



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

**Our next meetings...**  
 Nov 15  
 Dec 20  
 \* Dec 11 Candle Lighting  
 Jan 17

**Manhattan Chapter Newsletter** **November 2022**

**Telling Time...**

We're about to turn the clocks back. But only one hour. I think, if only I could really turn the clock back. Like Superman, when Lois Lane gets killed. I think that now, more than any other time in my life, I am constantly reminded of time. How much I've lost, how little I seem to have left.

It's holiday time. As I write, Halloween is days away. By the time you are reading this Thanksgiving will be days away. And then, the roller coaster ride to Christmas, Chanukah and another New Year.

I am still brought short each day with the realization that I am moving on through time but Peter is not. At each new meeting I am brought back face to face with the haunting specter of raw, inconsolable, indescribable grief and disbelief. As each newly bereaved parent finds us, I meet myself again and again. And I am once again introduced to the effects of time.

In the beginning time stood still. From the moment I learned of Peter's death, and for months after, it seemed as if time had simply stopped. There were days, when lost in a reverie of disbelief, I would suddenly "come to" to discover hours had passed. When I did finally go out of my house alone, I would be startled to find it had taken me hours to get only a short distance from my house. Where did that time go?

At the end of my first year of grieving, I often felt as though people expected me to be pretty far along towards healing. My anger and resentment began then, when I realized that time had nothing to do with grieving. A friend, coming to her son's second anniversary tells me her employer of more than 20 years is pressuring her to go back on a full time schedule at work. She's told by this

(con't on page 2)

**Thanksgiving... a time of meditation**

Thanksgiving...a time of meditation and thankfulness. Thanksgiving – a time of bitter pain and haunting memories for many bereaved parents. "How will we cope with the holidays?" How will we survive this happy time?" "What is there to be thankful for?"

These questions toss upon our souls at times, at the very dark times, and taunt us with doubt and fear. Fighting the creeping bitterness, we wait and long for the days of January.

As the years pass however, the holidays are no longer tinged with horror and emptiness. As the acceptance of the death settles in our hearts, the holiday smiles become more genuine. At least some of the warmth can return.

But for parents who have only recently (and recently can encompass months or years) suffered the death of a child, the holidays are bleak indeed.

Perhaps the most important thing to remember is that dependency and sorrow at this time of year are normal. What else could be expected of a grieving parent? Joy? Laughter? A sense of overwhelming love and our outstretched arms? No... never.

What can we do.....

We can refrain from demanding too much of ourselves. We can recognize that at this point, we are emotionally exhausted; we are lonely, and we are sad. Maybe we are also angry, guilty and/or bitter. The feelings that arrive with the beginning of a holiday season without our beloved sons and daughters are not to be ignored or pushed into the corners of our hearts.

By recognizing all of this, we can say "no" to situations or people, even loved friends, who will create more pain. We can cry, silently or loudly, without shame. We can long for the essence of our children and remember them with love.

(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 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

TCF MANHATTAN CHAPTER email: [tcfmanhattan@gmail.com](mailto:tcfmanhattan@gmail.com)  
 TCF MANHATTAN website: [www.compassionatefriends.nyc](http://www.compassionatefriends.nyc)  
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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month  
**WE MEET USING ZOOM AT 7:00pm—sign on at 6:45pm**  
 As soon as possible, we hope to return in person to the  
 Fifth Avenue Presbyterian Church  
 55th Street and Fifth Ave (enter at 7 West 55th St.

*The Compassionate Friends is a mutual assistance self-help organization offering friendship and understanding to bereaved parents, grandparents and siblings. We are a group seeking support in our grief or are able to give it. Among us your religion, your race, your politics, your job or social standing are not important. We care about your grief—the tragedy that each of us have shared—and how we can grow through it, not back to the person we were, but to the person we can become.*

## Telling Time...

(con't from page 1)

30 year old, unmarried, childless manager, that "two years should be enough. Time to get back on track". Another friend, sixteen years into her grieving, is startled almost every day when she realizes that in another year, she'll have missed her daughter longer than she had her alive.

A dear, dear friend of mine, a gal I worked with many years ago and who I used to refer to as "the daughter I never had", had a little girl years ago. She was born the day after Peter was killed. Today, at 29, she represents all of time to me. She is the measure of all I have lost. As well as what I've gained.

But it is the chronic, constant reminder of time itself that comes with this territory. Every month brings another marker...a birthday, anniversary, holiday...the first, the second, the third...When do we stop counting? I suppose in the next millennium. Meanwhile, we continue to mark the times of our lives. Always with the names, the love and the memories of our beloved children, more remembered than ever. At this, the holiday-est time of the year, I wish you all a peaceful time, all season.

## Marie Levine

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## Thanksgiving... a time of meditation (con't from page 1)

The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But, if we allow ourselves the freedom of grief and sorrow, we also open the paths to new happiness and new hopes and new dreams.

And the child who was a part of us will live in our memories and our hearts! I recently read a child's book about beginnings and endings, depicting how days don't end but night begins; autumn marks the beginning of winter and leaves fall from the trees to the ground and feed the earth for new life. Death is a final ending to life on earth. For bereaved parents however, who suffer the pain, the tragedy, the terrible doubts, the ending of a life can be the beginning of new feelings as new understanding and hopefully new compassion. But first we need to follow the instincts of our souls, and allow our bodies and our hearts to grieve.

~TCF, Terre Haute, IN

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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"

## The First Thanksgiving

Today is Thanksgiving Lord,  
and I don't know what to say.  
On June 15<sup>th</sup> of this fractured year,  
you took my son away.  
Why should I be giving thanks?  
It makes no sense to pray.  
If you were listening to my prayers  
you would have let him stay.

I have wonderful friends and relatives Lord,  
still, it's very tough.  
I love each and every one of them,  
and yet, it's not enough.  
The pain is unbelievable.  
It cuts right through my soul.  
Although my family helps me cope,  
We are no longer whole.

Could you send a sign Lord,  
That heaven does exist?  
Is my child in a better place,  
not cursed by you, but kissed?  
If I could give thanks once again,  
if I knew he was safe and well,  
and in spite of the hole in my broken heart,  
survive this endless hell.

~**Madelaine Perri Kasden**, TCF, Manhattan  
*In memory of her beloved son, **Neill Perri***

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## ...from Healing after loss by Marsha Whitmore Hickman

*"there is no way out, only a way forward"*

~ Michael Hollings

"Is there no relief from this wound?" we wonder. "Is there no where I can go to turn aside, to get away?". What we would like to do, often, is to go back. Go back before the accident. Go back before the illness. But that world no longer exists. Our grief experience is a watershed and it has cut us off forever from that world that now seems so simple and almost idyllic (though we know better) – the life we knew with our loved one, the life Before This Happened.

Still, we keep trying, remembering, wishing until the thought pattern is established in our brain: this is your world now; this is what your life is like. Convinced, bit by bit, we begin to go forward – into a new sense of time and relationships, including a new relationship with the one who has died, a new relationship with ourselves.

Our other available choice is to stand still, and we may try it for a while. But we know we will turn to stone if we let that happen. No, we must keep moving, and in the only direction that is open to us – forward. Forward into a new land, into unknown adventure, unknown territory. I stand at the threshold of new life. What will I do? I can stand still. Or I can go forward. These are my choices.

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# Worldwide Candle Lighting

Sunday, December 11th, 2022

## Worldwide Candle Lighting Event In Manhattan

Plan to sign in beginning at 6:00PM

**Our event for 2022 may be virtual on Zoom. It will be best viewed on a computer screen.**

### The Compassionate Friends - Worldwide Candle Lighting



***We remember... that their light will always shine.***

***\* Remember - if in person...be sure to bring a framed photo of your loved one to be displayed in the ballroom during the evening.***

**Important - take note!**

***There will be an ongoing slideshow of all our children...***

**To include your loved one in this beautiful memorial, please email your photos by DECEMBER 8TH to:**

**[photosmtcf@gmail.com](mailto:photosmtcf@gmail.com)**

We suggest you send two photos - a young, "sunrise" photo and a "sunset" more recent photo.

Be sure to indicate your child's **full name exactly as you wish it to appear!**

**(If you had photos in last year's slideshow, just request to use the same photos for 2022)**

## Gifts of Love

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

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

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

### **Making a contribution –**

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

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

## Recommended reading...

- ◆ The Bereaved Parent by Harriet Sarnoff
- ◆ First You Die by Marie Levine
- ◆ Talking to Heaven by James Van Praagh

⇒ 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 help 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.

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## 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

## OUTSIDE HIS BEDROOM DOOR

I look into his private world,  
Outside his bedroom door.  
A place where he once laughed and lived,  
a place he lives no more.

The friends who came to visit,  
the bed where he did seep...  
tears begin to cloud my eyes,  
I stand as I do weep.

The desk where he did his homework,  
the clothes that he did wear,  
his life that he was living  
without a single care.

Some pictures that were special,  
a girlfriend's secret note.  
His television he did watch,  
on the table, his remote.

His hats sit on a rack now,  
his helmet from his bike...  
the memories are painful.  
A life I do not like.

His cologne no longer lingers  
as it did once in our home.  
Visions of him by my side  
but I just stand alone.

His pillow and his blanket  
still sit upon his bed.  
Waiting for him to come home,  
lie down and place his head.

How I long for him to be here  
in the safety of his room.  
Nothing to ever harm him.  
Our lives could then resume.

I look into his private world  
outside his bedroom door.  
A place where he once laughed and lived.  
A place he lives no more

~~Lyndie Sorenson,  
*in memory of her brother Joey Sorenson*

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**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](#)

## My First Five Years As An Only Child

I've been without my brother for five years. I guess the hard part is over now. Sometimes I think I have aged thirty years in the past five. In a strange way, these past five years have been the best and worst years of my life. I have accomplished the many things of a typical young adult; learning to drive, graduating from high school, going to college, and starting a career.

In these five years, although I have learned to accept that he is not coming back, the difficult part is dealing with it day by day.

My relationship with George ended just when we started to become friends. The childish fights and other annoyances of having a big brother were changing to real conversations and to having an occasional ally. I am angry about all the things that we have missed and all the things that will never be, and I guess I always will be. Five years heals a lot of wounds, but the hurt will always be there, no matter how many years pass.

In these past five years have been forced to grow up too fast. I have been forced into a new outlook on life. I have felt lonely and alone. I now realize that I will never be the same person as before. Maybe I am a better person because of what I have been through. Five years ago I never thought I would survive, but I am still here dealing with it every day. I don't know what the next five years will bring, but at least I have made it this far.

~ **Kristin Steiner**, *TCF Staten Island*

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## 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.*

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OUR CHILDREN—LOVED AND REMEMBERED



NOVEMBER BIRTHDAYS

- 11/1 **BRETT DOUGLAS**, brother of Danielle Monaco
- 11/1 **FLORENCE FRAZER**, sister of Harri Molese
- 11/1 **LIAM ARDEN**, son of Esther & Patrick Arden
- 11/1 **OLIVIA LAURA CASTRO**, daughter of Gigi & Robert Castro
- 11/2 **STEVEN SCHWARTZ**, son of Ellen Schwartz
- 11/2 **TERESA MILLER-D'ALESSANDRO**, daughter of Mariana & Bob Miller-D'Alessandro
- 11/2 **TY PICKETT**, son of Jan Pickett
- 11/3 **NICK CARIS**, son of Konstantina Caris
- 11/4 **ASHLEE D. BLAKE GUTIERREZ**, daughter of Marlene & Francisco Guttierrez
- 11/4 **DMITRI PAJITNOV**, son of Nina Pajitnova
- 11/4 **KEVIN MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell
- 11/5 **PAULA VOLEN**, daughter of Raizy Volen
- 11/5 **ROSE MAYR**, sister of Anna Mayr
- 11/6 **BENJAMIN ZWEIG**, son of Sally Petrick & Daniel Zweig
- 11/7 **KELLI ANNE AULETTA**, daughter of Dick & Mary Auletta, sister of Kimberlee
- 11/7 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor
- 11/7 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt
- 11/7 **MILO KESSLER**, son of Alana Fishberg & Daryl Kessler
- 11/7 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.
- 11/8 **ADAM WEINER**, son of Susan Weiner
- 11/8 **TEVIN A. HAMPTON**, son of Patricia Lilly
- 11/9 **AIMEE GANDOUR**, sister of Molly Gandour
- 11/9 **CHRISTOPHER ROTH**, brother of Stephanie Roth
- 11/9 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch
- 11/9 **MICHAEL RAMIREZ**, son of Michele Cennamo
- 11/9 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin
- 11/10 **DONNA MALIZIS**, daughter of Agata Malizis
- 11/10 **MATTHEW GORDON**, brother of Elizabeth Stilwell
- 11/10 **MAX JACOBSON**, son of Terry & Hugh Jacobson
- 11/11 **CONNOR LEE-KAWANISHI**, son of Choony Lee
- 11/12 **BURTON SANDLES**, son of Ina Sandles
- 11/12 **HENRY JAY**, brother of Daniel Jay
- 11/12 **YIANNIS STATHOPOULOS**, son of Kathleen Negri Stathopoulos
- 11/13 **THOMAS J. MANNO**, son of Elizabeth M. Davey
- 11/14 **CATHERINE CORENU**, daughter of Carrie Tuhy
- 11/15 **AARON HOROWITZ**, son of Allan & Liz Horwitz
- 11/15 **DYLAN RANDALL**, son of Yenia & Robert Randall

- 11/15 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber
- 11/17 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of Vironika
- 11/17 **KATHLEEN BEAMER**, sister of Laura Beamer
- 11/17 **LINCOLN WHEELER-POWELL**, son of John Powell & Britta Wheeler
- 11/17 **LYLA SKYE MEDICI**, daughter of Mimi Delle Donne, sister of Meghan Matias
- 11/17 **TREVOR LOUGHLIN**, son of Suzy & Joe Loughlin, brother of Juliette Loughlin
- 11/18 **JAMILA IRONS-JOHNSON**, daughter of Jeannine Irons
- 11/19 **CRAIG MARTINEZ**, son of Louis Hampton Martinez
- 11/19 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams
- 11/20 **DAVID LESSER**, brother of Debbie Lesser
- 11/20 **JEFFREY CARTER**, son of Linda Carter
- 11/21 **JACK ROBERTS**, son of Joanne Wright
- 11/22 **NICHOA WALKER**, daughter of Mazrene Holmes
- 11/23 **INSANN LAWLOR**, son of Serena Bhaduri
- 11/23 **JENNA HERNAN**, daughter of Maria Hernan
- 11/23 **TERRANCE RICHARDSON**, son of Theresa Richardson, brother of Francina Branch Elysee
- 11/24 **ARTHUR DUDIN**, son of Stan & Irina Dudin
- 11/24 **ERIK BANKS**, son of Laurene Buckley
- 11/26 **ALEXANDER MAXWELL**, son of Deanna & Kent Grant
- 11/26 **CLARISSA JACKSON**, sister of Jillian Jackson
- 11/26 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson
- 11/26 **NOEL AMELLIO**, son of Margaret M. Amellio
- 11/27 **CASEY ACKERMAN**, son of Melissa and Hal Ackerman
- 11/27 **DANIELLE HYMOWITZ**, daughter of Karen Hymowitz
- 11/27 **ISABEL XIE**, baby daughter of Denise Chow & Wayne Xie
- 11/27 **KEVIN DEL ROSARIO**, son of Annaliza del Rosario
- 11/27 **LUCAS SCOTT**, brother of Erin Scott
- 11/27 **RED LAYNE**, daughter of Greg & Trillich Layne
- 11/28 **ALAN ROSENTHAL**, son of Lynne Rosenthal
- 11/28 **GABRIEL ROCCOFORTE**, son of Judith Weiss
- 11/28 **SEAN COYLE**, brother of Krista Coyle
- 11/28 **VYLETTE MOON**, daughter of Jackie Hakiki
- 11/29 **EVAN FRIEDLANDER**, son of Kathy Friedlander
- 11/29 **MAMADON JOHNSON**, sister of Djassi Johnson
- 11/29 **STEVE DAVOREN**, brother of Doug Davoren
- 11/29 **TREVOR MATTHEWS**, son of Angela Matthews





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



- 11/1 **JUSTIN CRAIG LEDERMAN**, son of Ruth Lederman
- 11/1 **MATT BEHAN**, brother of Chris Behan
- 11/1 **OLIVIA LAURA CASTRO**, daughter of Gigi & Robert Castro
- 11/1 **SHANEIREE DAMES**, daughter of Vivian Richardson
- 11/1 **SKYLER CAGHLIN**, son of Seana Caghlin, brother of Cassandra Richardson
- 11/2 **JASON ZAINTZ**, son of Linda Zaintz
- 11/2 **KRISTEN DUBERRY**, daughter of Michael Duberry
- 11/3 **VISHAL TUNGARE**, brother of Ajay Tungare
- 11/4 **ILIA KRASOTINA**, sister of Sofiya Krasotina
- 11/4 **PARIS CAVIC**, sister of Mel Cavic
- 11/4 **SETH KAHN**, son of Debbie & Harold Kahn
- 11/5 **CASSIE WILSON**, sister of Kaylie Wilson
- 11/5 **GAVIN PESKIN**, son of Leah Peskin
- 11/5 **RACHEL AUSTER**, daughter of Gail Auster
- 11/6 **DAVID LESSER**, brother of Debbie Lesser
- 11/6 **RUSSELL GABAY**, brother of Lori Gabay
- 11/8 **JAMES GIBBON**, son of James (Jimie) Gibbon
- 11/9 **ALI SEEDAT**, daughter of Deborah McKinzie
- 11/9 **QUINDORA PERSUAD**, daughter of Maria Cabassa
- 11/10 **PARKER KOLTCHAK**, son of Deb Capone
- 11/10 **STEVEN HOUTERMAN**, son of Awilda Rodriguez Houterman
- 11/11 **BRENDA CHAPMAN**, daughter of Della Scrugs
- 11/11 **LINDA GIOVE**, daughter of Arlene Schechter
- 11/11 **MYLES CHANDLER**, son of Marcia Chandler
- 11/12 **JON ROMULO**, son of Tocy Friend
- 11/13 **HENRY JAY**, brother of Daniel Jay
- 11/13 **MICHAEL AARONSON**, son of Dorothy Aaronson, brother of Robert Aaronson
- 11/13 **ROBERT CABALES**, son of Susan Cabaales

- 11/14 **VICENTE EDUARDO**, son of Tomasina Eduardo
- 11/16 **JAY SCHNEIDER**, son of Bonnie Bowes
- 11/17 **DYLAN LAKER**, son of Claudette Kraus & Robert Laker
- 11/17 **JASON ELLIS**, son of Michael Ellis
- 11/17 **MATTHEW NOVAK**, son of Clare Hogan
- 11/17 **SYDNEY MARTINEZ**, daughter of Fabiola Bello & Alex Martinez
- 11/18 **CHRISTOPHER MEYER**, brother of Kimberly Meyer
- 11/18 **KIERNAN BLAKER**, brother of Darby Blaker
- 11/20 **"SPROUT" WILSON**, son of Elizabeth Minei
- 11/20 **NOEL AMELLIO**, son of Margaret M. Amellio
- 11/20 **RORY DAZE CHONG**, son of Pam Chong
- 11/21 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis
- 11/21 **KATHLEEN BEAMER**, sister of Laura Beamer
- 11/22 **AMIR PRIZANT**, brother of Ayelet Prizant
- 11/22 **ETHAN WASSERBERGER**, son of Simon & Cynthia Wasserberger
- 11/24 **CHRISTOPHER EISELE**, son of Kathleen & John Montoya
- 11/24 **PATRICE WALKER**, daughter of Mazrene Holmes
- 11/25 **JESSICA REVELEY**, sister of Britt Bonney
- 11/26 **ALEX REY**, son of Alex and Myrna Rey, brother of Amanda Rey
- 11/26 **DR. AMY BETH ROSEN**, daughter of Helen Rosen
- 11/28 **RUBY MANE**, daughter of Mohasin Mane
- 11/29 **BRONWEN PRADT**, daughter of Katherine Pradt
- 11/29 **KHALIL KNOWLEDGE SMITH**, son of Malazha Wright
- 11/29 **KOFI A. MENSAH JR.**, son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph. D
- 11/30 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho
- 11/30 **JAMES PATRICK (JIMMY) SINISI**, son of Ann Marie Sinisi
- 11/30 **JESSE VALENTINE**, son of Joanna Valentine
- 11/30 **LYDIA WOOD**, daughter of Matt Wood
- 11/30 **SHIMMER HALL**, daughter of Janine James



**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.

Dan Zweig



## OUR CHILDREN—LOVED AND REMEMBERED



### DECEMBER BIRTHDAYS

12/1 **CASSIE WILSON**, sister of Kaylie Wilson  
 12/1 **GLEN FRASER**, son of James Fraser  
 12/1 **ROBERT GOODEN**, son of Tonya & Frank Gooden  
 12/2 **FORREST RYZY-RYSKI**, brother of Sophia Rzyz-Ryski  
 12/2 **JANIE GONG**, daughter of Alan & Daisy Gong  
 12/2 **JENNIFER CARGILL**, daughter of Virginia Crosby  
 12/3 **PAULINE FUCHS**, daughter of Carolin Fuchs & Rene Groth  
 12/3 **YVONNE BURDEN**, sister of Crystal Burden  
 12/4 **JESSE ARATOW**, son of Susanna Hoffman  
 12/4 **MEGAN YODER**, sister of Kyle Yoder  
 12/4 **SETH KAHN**, son of Debbie & Harold Kahn  
 12/5 **GLENN SPELLER JR.**, son of Glenn Speller Sr.  
 12/5 **MEGAN SMITH**, daughter of Ann Smith  
 12/6 **AARON BENVENISTE**, grandson of Susan & Richard Rosenbluth  
 12/6 **DESIRA (Desi) PACUK**, sister of Nikkie Pacuk  
 12/6 **YEHUDA MILSTEIN**, son of Edith Bayne, brother of Ilana Milstein  
 12/7 **JOHN BARNES**, son of Hana Barnes  
 12/7 **RYAN THOMAS**, son of Jacqueline Thomas  
 12/8 **SAMMY COHEN ECKSTEIN**, son of Amy Cohen & Gary Eckstein  
 12/10 **JONAH HENIG**, son of Abby Henig  
 12/11 **JAMES PATRICK (Jimmy) SINISI**, son of AnneMarie Sinisi  
 12/11 **MIKE CHARY**, brother of EllaRose Chary  
 12/13 **CAMDYN JAYEL DUCKWORTH**, daughter of Tiffany Clark  
 12/14 **AMELIA (Yannie) CORBETT**, sister of Sara Corbett  
 12/14 **DUSTIN TUNICK**, son of Jenifer Kelly  
 12/14 **DYLAN BISCH**, son of Eileen Eck  
 12/14 **LISA WEINER**, sister of Abby Moller  
 12/14 **MATTHEW SADI**, son of Sheri & Tzuri Sadi  
 12/14 **MICHAEL MOUSSA**, son of Mariam Moussa  
 12/15 **BRANDON MYERS**, brother of Rachel Myers  
 12/15 **HAYLEE LABBAN**, daughter of Penelope Coward

12/15 **THOMAS ROBERTS**, brother of Victoria Roberts-Wierbowski  
 12/16 **MICHELLE GITTENS**, daughter of Lenise Ballard-Gittens  
 12/16 **WILFRED DeIVALLE**, son of Carmen DelValle, brother of Judy DelValle  
 12/17 **JAMES MONTGOMERY**, son of Denise Montgomery  
 12/17 **RICKY BATASHOFF**, brother of Dana Stein  
 12/17 **STEFAN PAKULSKI**, brother of Marek Pakulski  
 12/18 **DAVID GLASS**, son of Jack & Laura Glass  
 12/18 **ZIGGY MARTINEZ**, son of Sally Tucker  
 12/20 **DANIEL O'NEILL TOLEDO**, son of Kathleen O'Neill  
 12/20 **EUGENE BONACCI**, brother of Meredith Bonacci  
 12/21 **DAVID ALEXANDER**, brother of Farah Alexander  
 12/21 **MELISSA AVRIN**, sister of Andrew Avrin  
 12/22 **MATT BEHAN**, brother of Chris Behan  
 12/23 **JON MICHAEL CAMINITI**, son of Charles & Linda Caminiti, brother of Jacqueline Caminiti  
 12/26 **ETHAN WASSERBERGER**, son of Simon & Cynthia Wasserberger  
 12/26 **OWEN MULLER** son of Jane K. Muller  
 12/27 **NORBI MORGENSTEIN**, son of Gary Morgenstein  
 12/28 **SCOTT LACROIX**, brother of Kendra Lacroix  
 12/29 **ARTURO LAULO**, brother of Luz Laulo  
 12/29 **CALEB SANDE**, grandson of Renee & Hervey Sande  
 12/29 **NASIR NEWSOME**, son of Sharhon Newsome  
 12/29 **VALDING DURAN**, son of Milagros Bueno  
 12/30 **MICHAEL McGOVERN**, son of Harri Molese  
 12/31 **JOEY HOLLIDAY**, son of Billy & Terry Holliday  
 12/31 **ROBERT WILLIAMS JR.**, son of Kimberly Hatwood  
 12/31 **RUSSELL FERBER**, son of David Ferber & Dorothy Jordon, brother of Jordon Ferber  
 12/31 **WILLIE GWATHMEY**, brother of Katie Gwathmey



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Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED



DECEMBER ANNIVERSARIES

- 12/2 **JONATHAN MOORE**, son of Ron & Ronnie Moore
- 12/2 **SAVANNAH WIGGINS**, daughter of Dolores Wiggins
- 12/2 **SUZANNE ZHOU**, sister of Susan Zhou
- 12/2 **ZOIE BENNETT**, daughter of Zachary Bennett
- 12/3 **HENRY SZOR**, son of Eva Grin
- 12/3 **VYLETTE MOON**, daughter of Jackie Hakiki
- 12/4 **ROBERT PATRICK JENKINS**, son of Barbara Jenkins, brother of Cheryl
- 12/6 **ALEX HARRY SINGER**, son of Susan & Lewis Singer
- 12/6 **DYLAN JOSEPH MAIDA**, son of Lisa Burns & Sal Maida
- 12/8 **DYLAN RANDALL**, son of Yenya & Robert Randall
- 12/8 **JADEN MAXWELL THOMAS**, son of Louise Thomas, brother of Tanya
- 12/9 **AREIS GORDON**, son of Joselyn Gordon
- 12/9 **SHONEN CHAMBERS**, brother of Tiffani Chambers
- 12/10 **CHRISTOPHER ROTH**, brother of Stephanie Roth
- 12/10 **JOHN HULWIYA**, brother of Vanessa Hulwiya
- 12/10 **ZUNILDE (ZUNNY) MARTE**, daughter of Victor Marte
- 12/11 **HARRY GANDEL**, grandson of Karen & Meyer Gross
- 12/11 **JONAH HENIG**, son of Abby Henig
- 12/12 **CALLIE LONG**, daughter of Jackie Long
- 12/12 **CIANNA L. ALEXANDER**, daughter of Rebecca Harper-Alexander
- 12/12 **DANNY VOLEN**, brother of Raizy Volen
- 12/12 **PAULA VOLEN**, daughter of Raizy Volen
- 12/12 **SHANA DOWDESWELL**, daughter of Laurie & Roger Dowdeswell
- 12/13 **ALAN MYL** son of Joanne Myl
- 12/13 **AMBER ASHTON**, daughter of Tom & Eleanor Ashton
- 12/13 **GEORGE DAVID MARAS**, son of Marilyn Maras
- 12/14 **DANNY MAZRAANI**, brother of Mona Mazraani
- 12/14 **JIMMY ARMSTRONG**, brother of Siobhan Armstrong
- 12/15 **JEFFREY VANCHIRO**, son of Sylvester (Sly) Vanchiro
- 12/15 **JOSE SANFORD**, son of Yolanda Rosado Ortiz & Gloria Perez
- 12/16 **DARIA NORTON**, daughter of Charlotte Savino & Lee Norton
- 12/18 **ALEX BIBLER**, son of Lindsay Bibler

- 12/18 **ARON LINDELL**, son of Julie Lindell
- 12/18 **CHRISTOPHER DOMBROWSKI**, brother of William & Brianne Dombrowski
- 12/18 **DESTINI DOYLE**, daughter of Annette & Kendall Doyle
- 12/19 **JOSHUA ROBERT ESFORMES**, son of Susan Esformes, brother of Jacob
- 12/19 **JUSTIN ALMON** brother of Kristina Adam
- 12/19 **ROBERT RODRIGUEZ**, son of Caroline Linares
- 12/20 **TATE RAMSDEN**, brother of Ashley Ramsden
- 12/20 **TROY O. MEYERS** son of Claudette Hannibal
- 12/21 **BAYLIN CODDINGTON**, son of Debra F. Coddington
- 12/21 **JUDAH BRYNDAL**, son of Dusty & David Bryndal
- 12/22 **GREGORY ROTH**, brother of Stephanie Roth
- 12/22 **TODD C. FIORE**, son of Yvonne Fiore
- 12/23 **AMANDA RUSSELL**, sister of Katie Turner
- 12/23 **QUENTIN MUNDY**, son of Terri Mundy
- 12/24 **ADAM AZZOLI**, son of Amanda Azzoli
- 12/24 **DANIEL O'NEILL TOLEDO**, son of Kathleen O'Neill
- 12/24 **MONTE JONATHAN GOLLUB** son of Ellie Gollub
- 12/24 **RICHARD CONLEY**, son of Phyllis Conley
- 12/25 **CHARLIE SINISI**, son of Ann Marie Sinisi, brother of Kelly and Dawn and the late Jimmy Sinisi
- 12/25 **DAVID LANG BAREK**, son of Peggy Lang
- 12/25 **LILY, SARAH & GRACE BADGER**, daughters of Madonna Badger and Matt Badger
- 12/25 **ROBERT SULKOWSKI**, brother of Sarah Sulkowski
- 12/27 **SAIGIA BRON**, daughter of Florence Layayette
- 12/27 **SANDRA CHU**, Best friend of Emanuel Veras
- 12/27 **THOMAS ROBERTS**, brother of Victoria Roberts-Wierbowski
- 12/28 **ANDY PERSAUD**, son of Dennis Peraud, brother of Andrea Persaud
- 12/29 **PAULINE FUCHS**, daughter of Carolin Fuchs & Rene Groth
- 12/30 **KELLY ERIN GRAVES** daughter of Gail Graves
- 12/31 **LIAM ARDEN**, son of Esther and Patrick Arden



THE COMPASSIONATE FRIENDS CHAT SCHEDULE. <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 Parents/Grandparents/Siblings
TUE		Loss to Substance Related Causes First time CHAT orientation	Bereaved less than 2 yrs Bereaved more than 2 yrs
WED	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings
THU		No Surviving Children First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings
FRI	General Bereavement Parents/Grandparents/Siblings	Pregnancy/Infant Loss	General Bereavement Parents/Grandparents/Siblings
SAT			General Bereavement Parents/Grandparents/Siblings
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings

**The Compassionate Friends National Office**  
48660 Pontiac Trail #930808, Wixom, MI 48393  
Toll Free (877) 969-0010  
www.compassionatefriends.org  
email:nationaloffice@compassionatefriends.org

**WE NEED NOT WALK ALONE**  
**TCF Online National Magazine**  
[Click here for Information](#)

**MARK YOUR CALENDARS!**  
Our next Chapter meetings are  
the 3rd Tuesday of each month:  
**NOV 15 DEC 20 JAN 17 FEB 21**

**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](#)