



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...
 Oct 18
 Nov 15
 Dec 20
 * Dec 11 Candle Lighting

Manhattan Chapter Newsletter **October 2022**

Still here...

"...it is Peter who has made me what I am. I can't thank you enough for teaching me that Peter continues to be the biggest, most important part of my life. Thank you for letting me share him with you and thank you all for sharing your children with me. Everything I do today is because Peter lived. Thank you for giving me a place where I'll always be Peter's Mom."

With those words I accepted my Chapter Leadership Award at the TCF National Conference in California in 2012. I left the stage to many hoots and hollers and warm hugs all around. It was a really heartwarming moment for me. It's now been 29 years since I found TCF and it is amazing to me that I am still here, that I function as well as I do and that I continue to find joy in my life. All seemingly impossible outcomes so many years ago.

On this incredible journey, I've often written about where I've found myself along the way. In the early years I wrote about the pain, the longing, the need to matter, the hopelessness, the disappointment, the confusion, the despair – my personal experience. As the years went on, I discovered hope had returned in my writing, and many of my fellow travelers said they found validation there because they too were experiencing the same feelings I related in my columns.

I stopped feeling guilt about enjoying what I could of my life. I acknowledged that Peter would have wanted me to make the most of the time I have here. I discovered that his presence wasn't fading as I had feared in the beginning. He had instead, become the very reason I felt compelled to do so much of what I was doing.

Because Peter died, I discovered a pain that no one had
 (con't on page 2)

Why? – NOT!!!

We have just commemorated the fifth anniversary of the death of my son. A half a decade has passed since I have looked at David's face or heard his laugh. When I learned of his death, I did not think I could survive five minutes. Yet five years have come and gone, and I remain here. The sheer incomprehensibility, the absolute impossibility, the overwhelming irrationality of the fact that he is no longer part of my family is as puzzling now as it was all those seasons ago.

I think the tall, slim young man with the loosely tied, plaid scarf who is crossing my path is he. At night, while in that liminal space poised between sleep and wakefulness, he morphs before me, greeting me with his unique, crooked smile, telling me he is fine and that I worry too much. I read a book he would enjoy, and I am about to email it title to him. On his birthday, I am totally unhinged by a stubborn fantasy that I will be celebrating, not mourning. Can he really be dead? And can I still be imagining that he really is not, and am I having an especially long, harrowing nightmare that will eventually end?

I am older, sadder, but not wiser. Not that I don't try to discover some transcendent wisdom, find explanations, garner insight, cultivate a spiritual outlook. I just can't seem to wrap my head around the awfulness of my child's fate. This painful and (I know in my head but not my heart) pointless mulling is inevitably followed by my own rehashing of the past and how I might have been able to change the tragic course of events. The could have, would have, should and should not haves continue to haunt me.

The death of a child is not an unfortunate event, its impact fading over time. Perhaps the most unwelcome comment grieving parents hear is the surprised expressions by those who muse, *you're still not over it?* one, ten or twenty years after their loss. The truth is, that since my son died, he looms larger than life in my consciousness. I am always missing him, and the sense of

(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

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 TCF MANHATTAN website: www.compassionatefriends.nyc
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 Newsletter Editor: **Marie Levine** marielevine2@verizon.net

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.

Still here...

(con't from page 1)

ever been able to describe. It literally took my breath away. It changed everything I knew. It changed the way I saw the world. It changed my whole life. Surviving the loss of my precious only child changed who I am. Everything I thought I knew became unimportant. Learning how to breathe again – the very act of breathing – was the beginning of my new life. The sense of despair and hopelessness was so bewildering and inexplicable I was sure my mind had simply imploded.

I have never forgotten that early sensibility. And because the memory is so vivid, I cannot help but reach out to those who have come after me – reaching out, being there for the newly bereaved, figuring out how to let the unknowing learn about TCF and how hope lives here - those activities have been the most healing for me.

Though most travelers eventually learn to reinvent themselves and move on into their newly designed lives complete with the memories of their lost children – many of us choose to stay connected to The Compassionate Friends. And although I hesitate to confess to those who join a meeting for the first time, that I have been here for 29 years for fear of scaring them into proclaiming that they won't still be grieving after 29 years – I know ultimately they will learn that I am no longer grieving the loss of Peter, but acknowledging the impact he has had on my life.

Because of my affiliation with TCF, the support I've given and the support I have received, Peter is ever present in my life. The time spent with TCF is Peter time. Though he is physically gone, I am still here, keeping him present in a world that should have been his. That final stage of grief is internal and forever. And after all these years I'm surer than ever that it is Peter who continues to have the greatest effect on me – and one day, when we meet again, we're going to have so much to talk about!

Marie Levine

Why? – NOT!!!

(con't from page 1)

“missing-ness” has become part of my new and diminished identity. My emotional armor has been pierced, compromising my coping skills and leaving me vulnerable to mood swings. One minute I am numb and listless, the next, volatile and frenetic. I am prone to obsessive thinking, endlessly searching for a way to make sense of something that never will.

I have come to accept that I may not be able to stop unanswerable questions of cosmic injustice from sneaking into my psyche, but I also realize that I do not have to invite them in and feed them a meal. I can respond to these compulsive ruminations in the only way possible – ignore them. *Why?* they torment mercilessly. *Not!* I reply, ending the discussion before it begins.

Nora Yood, TCF, Manhattan

TUESDAYS

TUESDAYS AT 7:00PM

Access our regular Chapter website for the parent/sibling meetings, older newsletters, and activities.

www.compassionatefriends.nyc

Our children

Grief that lasts forever
Empty spaces everywhere
Holes in our hearts
They are missing gone
Painfully hard holidays
Empty seat at our tables
Life has to change and will become richer
In this deep place of love, joy will emerge
We'll love deeper still
Music is heard
Risks are taken
Courage is prayed for
Change we must
Life should be loved
We will become richer fuller vibrant
Light will return
Taking nothing for granted
Live with both joy and despair
Finally saying
Thank you to
Our sweet children
Our most precious gifts

~Patricia Vigorita, TCF, Manhattan

There Is No Word

*They call a man a widower
when he has lost his wife.
The woman is a widow
when her man does lose his life.
And orphan is the word perhaps
for most of us one day,
for it is normal losing
Mom and Dad along the way.
But you can look both high and low
and then look far and wide
and never find a word for one
who's had a child who died.*

*So is it then so rare to find for
lexicography?
And, like some unfound jungle plant,
there's yet no word for me?
Or could it be a word that's just
too difficult to choose.
And, God forbid, a nightmare curse,
too horrible to use?
So, at a loss to tell our loss,
we call ourselves bereaved,
for there's no word to tell of pain
that cannot be believed.*

Ken Falk, TCF, Northwestern CT

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

⇒ 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 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.

...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.

Do Not Stand at My Grave and Weep

Do not stand at my grave and weep,
I am not there; I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sun on ripened grain,
I am the gentle autumn rain.
When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circling flight.
I am the soft star-shine at night.
Do not stand at my grave and cry,
I am not there; I did not die.

The poem, an elegy, is sometimes called "I Am" due to its repetition of the biblical phrase. Was the poem inspired? The Hebrew name for God, YHWH, means "I am" or "I am that I am." And there does seem to be something magical about the poem, as it was written by a woman who, to our knowledge, had never written a poem before. Mary Elizabeth Frye was an orphan with no formal education. In 1932 she and her husband hosted a young Jewish woman, Margaret Schwarzkopf, who was fleeing the Holocaust. When she received news that her mother had died in Germany, the heartbroken houseguest told Frye in despair that she had never had the chance to "stand by my mother's grave and shed a tear." Frye found herself composing the poem above on a ripped-off section of a brown paper shopping bag. She said the words "just came to her."

by Mary Elizabeth Frye

DO YOU KNOW WHO I AM?

I am flesh and blood, torn mind, and broken heart.
I feel at times like a wise old woman – but then, in the next moment like a small child.

I admit total confusion. I look in the mirror and see someone I'm not sure I know. I want an answer; I want a solution – to a problem that has neither on this earth.

It seems that nothing matters anymore and yet at the same time I have learned that everything does. That there are billions of people on this earth. When one of them dies, it matters.

I ache to a degree that only another who has crossed this bridge could gauge. And only they can for a moment understand my torment.

Do you know who I am?

I am a bereaved mother – the last thing I ever thought I would be. My child has died before me, the most unnatural thing in the world. And my continued being seems the next most unnatural thing in the world.

A portion of my heart, spirit, and dreams – and all thoughts of total peace, are with Ryan, never to be recovered to make a whole until I see him again.

The tears I cry are not for me, but for the beautiful life that ended far too soon. And the utterly helpless frustration of not being able to do anything to change that.

~ **Deborah Wiseman**, TCF of Nashville, TN

Holiday Candle Lighting Save the Date

Sunday, December 11, 2022

Get your photos ready for the slide show.
Plan to arrive at 6PM

[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

Re-entering school after the death of a sibling

Going back to school after the death of your brother or sister is a hard thing to go through. At first there are three groups of people to deal with; people who give you a lot of support, people who don't know what to say, and those who give you weird looks and stay away from you. This lasts for a little while. After a short time, changes with each group occur.

Those who didn't know what to say start to speak or begin to talk. The group who kept away stop ignoring you. The people who gave you a lot of support, slowly return to their own affairs. After about a month and a half, everything goes back to normal and is over to everyone but you. This is very difficult to accept and makes you feel all the more alone.

After a while the shock for you goes away and it is then that you need the support from your friends, peers, and teachers. This month is the first anniversary of the death of my brother. Most people will have forgotten and everything is right with the world. But it is not! Certainly not to my mother and me.

~ Jordan Ely, TCF, Albany/Delmar, NY

Dear Ann Landers:

As a bereaved sibling, I was disappointed in your response to "Anonymous in Raleigh, NC", who asked whether it would be appropriate to send her parents a card on the anniversary of her brother's death. You advised her not to send a card, but to take her parents to dinner, "with no mention of the sad anniversary."

Bereaved parents will tell you that the one thing they want to do is talk about their child. Ignoring the anniversary of a child's death is the same as ignoring the child's birthday: it makes bereaved parents feel as though their child didn't exist. Many bereaved parents have told me that their surviving children will not talk about their brother or sister who has died. Often this is because they are afraid of upsetting their parents. However, bereaved parents yearn to hear their children mention the dead child's name. "Anonymous" should be encouraged in her efforts to remember the anniversary of her brother's death by sending a card to her parents.

On the anniversary of my brother's death, I send a special card to my parents to tell them I am thinking about them and remembering my brother. We open our hearts to each other and share our memories of him and how much we miss him. We also put flowers on his grave that day and have flowers on the church altar in his memory on the Sunday closest to the anniversary of his death. In other words, the day is not like any other day. My life and my parents' lives changed forever the day he died. Making no mention of it would only be another tragedy.

~ lovingly lifted from TCF Southern OR Online newsletter

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](#)

It's A Family Affair

When a child dies, grief is a family affair. It hits Mom, Dad and siblings with equal despair. Mom cries and cannot get out of bed. Dad holds in emotions and leaves much unsaid. Sisters and brothers simply cannot understand why death came and dealt this kind of hand. No one acts as they should, and nothing is the same. The family wants to draw together but seems to share only pain. Someone must be responsible when a child dies. Each family member thinks in some way its them, and cries. But no one is responsible for things we cannot control, so reach out to each other and keep the family whole. Don't let the difference in how you each grieve. change the love in your family or what you believe. Be strong when you can and weak when you must. And love each other with kindness and trust.

Keep the family with love and you all will survive. For we who have been there and made it through together, can say that holding on to each other makes love last forever.

~from the McMinnville chapter of TCF

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.



OUR CHILDREN—LOVED AND REMEMBERED



OCTOBER BIRTHDAYS

- 10/1 **AMBER ASHTON**, daughter of Tom & Eleanor Ashton
- 10/1 **PAX DESMORAIS**, son of Lian & Tim DesMorais
- 10/2 **NEILL PERRI**, son of Maddie & Cliff Kasden
- 10/3 **JAKE GOLDBERG**, son of Gene Goldberg, brother of Ben Goldberg
- 10/3 **JASON MARKS**, son of Helena Marks
- 10/3 **SKYLER CAGHLIN**, son of Seana Caghlin, brother of Cassandra Richardson
- 10/4 **JACOB MORGAN**, brother of Kelsey Morgan
- 10/5 **ALAN MYL**, son of Joanne Myl
- 10/5 **JULIANA ADORNO**, daughter of Jerica Adorno
- 10/5 **NATHANIEL LOUIS RAND**, son of Jacob Rand
- 10/5 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman
- 10/5 **TIM CARPENTER**, son of Donna Carpenter
- 10/6 **BEN LOCKHART**, son of Kate Sanford
- 10/6 **BENJAMIN IMBROGNO**, son of Naomi Imbrogno
- 10/7 **GIRBUN LAO**, brother of Ithreum Brown
- 10/7 **PETER TRAKIS**, son of Dolores & John Trakis
- 10/7 **RYAN KENT JACKSON**, son of Toby Jackson
- 10/8 **DONALD BROWN**, son of Desiree Brown
- 10/8 **ZOIE BENNETT**, daughter of Zachary Bennet
- 10/9 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey
- 10/9 **ELIZABETH HANAU**, daughter of Marsha Hanau
- 10/9 **JOANNA ZWEIG**, Ben's aunt, sister of Daniel Zweig
- 10/10 **CHRIS SANTIAGO**, son of Eve Ortega
- 10/10 **CHRISTOPHER PALMER**, son of Darlene and Douglas Palmer
- 10/10 **LAURA NAMIE**, sister of Matthew Namie
- 10/11 **KIERNAN BLAKER**, brother of Darby Blaker
- 10/11 **TIM MAGEE**, son of Mary & Tim Magee
- 10/12 **ARJUN VEER SHARMA**, son of Vikas & Priyanka Sharma
- 10/13 **DANA FLAX**, sister of Casey Flax
- 10/15 **JONATHAN BUCAOTO**, son of Ruth Sowell
- 10/15 **RELONZO W. PERKINS-MACK**, son of Denise Perkin Best
- 10/15 **SARAH & GRACE BADGER**, twin daughters of Madonna Badger

- 10/18 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson
- 10/21 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron
- 10/21 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson
- 10/22 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas
- 10/23 **CHARLOTTE KENLEY THOMPSON**, daughter of Jeannie Dalton & Paul Thompson
- 10/23 **MARK COOKE**, son of Maureen Cooke, brother of Jamie
- 10/23 **PATRIC KARN**, brother of Lisa Kaye
- 10/23 **PATRICK CESARIO**, son of Sharon Cesario, brother of Frank Cesario
- 10/24 **CHRISTOPHER MALLIN**, son of Robert Mallin
- 10/24 **WILL GARRIGAN**, brother of Erin Garrigan
- 10/25 **JASON SCHECHTER**, son of Leo Schechter
- 10/25 **MICAH DAWKINS-WILLIAMS**, son of Rhodina Williams
- 10/26 **DEREK GOMEZ**, son of Marta Freyre & Robert McManus, brother of Xiomara Gomez
- 10/26 **KRISTOFFER SALAVANTE**, son of Maria & Eliezer Salavante
- 10/26 **SUZANNE PAGE**, daughter of Timmie Ross
- 10/27 **AIDAN STEVENS**, son of Lilly Stevens
- 10/27 **EMILY MACKEY**, sister of Lauren Minchen
- 10/27 **JUDAH BRYNDAL**, son of Dusty & David Bryndal
- 10/28 **MICHAEL BARNES**, son of Jaqueline Warren
- 10/29 **ADEDAYO ADEWALE**, son of Modesta Baltazar, brother of Phebe Ojomoses
- 10/29 **NATHANIEL HILL JR.**, son of Lynette & Nathaniel Hill, sister of Lenise
- 10/30 **CHRISTOPHER KWIK**, brother of Sharon Kwik
- 10/30 **MYLES CHANDLER**, son of Marcia Chandler
- 10/30 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg, brother of Marni Nossel
- 10/31 **KERRY STONE**, brother of Catherine Kells
- 10/31 **SAESHA KAYTAL**, daughter of Supriya & Sid Kaytal





OUR CHILDREN—LOVED AND REMEMBERED
OCTOBER ANNIVERSARIES



- 10/1 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg
- 10/1 **PAX DESMORAIS**, son of Lian & Tim DesMorais
- 10/1 **TUSHAR ATRE**, son of Shaku Atre
- 10/2 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer
- 10/2 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg, brother of Marni Nossel
- 10/3 **TIONNIE MURRAY**, daughter of Marie Caballero
- 10/4 **BARA COLODNE**, daughter of Mia and Eric Colodne
- 10/4 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz
- 10/4 **CAROLINE MASON**, daughter of Rachel Mason
- 10/4 **HAMEEN JASPER**, daughter of Yolanda Jasper
- 10/4 **SAMUEL TITUS**, son of Sara Jenkins
- 10/5 **MATTHEW YUDELMAN**, grandson of Anne Schuman & Ian Yudelman
- 10/6 **HANNAH POTIS**, sister of Taylor Potis
- 10/6 **JAMES ROACH**, brother of Omar Roach
- 10/6 **KIMANI FOSTER**, daughter of Katrina Thomas
- 10/6 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz
- 10/6 **MEL' LISA ANDRE**, daughter of Darchelle Hinson-Andre
- 10/6 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman
- 10/7 **BRYCE SHELDON**, son of Bianca Villalona
- 10/7 **MICHAEL RAMIREZ**, son of Michele Cennamo
- 10/8 **SAMMY COHEN ECKSTEIN**, son of Amy Cohen & Gary Eckstein
- 10/9 **WILLIAM JOHN BERTRAND**, son of MaryLee Bertrand
- 10/10 **JOSETTE GIBBS**, daughter of Juanita Gibbs
- 10/10 **JULIANA ADORNO**, daughter of Jerica Adorno
- 10/11 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey
- 10/12 **BEN LOCKHART**, son of Kate Sanford
- 10/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda & Reva Feinstein
- 10/12 **CHARLIE CAMPDERRICH**, son of Jody Campderrich
- 10/12 **CYRUS SINK**, son of Susan Huggins
- 10/15 **HAYLEE LABBAN**, daughter of Penelope Coward
- 10/16 **CLARISSA JACKSON**, sister of Jillian Jackson

- 10/16 **CYBELE FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman
- 10/16 **JEM MAIR**, daughter of Ilana Mair
- 10/16 **LAURA LEVIS**, daughter of Georgia & William Levis
- 10/16 **LUCAS SCOTT**, brother of Erin Scott
- 10/17 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon
- 10/19 **DANILO RODRIGUEZ**, sister of Enrique Rodriguez
- 10/20 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch
- 10/20 **CONNOR LEE-KAWANISHI**, son of Choony Lee
- 10/20 **MAX JACOBSON**, son of Terry & Hugh Jacobson
- 10/22 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of Vironika
- 10/22 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin Zimmerman
- 10/23 **AIDAN STEVENS**, son of Lilly Stevens
- 10/23 **MICHAEL BARNES**, son of Jaqueline Warren
- 10/24 **MASON SIMMS**, son of Shavon Simms
- 10/25 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson
- 10/25 **RYAN KENT JACKSON**, son of Toby Jackson
- 10/26 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas
- 10/26 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge, brother of Niasia Greenidge-James
- 10/27 **DANNY CRONIN**, son of Mary Cronin
- 10/27 **ROSITA CUNNINGHAM**, sister of Sedel Mapp
- 10/28 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam
- 10/28 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams
- 10/28 **THOMAS J. MANNO**, son of Elizabeth M. Davey
- 10/29 **JESSE ARATOW**, son of Susanna Hoffman
- 10/30 **CHARLOTTE KENLEY THOMPSON**, daughter of Jeannie Dalton & Paul Thompson
- 10/30 **ROBERT ZIETEK**, brother of Barbara Zietek
- 10/30 **TERESA MILLER-D'ALESSANDRO**, daughter of Mariana & Bob Miller-D'Alessandro
- 10/31 **NOAH GLARPHAM**, son of David & Heather Kopp





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
- 11/9 **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 ZAIN TZ**, 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 Cabaes

- 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 and tell us what needs to change.

Dan Zweig

| THE COMPASSIONATE FRIENDS CHAT SCHEDULE. Click here to display exact times and to see entire schedule | | | |
|--|--|---|---|
| ET | MORNING | EARLIER EVENING | LATER EVENING |
| MON | Parents/Grandparents/Siblings | First time CHAT orientation | General Bereavement Parents/Grandparents/Siblings |
| TUE | | Loss to Substance Related Causes First time CHAT orientation | Bereaved less than 2 yrs Bereaved more than 2 yrs |
| WED | Parents/Grandparents/Siblings | First time CHAT orientation | General Bereavement Parents/Grandparents/Siblings |
| THU | | No Surviving Children First time CHAT orientation | General Bereavement Parents/Grandparents/Siblings |
| FRI | General Bereavement Parents/Grandparents/Siblings | Pregnancy/Infant Loss | General Bereavement Parents/Grandparents/Siblings |
| SAT | | | General Bereavement Parents/Grandparents/Siblings |
| SUN | | Suicide Loss | General Bereavement Issues Parents/Grandparents/Siblings |

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

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

MARK YOUR CALENDARS!
Our next Chapter meetings are
the 3rd Tuesday of each month:
OCT 18 NOV 15 DEC 20 JAN 17

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](#)