/9 **BENJAMIN LEWIS KAPLAN**, son of Barbara Lewis Kaplan
5/9 **BRUCE WALES**, son of Fran Wales
5/10 **LOGAN GENTRY**, son of Christine Spiro
5/10 **MICHELLE GITTENS**, daughter of Lanise M. Ballard-Gittens
5/11 **MATTHEW BAUMEISTER**, son of Lynn & Mitch Baumeister
5/12 **ELIZABETH O'HARE**, sister of Christopher O'Hare
5/12 **GIRBUN LAO**, brother of Ithreum Brown
5/12 **MICHAEL FABI**, son of Donna Leder
5/12 **SOPHIA MELILLO**, daughter of Kristen Leigh
5/13 **OWEN MULLER**, son of Jane K. Muller
5/14 **CANDICE CHEN**, daughter of Belle Tung
5/14 **NORBI MORGENSTEIN**, daughter of Gary Morgenstein

5/15 **ROSE LIANG**, sister of Holly & Chue Liang
5/15 **RYAN THOMAS**, son of Jacqueline Thomas
5/16 **BENJAMIN HARTFORD**, son of Nora Madonick
5/18 **GRETA GREENE**, daughter of Stacy & Jayson Greene
5/18 **LAVONE SKY SANTANA**, son of Istrha Santana
5/18 **MAHLIK WILLIAMS**, son of Ramona Williams, brother of
Mekael Williams
5/18 **MICHAEL RAVEN**, son of Selma & Rob Raven
5/19 **ALESSIA MORRONE**, daughter of Amy Morrone
5/19 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus,
brother of Xiomara Gomez
5/19 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt
5/20 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes
5/20 **JEREMY RODRIGUEZ**, son of Wanda Marrero
5/21 **ADAM JACOBS**, son of Rick Jacobs
5/21 **IAN DINER**, son of Martin & Nicki Diner, brother of Paige Diner
5/22 **STEVE DAVOREN**, brother of Doug Davoren
5/22 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown
5/23 **ADRIAN V. ROSAS**, son of Alejandra & Adriano Rosas
5/23 **MILES ELLIOT COUGHLIN**, son of Fredricka Weinstein &
Matthew Coughlin, brother of Marla Tolson, uncle of Lena Tolson
5/24 **AMELIA (YANNIE) CORBETT**, sister of Sara Corbett
5/25 **JACK ROBERTS**, son of Joanne Wright
5/25 **JОВI RAMOS**, son of Desiree Ramos
5/25 **MICHAEL VINCENT ROSEN PIPITONE**, son of Alison Rosen
& David Hantman
5/26 **LISA DONOFRIO**, daughter of Christina Korteweg
5/27 **CRAIG MARTINEZ**, son of Louis Hampton Martinez
5/27 **EMMA GRACE KNOWLTON**, daughter of Samantha Knowlton
5/27 **ISAIAH VILLAFANA**, son of Camille Evans & Elijah Burgos
5/27 **JOEY HOLLIDAY**, son of Billy & Terry Holliday
5/27 **SARAH AKHTAR**, sister of Alafia Akhtar and Rahil Darbur
5/27 **TERRANCE RICHARDSON**, son of Theresa Richardson,
brother of Francina Branch Elysee
5/28 **HUMZA MALIK**, brother of Amani Malik
5/29 **MAMADON JOHNSON**, sister of Djassi Johnson
5/30 **CAMDYN JAYEL DUCKWORTH**, daughter of Tiffany Clark
5/31 **AMY ROSENBERG**, daughter of Carol Rebsch
5/31 **ANTONIO LAW**, son of Jacqueline Law





OUR CHILDREN—LOVED AND REMEMBERED

JUNE BIRTHDAYS



6/1 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge,
brother of Niasia Greenidge-James

6/1 **WILLIAM MONEN**, son of Nancy Monen

6/3 **JESSE VALENTINE**, son of Joanna Valentine

6/3 **KATHLEEN YANCHIS**, sister of Marybeth Bannon

6/4 **ADAM JACOBS**, son of Rick Jacobs

6/5 **JOHN COOPER JR.**, brother of Keith P. Cooper

6/5 **MAYA CZEPULKOWSKA**, daughter of Anna Klegon, sister of
Matt Klegon

6/6 **HOLLY OESTREICH**, daughter of Joyce Oestreich

6/6 **ZACH HOWELS**, brother of Matt Howels

6/7 **JOSETTE GIBBS**, daughter of Juanita Gibbs

6/9 **JOEY**, son of Shantel Morrison & Tamara Cantave

6/9 **RASHID WASHINGTON**, son of Chakaina Anderson

6/9 **TIMOTHY KOK**, brother of Tse Wei Kok

6/10 **BLAKE GARY**, daughter of Denyze Gary

6/10 **LOUIS DEDAJ**, brother of Victor Dedaj

6/10 **MARLON LABOVITCH**, son of Hannah Labovitch

6/10 **NOAH GLARPHAM**, son of David & Heather Kopp

6/10 **ORİYAH GRAY**, daughter of Chelsea Conklin

6/10 **TAYLOR HOLLOWAY**, brother of Brittany Holloway-Brown

6/11 **BENJAMIN GOURDJI**, son of Anna Gourdji

6/11 **RUSSELL GABAY**, brother of Lori Gabay

6/12 **EBONY N. JACKSON**, daughter of Diana Jackson, sister of
Aaron Jackson-Kent

6/13 **BRIAN QUINN**, son of Susan Quinn

6/14 **KHEMALI MURRAY**, daughter of Georgette Murray

6/14 **ORION DUMITRIU**, son of Winnie Yang

6/15 **AODHAN CUMISHEY**, daughter of Donal Cumishey

6/16 **JASON ZAINTZ**, son of Linda Zaintz

6/16 **SHAY DORRITIE**, son of Richard Dorritie

6/17 **REBECCA MOORE**, daughter of Debra Phillips

6/17 **URSULA PARSON**, daughter of Bernetta (Penny) Parson

6/17 **VICENTE EDUARDO**, son of Tomasina Eduardo

6/18 **CHANDI PYTOWSKI**, daughter of Rosanne Cosentino &
Bronek Pytowski

6/18 **JACK FREYTES**, son of Olga Lopez & Elvin Freytes

6/18 **JOSIAH BAAWUAH**, son of Porsha & Terry Baawuah

6/18 **JUDAH GUBBAY**, son of Marge Gubbay

6/18 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin

6/19 **RACHEL AUSTER**, daughter of Gail Auster

6/20 **PAUL FONGKIN**, brother of Desiree Brown

6/20 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn

6/21 **RALPH JOSEPH GONZALEZ**, son of Blanca Gonzalez

6/21 **WILLIAM EDWARD SHUBERT**, son of Irma E. Shubert

6/22 **CELINA PACHECO**, daughter of Evelyn Gonzalez

6/22 **JELANI CARTER**, son of Darlene Hoffman

6/23 **ANNETTE JOSEPH**, daughter of Era Joseph, sister of Jeannette

6/23 **JOE MCCLENAHAN**, brother of Michael McClenahan

6/23 **JOHN CORBETT**, brother of Sara Corbett

6/23 **PAUL WALKER**, son of Ellen Walker

6/24 **HUMZA MALIK**, brother of Amani Malik

6/25 **JASON R. CHIN**, son of China Chin

6/25 **SANDRA CHU**, Best friend of Emanuel Veras

6/26 **ALAN SOLITAR**, son of Susie & Bruce Solitar

6/26 **ANTHONY HELZER**, son of Donna Romer

6/28 **CIANNA L. ALEXANDER**, daughter of Rebecca Harper-Alexander

6/28 **JAMIE ROBERTS**, son of Katelin Roberts

6/28 **VIRGINIA JOHNSON**, sister of Angela Pistilli

6/29 **DAVID ZABLIDOWSKY**, son of Doris & Martin Zablidowsky

6/29 **JAVAN STEWART**, son of Omarr & Ursula Stewart

6/29 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell,
brother of Kristopher & the late Kevin Mitchell

6/30 **CAROLINE MASON**, daughter of Rachel Mason

6/30 **IAN BYSTOCK**, son of Marc Bystock

6/30 **JORGIE PEREZ**, sister of Janeisy Perez

6/30 **LINDA MARQUEZ**, daughter of Hilda Mendoza

6/30 **SAVANNAH WIGGINS**, daughter of Dolores Wiggins



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.



OUR CHILDREN—LOVED AND REMEMBERED

JUNE ANNIVERSARIES



6/1 **LOUIS PEREZ**, son of Mercedes Tapia

6/1 **WILFRED DELVALLE**, son of Carmen DelValle, brother of Judy DelValle

6/2 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.

6/2 **WILLIAM MAEROV**, son of Lance Maerov

6/3 **ISABELLA PALMER**, daughter of Alan & Meghan Palmer

6/4 **SACHA REID KANTOR**, son of Kathy Landau & Michael Kantor

6/6 **JOCELYN REED**, daughter of Cynthia Powell

6/7 **ANDREW MARTIN ARNOLD**, brother of Barbara Arnold

6/7 **BLAKELY RUSSELL KAY**, daughter of Barbara Russell

6/7 **VIRGINIA JOHNSON**, sister of Angela Pistilli

6/9 **HARVEY STERMER**, brother of Carol Lee Stermer-Aulicino

6/9 **JENNIFER CARGILL**, daughter of Virginia Crosby

6/9 **STEVEN SCHWARTZ**, son of Ellen Schwartz

6/10 **BRYAN KELLY**, son of Sean Kelly

6/10 **DAVID GIBBS**, son of Ann Gibbs

6/10 **MIKE CHARY**, brother of EllaRose Chary

6/10 **REBECCA MOORE**, daughter of Debra Phillips

6/10 **SCOTT LACROIX**, brother of Kendra Lacroix

6/10 **ZIGGY MARTINEZ**, daughter of Sally Tucker

6/11 **BRENDAN CLAVIN**, son of Nancy Hamma

6/12 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner

6/12 **FRANK UNTENER**, son of Barbara Chase

6/12 **LUIS A. GARCIA**, son of Tania Germes

6/12 **PATRICK CESARIO**, son of Sharon Cesario, brother of Frank Cesario

6/13 **STEFANO AGOSTINELLI**, son of Pascale Agostinelli

6/14 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey

6/15 **CHRISTOPHER ROMINE**, brother of Jennifer Romine

6/15 **NEILL PERRI**, son of Maddie & Cliff Kasden

6/15 **PIERRE MCALOON**, son of Peggy McAloon

6/16 **BRIAN GOLDBERG**, son of Gloria & Arthur Goldberg

6/16 **JOSH GROSSE**, son of Susan Grosse

6/16 **MALCOLM LIVESEY**, son of Katey Bernard, brother of Gigi Livesey

6/18 **BLAKE GARY**, daughter of Denyze Gary

6/18 **LISA WEINER**, sister of Abby Moller

6/20 **AARON BENVENISTE**, grandson of Susan & Richard Rosenbluth

6/20 **ALEX KNEPPER**, son of Lisa & Emanuel Psychojos

6/20 **JAKE MAJER**, grandson of Linda Reed

6/21 **MARIA**, daughter of Gigi Semone

6/22 **KAREN CASBAY**, sister of Laura Reissman

6/23 **ANDRE AMES**, son of Jacqueline Jackson

6/23 **GERRI SHIMMIN**, sister of Marybeth Bannon

6/23 **ROBERT WILLIAMS JR.**, son of Kimberly Hatwood

6/24 **PETER TRAKIS**, son of Dolores & John Trakis

6/26 **CAMERON NICHOLLS**, son of Stephanie Moore Nicholls

6/26 **JULIETTE DICKSTEIN**, daughter of Gail Luria

6/27 **ANJELINA PATRICE WILLS**, granddaughter of Patricia Tyler-Owens

6/27 **BETTY DIBIASO**, daughter of Susan Carty

6/27 **JAQUELINE AHERN**, niece of Nan Ahern

6/27 **JASON MARKS**, son of Helena Marks

6/28 **ANTONIA DALEY**, granddaughter of Linda Daley

6/28 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor

6/30 **DAVID PICARD**, son of Darlene Picard

6/30 **KAREEM EDWARDS-MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kevin Mitchell

6/30 **MITCHELL WALKER**, son of Fountain Walker



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.

THE COMPASSIONATE FRIENDS CHAT SCHEDULE. Click here to display exact times and to see entire schedule				The Compassionate Friends National Office 48660 Pontiac Trail #930808, Wixom, MI 48393 Toll Free (877) 969-0010 www.compassionatefriends.org email:nationaloffice@compassionatefriends.org
ET	MORNING	EARLIER EVENING	LATER EVENING	
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	WE NEED NOT WALK ALONE TCF Online National Magazine Click here for Information
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	MARK YOUR CALENDARS! Our next Chapter meetings are the 3rd Tuesday of each month: MAY 20 JUN 17 JUL 22 AUG 19
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	Newsletter article submissions are welcome. Please email to marielevine2@verizon.net
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	MAKE A DONATION Click here to Donate to the Manhattan Chapter

OUR COMPASSIONATE FRIENDLY NEIGHBORS

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

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 Stepchild](#)
[TCF – Loss of an Only Child/All Your Children](#)
[TCF – Multiple Losses](#)
[TCF – Daughterless Mothers](#)
[TCF – Men in Grief](#)
[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)
[TCF – Bereaved Parents with Grandchild Visitation Issues](#)
[TCF – Loss to Miscarriage or Stillbirth](#)
[TCF – Infant and Toddler Loss](#)
[TCF – Loss of a Child 4 -12 Years Old](#)
[TCF – Loss of a Child 13-19 Years Old](#)
[TCF – Loss of an Adult Child](#)
[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss of a Grandchild](#)
[TCF – Grandparents Raising their Grandchildren](#)
[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)
[TCF – Loss to Long-term Illness](#)
[TCF – Loss to Cancer](#)
[TCF – Loss After Withdrawing Life Support](#)
[TCF – Loss to Mental Illness](#)
[TCF – Sudden Death](#)
[TCF – Loss to Suicide](#)
[TCF – Loss to Homicide](#)
[TCF – Loss to Substance Related Causes](#)
[TCF – Loss to a Drunk/Impaired Driver](#)
[TCF – Grieving with Faith and Hope](#)
[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](#)