



The Compassionate Friends

Manhattan Chapter

Supporting Family After a Child Dies

Our next meetings...

Sept 14 & 28
 Oct 12 & 26
 Nov 9 & 23
 Dec 14 & 28

Manhattan Chapter Newsletter

September 2021

A Grief Delayed

by Marie Levine

September 2021

This month, our country will commemorate the 20th anniversary of 9/11. On the first anniversary of that terrible event, I wrote about how it felt to be a bereaved parent a few years ahead of those so suddenly and tragically brought to the experience. Time has not stopped. The babies born back then are now young adults, having grown up in a world changed by that terrible day. What has also changed is the understanding that though there are still no words that adequately describe how complicated the loss of a child is, it is now an accepted fact by just about everyone, that the loss of a child is a different, more complex grief process. Small comfort, but one nonetheless. It's a difficult and lonely road. I for one, am so grateful that we do not walk alone.

September 2002

It's been a year since the terrible days of 9/11 and its aftermath. A year of coming to grips with a reality so many other bereaved parents and siblings have been learning to cope with for many, many years. Namely, how do we survive the eternal absence of our children, grandchildren, brothers and sisters?

As we commemorate that awful day, I find myself remembering some of the tangled thoughts that raced through my own mind as those towers fell. One thought keeps coming to the surface. In spite of all the attempts to stifle it... as strange as it might seem to some... the thought just won't stay down. Now, I think, suddenly and without warning,

(cont'd page 3)

In The Beginning

by Fay Harden

Your child has died. As a newly bereaved parent you have experienced the most devastating life-changing event. Your whole world has been shattered and you are in a new world now. You will be relearning how to survive when at times you won't even want to survive. The only hope I can give you is that we in The Compassionate Friends have survived, and we are here to help you. It won't be easy but keep in mind, if you hadn't loved so much, you wouldn't hurt so much now.

"How long will it last?" is probably the first question we hear from ones like you new to grief. It is a very important question to us at the beginning. Professionals have managed to place timetables based on their studies and you will hear "two years" quoted, but those of us who have been on the road a number of years will tell you that you will not "get over" the death of your children in two years. You probably will never "get over" his or her death, but you will learn to live with the fact of it and rejoin life and live a normal life again; it will just be different from before.

There is no timetable on grief. Some work through the process sooner than others. We operate on our individual timetable; we cannot judge our progress or lack of it by anyone else. Grief is a process, a moving through. Sometimes we go forward, but sometimes backward, and sometimes we get "stuck" for a while. But keep in mind it is a process and eventually you will move through it. Within this process there are "stages". We're told these stages are shock, denial, anger, bargaining and acceptance. They don't necessarily come in that order.

(cont'd page 4)

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

THE COMPASSIONATE FRIENDS MEETINGS are always the second and fourth Tuesdays of the month

WE MEET USING ZOOM AT 7:00pm—sign on at 6:45pm

As soon as possible, we hope to return in person to the

Fifth Avenue Presbyterian Church

55th Street and Fifth Ave (enter at 7 West 55th St.)

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

OTHER PEOPLE

Every so often,
you hear about other people
losing their child.
Sometimes there is a horrible accident
you find out about on television.
Sometimes it is a senseless murder or suicide
you read about in the newspaper.
Sometimes you learn about a deadly illness over
the telephone, because, this time,
the child belongs to someone you know.

When such a tragedy happens,
to other people,
your heart goes out to them.
You feel deeply saddened and, perhaps
you shed a few tears.
You then continue your charmed life,
going about business as usual.
You don't forget but,
you don't necessarily remember either.
After all, the death of a child
is something that occurs in the lives
of other people.

Unless, God forbid,
the television story or newspaper article or
telephone call
is about your child.
Unless, one terrible day,
heaven and earth and hell become one.
Unless your life loses all meaning and
nothing makes sense anymore.
Suddenly,
by a random twist of fate, or the hand of God,
you have become other people.

~ **Madelaine Perri Kasden**

In memory of her son
Neill Perri, 10/2/71 – 6/15/95

from **Allison Harris** TCF Manhattan

*Your death comes like morning
every day
I climb out of slumber
into your absence
again and
again
awakened by reality
if this life be not a dream*

~ **Allison Harris**, *TCF Manhattan*, 2007

PROGRESS

On better days
I fill my life with laughter,
enjoy the charm
of other people's children,
and think about
new flowers for my garden.'

On better days,
I start the morning proudly.
I disregard
the forecast of bad weather,
and look ahead
to possible adventures.

On better days,
I look at faded pictures,
recall vacations
in the rainy season,
remember kissing
baby-powdered feet.

On better days,
I hardly cry at all.

~**Sasha Wagner**

TCF WORLDWIDE CANDLE LIGHTING

Sunday, December 12, 2021

Ceremonies begin at 6pm sharp—candles lit at 7pm EDT in Manhattan

[Click here for more information about the Manhattan Event and about submitting photos for the event](#)

A Grief Delayed...

(cont'd from page 1)

understand. All at once, 3000 families understand the indescribable torment that many of us have tried so hard for so long to explain to the uninitiated.

For years, writers, poets, doctors, psychologists and victims have labored vainly to adequately describe the experience of surviving the death of one's child. The fact that those efforts were futile has never stopped any of us from trying.

Over and over, despite all the clinical explanations and emotional descriptions, each newly indoctrinated bereaved parent describes the experience with a sense of wonder and discovery as if their pain has never been felt by anyone before. No matter what has been written or spoken there really is no language that can describe this kind of hurt. We relentlessly interview the recently bereaved in the hope that someone, somewhere will make people understand and feel the pain without the contribution.

Then, on 9/11, like the massive surge in the birth rate that inspired the baby-boomer generation, an event so incredible causes a reverse surge. A massive loss of young people unlike anything we've ever experienced. (The war comes to mind, but those losses came over a period of years – nothing as wrenching as this loss over a period of minutes). Survivors will no doubt be referred to as the 9/11 or "ground-zero" generation.

So as the reality of 9/11 was being absorbed into the consciousness of the already bereaved, that other thought began to bubble up to the surface. 3000 families we no longer had to work to convince. 3000 families that now understood. 3000 families who will learn about the impossibility of the word "closure". And now that they know, all that matters is that those of us who are already here, be there to console and support these newly bereaved, dis-believing families, as each new day of realization and discovery overcomes them.

In truth, the process of grieving may in fact have a different timeframe for the survivors of 9/11. Most of us have had to go it (cont'd in next column)

alone, learning the ropes one day at a time, feeling isolated and victimized. It took me a considerable amount of time to find a support system of experienced griever who could give me a "heads up" about the territory ahead. I suspect the surviving parents of 9/11 will only begin their lifetime journey after the dreaded first anniversary. Survivors of 9/11 have had the advantage of comradeship, commemoration and compensation on a scale most grieving parents never know. One newly bereaved father I spoke to only nine months after the death of his 24-year-old son at The World Trade Center said he was "grateful he didn't die alone. He was with people he loved, in a place that he loved, doing what he loved." Most of us never find such comfort.

Surviving parents of 9/11 are still being feted and tended to by a concerned and caring public, eager to assuage what the uninitiated perceive as a pain magnified by the level of the event. For those survivors, the house has not yet grown quiet, friends have not yet stopped calling, and nobody has yet insisted or suggested that they "get on with their lives."

And when that reality dawns, those of us who have been traveling this path for some distance, will be there. As we plod on, learning to incorporate our children's memories and the loss of their futures into our remaining lives, we'll be there to offer the comfort of understanding because we really do know how it feels. And even as we learn, we teach. As we look to those who have lost before us, we learn that we can survive. And as we move forward, we teach those survival skills to the newly initiated. And we learn that our survival honors the memory of our missing children.

For as long as we live they too shall live, forever, lovingly embraced in our hearts.

~ Marie Levine, September 2002

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 are able to, 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.

In The Beginning...

(cont'd from page 1)

Most of us do experience shock and denial or disbelief first. We can't believe it has happened! There must be a mistake. This happens to other people...not us! That shock is so tremendous that it affects us physically as well as psychologically. It is marked by a lowering of blood pressure, coldness of the skin, rapid heartbeat and an acute sense of terror. That shock insulates us and allows us to go through the duties and do things this time that we never could have done otherwise. I praise that shock because it keeps us from dying too. That shock allows us to carry on with grace and skill during the days surrounding the death and the funeral. That same shock knocks some of us into merciful oblivion and we don't remember a thing during that time. We are all individuals, and we react differently during grief, but there are common reactions we all share. This is why you will find very quickly that the only one who really understands what you are going through is another bereaved parent.

Anger, another stage, may come at any time. It is a very natural, normal reaction. Don't be afraid or ashamed of it. Know it is okay, you won't always feel this way, there is nothing wrong with you for feeling this way – most of us feel some anger towards something, someone, even at God, even the child in some instances. You have been hurt beyond your wildest imaginings. I have described my own anger as rage. Society frowns on anger so don't expect always to be treated kindly when you display it, but remember you have a right to be angry. Anger is often unfocused, and we sometimes take it out on innocent people.

Medical personnel are often the first to receive this anger and funeral directors are next in line. Later, that anger can attack anyone who crosses our paths. It is good to recognize anger and try to focus it, learn to use it as a tool. Take up social issues, find healthy outlets for it. It is important to do something physical about anger. Hard work and sports are ways, and we've heard stories about chopping wood, breaking dishes bought at garage sales and breaking them when we need an outlet. Scream in the shower, in your speed boat or closed up in your car, but get it out. Anger turned inwards becomes depression.

With the death of our child everything we ever believed in is shattered. In my own case I had to struggle for a long time even to figure out what I did believe in; I was so confused. Our egos, our beliefs in ourselves, were badly shaken because, as parents, we truly believed we could protect our child from anything. We were careful, good parents and now our child is dead. WE HAVE FAILED TO KEEP OUR CHILD ALIVE and our ego tells us we are a failure! This devastates us; we can no longer believe in ourselves; we feel that obviously we are incapable of doing anything right. We have no self-confidence, no longer any self-esteem. These are all natural, normal responses to the horror of your child's death. Given time and care these feelings will pass. We will achieve a balance in our personal life again. Remind yourself to be patient, to be kind to yourself. You are not a failure, you did the very best you could, and you would surely have given your own life to save your child's. You did not fail; life just isn't always fair. These feelings, and others as bizarre, may cause you to think you are going crazy. Ask any bereaved parent of some years and they will all tell you they thought the same thing at some time. You are a changed person now, you will never again be the same as you were before your child died. Someday you will accept that fact.

Out of the ashes of grief you can grow, if and when you choose to do so. Look around you to other bereaved parents; you will find role models and hope in them. There will be many tears. Allow them. They are healing and necessary to survival and recovery. (cont'd in next column)

Many of us suffer from the lack of ability to concentrate. It is a common complaint. We can't think, we can't remember from one minute till the next and we have no idea what we've read when we finish a page. Be patient...given time and some effort you will return to normal.

Hang on to any shred of your sense of humor that you can, even a small chuckle now and then can break your tension and give some relief. It may be a while in coming but one day you will laugh again. I know you can't believe it now but you will.

You will have a strong need to talk. You will find that you can talk more than one person can listen, so seek out several good friends who will let you talk to them. You will find some at the Compassionate Friends meetings. You will need to tell your child's story over and over again. You will need to talk about the whole life and death and what you are going through now. Talking is therapeutic. Talk and talk, and talk, until your story is told.

At night you may go over the events again and again and again, night after night. This is called obsessional review. Sleep disturbances are not unusual. We either can't sleep or sleep too much. We suffer guilt real and imagined. We recall punishments and in turn punish ourselves with them when at the time the punishment was probably fair. We go through the "if only's". If only we had or hadn't...beware of isolation. We need to be with people, not alone. When we isolate ourselves with no one to talk to about our feelings we become depressed; and isolation plus depression equals suicidal feelings and that spells real trouble.

We are fatigued, lack motivation, we suffer numerous physical complaints, headaches, stomach disorders, we are either nervous or feel dead inside...many and sundry are our complaints, most of which are normal and to be expected during this time of enormous stress and always we ask ourselves "Why?", "Why me?" "Why my child?" Simply because life isn't always fair, my friend... Your world is topsy turvy now. Nothing makes sense, nothing fits...family balance is upset, the numbers are all wrong, there is one empty chair at the table now, so you choke on your food and think of the empty chair. Shopping is a nightmare because your child's favorite food greets you from the shelves of every aisle; you don't dare think of the holidays because you know you'll never survive them without your child. Your child's birthday and the memory of all the joy of that day looms like a mountain too high to climb...some days all you want is for the pain to stop. Some days you just can't get out of bed. Some days you work hard and fast like something has possessed you. Every day you cry. You find you are very lonely even in the midst of a crowded shopping mall. You want to scream at the busy happy people, "Don't you know my child is dead?" How can they go on as if nothing has happened? No matter how many people are with you, you are lonely.

Compassionate friends understand; each one of us has had at least one child die. We know what you are going through. We don't pretend to have all the answers, but we want to share this time of your life with you. We want you to know you are not alone.

~ **Fay Harden**, *TCF Tuscaloosa, AL, 2002*

The Fifth Year

By **Jordon Ferber**, TCF Manhattan, Sibling chapter leader

This may have been the hardest one yet. It's been five years now, and to even realize that so much time has passed is upsetting. Has it really been that long? I still react to some things the way I did three, even four years ago. The summer months, the hot muggy afternoons that drag on remind me so much still of that first summer. And as much as certain repeated family events become easier to handle, it's still the most painful at family gatherings.

My cousin just got married. The bride AND the groom had their respective bachelor/bachelorette parties on the same night as my family's fundraiser for The Russell Ferber Foundation, an organization that helps us to carry on both Russell's name as well as his spirit. The wedding itself was on July 1st, just a few days before the fifth anniversary of Russell's death. I think what was most difficult was realizing how little the rest of our family has been affected.

Family events bother me a lot because they are the most obvious to me that Russell isn't there. It's twice as upsetting to feel that my family not only doesn't feel the same way, or doesn't notice his absence, but doesn't even notice my sadness, or acknowledge that there's even anything wrong. As alone as I feel so often at family gatherings, it's much more isolating to realize that the people I would have hoped to have noticed that I'm not who I used to be don't act as if there is a problem.

I have come to expect a certain level of awkwardness from other people when I talk about Russell or tell a funny Russell story, but when it's someone who I know was also close to Russell, I at least hope for permission to be myself. It hurts when I don't get it, when THEY don't get it.

I think the hurt comes from a realization that people not only don't get it, but don't even make an effort to get it. I think in many cases it's a form of oblivious ignorance to the situation than an intentional act to hurt me.

What I've noticed is that very often, when I bring those stories up with other people, they don't think about just that story, but it brings up all of their other issues of grief that they haven't dealt with to the level that I have. Other people get uncomfortable thinking about it. For them it brings up all of the feelings that come with thinking just about the fact that Russell's dead, that he's not here. And for me, that's a fact that I've already come to terms with. I have been dealing with it every day, on every level. The facts don't faze me as much as anyone else.

I know that when I'm hurt on such a personal level, it's hard not to take it personally, but it's difficult. What is just an oversight can be taken as a slap in the face – especially in the case with my cousin's wedding.

My mother specifically takes things very personally and takes it as a personal insult when people are oblivious or unaware of how she feels and rather than explain why she was hurt, she gets very angry and defensive. It doesn't anger me as much as it saddens me. I could be angry about it, certainly anger is a much more aggressive emotion, but it rarely breeds anything other than more anger., which isn't a great help to me or my emotional state.

What I'm realizing more and more is that rather than feel sorry for myself, or slighted by someone else, I need to be more specific with my friends and family about how it is they can consciously avoid hurting me, rather than telling them after the fact how it is they did hurt me.

~ **Jordon Ferber** - 2007

The Compassionate Friends Sibling Credo

We are the surviving siblings of The Compassionate Friends

We are brought together by the deaths of our brothers and sisters

Open your hearts to us, but have patience with us.

Sometimes we need our families to be there.

Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be.

We cannot be our dead brother or sister; however a special part of them lives on with us.

When our brothers and sisters died, our lives changed.

We are living a life very different from what we envisioned and we feel a responsibility to be strong even when we

feel weak.

Yet we can go on because we understand better than many the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners that we are, but to walk together to face tomorrow as the surviving siblings of The Compassionate Friends.

TUESDAYS

TUESDAYS AT 7:00PM

With Jordon Ferber - Sibling Leader

Siblings in the Manhattan Chapter meet every Tuesday of the month and more.

Sign up to get our siblings schedule emails

[Click here for exclusive sibling emails](#)

And access our regular Chapter website for the parent/sibling meetings and activities.

www.compassionatefriends.nyc

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](#)



OUR CHILDREN—LOVED AND REMEMBERED
SEPTEMBER BIRTHDAYS



- 9/1 **DWAYNE NELSON**, son of Amelia Brewer-Nelson
- 9/1 **MARK H. IHDE**, son of Linda & Don Ihde
- 9/1 **ROSE LIANG**, sister of Holly & Chue Liang
- 9/2 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis
- 9/3 **BETTY DIBIASO**, daughter of Susan Carty
- 9/4 **JОВI RAMOS**, son of Desiree Ramos
- 9/6 **HENRY SZOR**, son of Eva Grin
- 9/6 **MAX GLEZOS-CHARTOFF**, son of Julie Chartoff & Irene Glezos
- 9/7 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase
- 9/8 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey
- 9/8 **CALLUM ROCHE**, son of Sean Roche
- 9/8 **CYRUS SINK**, son of Susan Huggins
- 9/8 **MELISSA ANN WALSH**, sister of Stephanie Walsh
- 9/8 **THERESA MARTIN HOUGH**, daughter of Sara Martin
- 9/12 **AVA LOUISE HOUSE**, daughter of Molly House
- 9/12 **SAIGIA BRON**, daughter of Florence Layayette
- 9/12 **SOPHIA JOLIET AGUIRRE**, daughter of Monica Deliz
- 9/13 **CANDICE CHEN**, daughter of Belle Tung
- 9/13 **TROY HALL**, son of Victor Hall
- 9/14 **CASEY STRAKA**, son of Dana Straka
- 9/14 **GALIAH GARBER**, sister of Anath Garber
- 9/15 **MICHAEL MCFARLAND**, son of Tamara McFarland
- 9/16 **PAUL THOMPSON**, son of Elaine Thompson
- 9/17 **KARIM HALAWI**, brother of Lama Halawi
- 9/18 **DAVID PICARD**, son of Darlene Picard
- 9/18 **IAN MALSON**, brother of Caitlin Malson
- 9/19 **ILIA KRASOTINA**, sister of Sofiya Krasotina

- 9/19 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden
- 9/21 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer
- 9/21 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho
- 9/21 **TATIANA HICKMAN**, sister of Autumn Hickman
- 9/21 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton
- 9/22 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis
- 9/22 **JAMES HAYS**, brother of Claire Hays
- 9/23 **CASEY CRUZ**, daughter of Ibelka Cruz
- 9/23 **GREGORY ROTH**, brother of Stephanie Roth
- 9/25 **CHRISTOPHER DOMBROWSKI**, brother of William & Brianne Dombrowski
- 9/26 **MITCHELL WALKER**, son of Fountain Walker
- 9/27 **ARON LINDELL**, son of Julie Lindell
- 9/27 **JAY SCHNEIDER**, son of Bonnie Bowes
- 9/27 **WILLIAM JOHN**, brother of Joseph John
- 9/28 **ALEX BIBLER**, son of Lindsay Bibler
- 9/28 **KRISTEN DUBERRY**, daughter of Michael Duberry
- 9/28 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
- 9/28 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon
- 9/29 **ANDREW SCHLEIFER**, son of Kittyhawk Schleifer
- 9/29 **BOBBY BEATTIE**, brother of Rose Beattie
- 9/29 **DANIEL SNYDER**, brother of Lisa Snyder
- 9/29 **LILY BADGER**, daughter of Madonna and Matt Badger
- 9/30 **BELLA BRODSKY**, sister of Jennifer Brodsky
- 9/30 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner



Our Children Remembrances — Changes

A longstanding tradition in our Manhattan Chapter of Compassionate Friends newsletter has been the listing of our children’s and sibling’s birthdays and anniversaries. I know I look *first* at each issue of the newsletter to see my child’s listing, my sister’s listing, and scan for the birthdays and anniversaries of my TCF friends loved ones.

It is very important that our listings are correct and meaningful and we try to keep the listings as accurate and up to date as possible, but we are not perfect. Should you desire a change to your loved one’s listing or if your listing is missing, please let us know. Email to tcfmanhattan.nyc@gmail.com and tell us what needs to change.

Dan Zweig



OUR CHILDREN—LOVED AND REMEMBERED
SEPTEMBER ANNIVERSARIES



- 9/2 **IMOGEN ROCHE**, daughter of Theseus Roche
- 9/2 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight
- 9/2 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn
- 9/3 **BRENDEN CARSON**, son of Debra Carson
- 9/3 **CALEB SANDE**, grandson of Renee & Hervey Sande
- 9/3 **SEAN KIMERLING**, son of Ervine & Noah Kimerling
- 9/4 **ADEDAYO ADEWALE**, son of Modesta Baltazar
- 9/4 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson
- 9/4 **ZANE MANDEL-MICHALAK**, son of Janet Robinson
- 9/5 **NOAH BOWER**, son of Pat Bower Cooley
- 9/6 **SHAUN BECKWITH CHASEN**, son of Dr. Barbara Chasen
- 9/6 **TIM MAGEE**, son of Mary & Tim Magee
- 9/7 **PATRIC KARN**, brother of Lisa Kaye
- 9/7 **YEHUDA MILSTEIN**, son of Edith Bayne, brother of Ilana Milstein
- 9/8 **BRIAN CULLIMORE**, son of Teresa Cullimore
- 9/9 **BRIAN MEEHAN**, brother of Kevin Meehan
- 9/9 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber
- 9/10 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito
- 9/11 **AARON HOROWITZ**, son of Allan & Liz Horwitz
- 9/11 **CHRISTIAN FUERSICH**, son of Janet Fuersich
- 9/11 **JOHN COOPER JR.**, brother of Keith P. Cooper
- 9/12 **ADAM WEINER**, son of Susan Weiner
- 9/12 **ANDREW BALTINI**, brother of Kevin Baltini
- 9/12 **BLAKE GOODMAN**, brother of Claudia Goodman
- 9/12 **JENNA HERNAN**, daughter of Maria Hernan
- 9/13 **JAMES RUSSO**, brother of Adrienne Russo
- 9/13 **JASMIN REQUENA**, daughter of Eleanor Requena, sister of Jaqueline
- 9/14 **EMRE EDEPLI**, son of Levant & Kirsten Edepli
- 9/14 **JOHN MARZANO**, son of Claire Martino
- 9/14 **TATIANA HICKMAN**, sister of Autumn Hickman
- 9/15 **CHRIS SANTIAGO**, son of Eve Ortega
- 9/15 **GEORGE MICHAEL PEREZ**, son of Priscilla Perez
- 9/15 **MARSHALL FORDE**, son of Asurf Forde, brother of Marcel Forde

- 9/16 **JON MICHAEL CAMINITI**, son of David Caminiti, Linda Caminiti and brother of Jacqueline
- 9/16 **KIARR LACEY MONROE**, son of Xenia Vasquez & Lacey Monroe
- 9/16 **PAUL WALKER**, son of Ellen Walker
- 9/17 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello
- 9/17 **TIM CARPENTER**, son of Donna Carpenter
- 9/17 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase
- 9/18 **GLEN FRASER**, son of James Fraser
- 9/18 **LUCY GRAVES**, daughter of Edward Graves
- 9/19 **AVA LOUISE HOUSE**, daughter of Molly House
- 9/19 **ERIC ROSENBERG**, son of Sharon Rosenberg
- 9/19 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin
- 9/19 **WILLIE GWATHMEY**, brother of Katie Gwathmey
- 9/21 **AIDAN HERNANDEZ**, son of Maura Moloney and Victor Hernandez
- 9/21 **LYNDON HOWARD**, son of Lila Howard
- 9/23 **DUSTIN TUNICK**, son of Jenifer Kelly
- 9/24 **NOAH REISMAN**, brother of Rachel Reisman
- 9/24 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk
- 9/25 **CELINA PACHECO**, daughter of Evelyn Gonzalez
- 9/25 **ELIOT BARTLETT**, brother of Emanuekl (Man) Bartlett
- 9/25 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch
- 9/25 **SEAN COYLE**, brother of Krista Coyle
- 9/25 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo
- 9/28 **JAMIE MARCUS**, daughter of Bruce Marcus
- 9/29 **KARIM HALAWI**, brother of Lama Halawi
- 9/29 **LAUREN MARIE NELSON**, sister of Mickey (Michelle) Nelson
- 9/29 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie
- 9/30 **ANTHONY HELZER**, son of Donna Romer





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
- 10/5 **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
- 10/9 **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
- 10/22 **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 **WILL GARRIGAN**, brother of Erin Garrigan
- 10/25 **JASON SCHECHTER**, son of Leo Schechter
- 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 | 10/16 | CLARISSA JACKSON , sister of Jillian Jackson |
| 10/1 | PAX DESMORAIS , son of Lian & Tim DesMorais | 10/16 | CYBELE FISHER-KOPPEL , daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman |
| 10/1 | TUSHAR ATRE , son of Shaku Atre | 10/16 | JEM MAIR , daughter of Ilana Mair |
| 10/2 | CHRISTOPHER LUKE ELMER , son of Anne Elmer & Jeff Elmer | 10/16 | LAURA LEVIS , daughter of Georgia & William Levis |
| 10/2 | ROBERT KISTENBERG , son of Marilyn & Elliot Kistenberg, brother of Marni Nossel | 10/16 | LUCAS SCOTT , brother of Erin Scott |
| 10/3 | TIONNIE MURRAY , daughter of Marie Caballero | 10/17 | RYAN CHRISTIAN BALLON , brother of Dylan Ballon |
| 10/4 | BARA COLODNE , daughter of Mia and Eric Colodne | 10/19 | DANILO RODRIGUEZ , sister of Enrique Rodriguez |
| 10/4 | BRANDON SCHWARTZ , son of Joann & Mark Schwartz | 10/20 | CHRISTOPHER JAMES ROUCH , son of Kathy Rouch |
| 10/4 | CAROLINE MASON , daughter of Rachel Mason | 10/20 | MAX JACOBSON , son of Terry & Hugh Jacobson |
| 10/4 | HAMEEN JASPER , daughter of Yolanda Jasper | 10/22 | ADRIAN PURICELLI , son of Denise Puricelli, brother of Vironika |
| 10/4 | SAMUEL TITUS , son of Sara Jenkins | 10/22 | ELLIS ZIMMERMAN , son of Anna Ellis & Benjamin Zimmerman |
| 10/5 | MATTHEW YUDELMAN , grandson of Anne Schuman & Ian Yudelman | 10/23 | AIDAN STEVENS , son of Lilly Stevens |
| 10/6 | HANNAH POTIS , sister of Taylor Potis | 10/23 | MICHAEL BARNES , son of Jaqueline Warren |
| 10/6 | JAMES ROACH , brother of Omar Roach | 10/24 | MASON SIMMS , son of Shavon Simms |
| 10/6 | KIMANI FOSTER , daughter of Katrina Thomas | 10/25 | RYAN KENT JACKSON , son of Toby Jackson |
| 10/6 | MEL'LISA ANDRE , daughter of Darchelle Hinson-Andre | 10/26 | LUKE LUEBKE , son of Bine Luebke, brother of Jonas |
| 10/6 | SCARLETT KAUFMAN , daughter of Eileen Kaufman | 10/27 | ROSITA CUNNINGHAM , sister of Sedel Mapp |
| 10/7 | BRYCE SHELDON , son of Bianca Villalona | 10/28 | AHREN JUDE KARRAN SINGH , son of Rondha-Ann Lam |
| 10/7 | MICHAEL RAMIREZ , son of Michele Cennamo | 10/28 | SARA CHANGHONG ADAMS , daughter of Muriel Adams |
| 10/8 | SAMMY COHEN ECKSTEIN , son of Amy Cohen & Gary Eckstein | 10/28 | THOMAS J. MANNO , son of Elizabeth M. Davey |
| 10/10 | JOSETTE GIBBS , daughter of Juanita Gibbs | 10/30 | CHARLOTTE KENLEY THOMPSON , daughter of Jeannie Dalton & Paul Thompson |
| 10/10 | JULIANA ADORNO , daughter of Jerica Adorno | 10/30 | ROBERT ZIETEK , brother of Barbara Zietek |
| 10/11 | CHRISTOPHER JOSEPH BAUMANN , son of Maureen Mackey | 10/30 | TERESA MILLER-D'ALESSANDRO , daughter of Mariana & Bob Miller-D'Alessandro |
| 10/12 | BEN LOCKHART , son of Kate Sanford | 10/31 | NOAH GLARPHAM , son of David & Heather Kopp |
| 10/12 | CHARLIE CAMPDERRICH , son of Jody Campderrich | | |
| 10/12 | CYRUS SINK , son of Susan Huggins | | |
| 10/15 | HAYLEE LABBAN , daughter of Penelope Coward | | |



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

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Toll Free (877) 969-0010
www.compassionatefriends.org
email:nationaloffice@compassionatefriends.org

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MARK YOUR CALENDARS!
Our next Chapter meetings are Tuesdays:
SEP 14 OCT 12 NOV 9 DEC 14
SEP 28 OCT 26 NOV 23 DEC 28

Deadline for Newsletter article submissions:
Oct: Sept 1st **Nov:** October 1st
Dec: November 1st **Holiday:** November 15th

MAKE A DONATION
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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.

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