

The H.O.P.E. Herald

Helping Overwhelmed Parents Endure

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The mission of H.O.P.E. is to provide support, friendship, understanding, and resources to parents and families following the death of a child and to provide information and education to help bereaved parents support one another.

NEXT MEETING

Monday, October 10th

6:30 P.M.— 8:00 P.M.

**The Hospice Center
of St. Elizabeth Hospital
483 South Loop Dr.
Edgewood, KY**

Memory Table

**Please bring a picture or
other memento to share with
us that best reminds you of
your child.**

Announcements

Upcoming topics for future meetings:

October 10—Small group time.

November 14—Small group time.

December 12—Surviving the Holidays.

This New Year we are going to continue sections of the Newsletter that were popular. The Parents Corner will be continued. Parents are once again invited to share any thoughts or ideas that they personally have found to help them in recovering from their loss.

Please send any items to:

Jim at jellis@stelizabeth.com or

Tom at c.pfetzer@insightbb.com

NOTICE

There will be a candlelight vigil on Thursday, October 27, at Transitions Grateful Life Center, 305 Pleasure Isle Dr. Charlotte Wethington, a former HOPE participant, has worked to develop a special group for those whose child died of overdose. This vigil is for the purpose of remembering these children. Contact Charlotte at cwethington@transitionsky.org for more information.

Suggestion Box

These are your meetings. Please send any suggestions to improve the quality of time that we spend together.

Any further comments or suggestion please contact

Jim at jellis@stelizabeth.com

or Tom at c.pfetzer@insightbb.com

REFLECTION

Do unto others as you would have do unto you.

Parents Corner

This Little Light of Mine

God lent me a child
For me to love and to care for.
He couldn't promise he would stay
Since all from earth return.

Joshua gave me so much joy
And I wanted to hide him from the world and all it's pain.
 showed him only laughter,
 The beauty of butterflies,
The wonder of God's sunrise and of that same sun setting.
I showed him the fun of walking in the rain,
The serenity of hiking in the mountains,
The joy of rolling in the grass,
And watching the clouds as they pass by.
For soon we are too serious and stressed to laugh.
We become too busy to notice a butterfly.
We are too tired to rise for the sunrise
And the sun setting only means the end of another day of work;
The sound of rain becomes the screech of tires and traffic jams,
The mountains and streams become
undeveloped land that create a burden for our travels,
Grass becomes hay to be mowed
And who after childhood takes time to stop and notice the clouds?
 I won't see his smile
 And I won't hear his laugh anymore
 'Cause time wasn't on his side.
But he taught me to look at the world through a child's eye
And to take time to enjoy life's simple joys.
 No, I'll never forget him;
 I'll never let him out of my heart;
 And I'll hold on to the memories.
I think of him as resting from the sorrows and the tears
in a place of warmth and comfort
Where there are no days and years.
I give him back to you, O Lord,
Who first gave him to me,
In heaven with Jesus, again we shall meet
This Little Light of Mine, I'm going to let it shine...

By Julie Blue

Written in loving memory of her son

Joshua Blue

HOW TO COPE WITH THE HEARTBREAK OF A CHILD'S DEATH

[Dealing with Grief, Grief and Families](#)

By [Bruce Hultgren](#) -

Sadly, every single day of the year and every hour of every day there is a child who is lost to a family that leaves the parents with this most devastating form of heartache imaginable.

This piece of life's puzzle - the really jagged piece is one that doesn't and shouldn't fit into the symphony of life as we know it. For the survivors, the ultimate pain, the valley left in the soul and a loss of a life short lived are simply pain thresholds that cannot be measured nor explained.

As tragic as this event is, the greater loss would be to not learn from this and to grow from this and to care for others who are also hurting.

Some pertinent lessons learned from other parents are shared right here for you to absorb.

Even though the parents have suffered the same loss, and they may have been partners for many years, the inner feelings and sense of loss are dealt with completely differently by each individual. Neither of the couples pain is greater than the other - they are both immense.

It is vitally important that the couple have an active and ongoing support system. Of course, unless you have been through this tragic event - you cannot possibly relate to the feelings of loss.

If there are siblings, be sure too address their needs as well - they have lost greatly also. Don't forget the relatives as well - especially the grandparents - who have lost that special bond, and have seen the horrible grief of their own child in the process while they are dealing with this loss.

Close friends - let them help - this is the time when you really need to open up and let your friends take care of you. Just as you would for them - open your heart and mind and take as much support as you need.

As you pass through this tragic gateway and start on the pathway to healing from this gaping hole that is in your heart and your soul, remember that love plus time fosters healing. One day in the future we will then grieve because we loved the one who has died as a result of the strength of our community and heal because the dream is to love again.

10 WAYS TO BE GOOD TO YOURSELF WHILE GRIEVING

BY [HARRIET HODGSON](#) -

Grief is exhausting. In some ways, it is like running a marathon. You have to be in good shape and stay that way. If you are going to be able to help others you need to be good to yourself. Though I have tried to do this I forget sometimes.

I keep working on self-care, however, and here are some of the ways I am good to myself while grieving for four loved ones.

1. Get moving. Grief is an assault on body and mind, according to grief expert Therese A. Rando, PhD. Exercise is one of the best ways to treat this assault. Whether it is jazzercise, weight lifting, bike riding, or walking, exercise helps to keep your body in good condition and, according to Rando, “provides an outlet for the stressful emotions of grief.”

2. Add flowers. African violets have always been one of my favorite plants. They still are, but orchids are my new favorites. I always have a flowering orchid in the house. Right now there is a spectacular pink orchid on the coffee table. Flowering plants are an assurance of life and I am fascinated by forming buds and opening blossoms.

3. Reward yourself. This advice comes from Helen Fitzgerald, Emeritus Training Director of the American Hospice Foundation. In her article, “Helping Yourself Through Grief,” Fitzgerald says you can be kind to yourself by giving yourself rewards along the way, “something to look forward to.” Many of our dishes had broken and I was tired of the ones that were left. When I saw a newspaper ad for dishes selling at 40% off I took action. I bought a new set of dishes and they bring me pleasure every day.

4. Listen to music. Music has always had the ability to lift our spirits. A local music group in my community has made a CD for those who mourn. What a lovely idea. Yesterday I listened to Mozart. You may enjoy classical music, country, light rock — whatever you prefer.

5. Relax with reading. I love to read and can get so engrossed in a book that I am totally unaware of the outside world. When I need a break from grief I read mysteries, travel, or art books. Right now I’m fascinated by the art of Charley Harper, a Cincinnati artist who died recently. His graphic works make me smile and lift my spirits.

6. Indulge in a favorite good. Experts tell mourners to eat properly and this is good advice. But every so often I eat an ice cream sundae. It’s a guilt-free sundae, made with sugar-free, fat-free ice cream and sugar-free sauce. The sundae tastes as sweet as any other.

7. Paint a room. Color effects our emotions. Though my husband and I were in the throes of grief, we followed through with our decorating plans. We hired a professional painter and asked him to paint the kitchen, family room, and dining room. Our boring white walls are now a pale taupe. This color has added warmth to the rooms and I love to watch the changing shadows as the sun goes down.

8. Take a nap. While this sounds like advice from a grandmother, it is good advice. The change from daylight savings to standard time threw off my body clock. I woke up too early and was dragging by late afternoon. My solution was to take half hour naps and they felt wonderful.

9. Give yourself time. When it comes to making decisions, the New Leaf Resources website says you should resist pressure and take your time. “Begin slowly,” the site says, and don’t let anyone “push you to make decisions you are uncomfortable making.” I trust my instincts because of my extensive grief experience.

10. Share your talents. I continued to do gratis writing even in the midst of grief. Writing takes me away from grief and makes me focus on one topic. Many people have thanked me for my writing and this makes me feel good inside. The Good Grief Center website says “good grief means being good to yourself.” I hope you are good to yourself in many ways.

Suggested Readings

Lessons of Loss: A Guide to Coping by Robert A. Niemeyer	Parental Loss of a Child by Therese Rando
When Bad Things Happen to Good People by Harold Kushner	The Empty Room; Understanding Sibling Grief by Elizabeth De Vita-Raeburn
The Grief Recovery Handbook by John W. James & Russell Friedman	Surviving a Suicide Loss-Anger by Portia Perkins
After the Death of a Child :	Living With Loss Through the Years by Sue Catherine Holtkamp
Grieving with Hope by Ann K. Finkbeiner	
Forgive and Forget By: Lewis Smendes	

H.O.P.E. TELEPHONE NETWORK

<u>PARENT(S)</u>	<u>CHILD/AGE/CAUSE</u>	<u>PHONE</u>
Jerry & Judy Beidenharn	Jonathan/YCASDS	859-356-5927
Ed & Bev Harber	Jennifer/Murder	859-441-8168
Greg & Michele Mistler	Andy/Auto Accident	859-341-1744
Linda Gibson-Jackson	Chrissy/Drugs/Murder	513-260-4802
Rick & Missie Schulkens	Holly/Auto Accident	859- 635-4351
Pat & Susan Smith	Kendal/Pulmonary Embolism	859-485-9294
Ralph & Judy Zilliox	Molly/Accidental Fall	859-525-6536
Shirley Markus	Denise	859-441-6101

The above individuals offer their time and shared experiences and will receive telephone calls from parents who are grieving the loss of a child. They provide compassionate hearts And receptive ears and it is requested that, due to the nature and sensitivity of the grieving Process, any and all conversations with them remain confidential. Likewise if at all possible, please try to refrain from calling at inappropriate hours.

The pain resulting from the loss of a child is best understood by those who have experienced it and never is such pain more overwhelming than when we are confronted with the anniversaries of our children's births and deaths. Let us keep the below children and their families in our thoughts and prayers along with the countless others who grieve throughout the year. Give us the opportunity to memorialize your child in the future.

Contact James Ellis to ensure that we have the necessary information for your child.

OCTOBER REMEBERANCES

Rick Secrist	Son of Judy Brown	10/1/2004 Rebirthday
Son	Son of Kay Tuton	10/1/1985 Birthday
Steven Buchanan III	Son of Steve & Dena Buchanan	10/1/2016 Birthday
Brenda Bezold	Daughter of Irene Stull	10/3/1959 Birthday
Douglas Halcomb	Son of Faye & Richard Halcomb	10/3/2003 Rebirthday
Sherena Richter	Daughter of Mark & Vicki Richter	10/3/2005 Rebirthday
Rob Scott (USAF)	Son of Gary & Willie Scott	10/3/1976 Birthday
Charlene Treadway	Daughter of Clara Treadway	10/3/1946 Birthday
Ryan Marks	Son of Cindy & Byron Marks	10/4/2002 Rebirthday
James Moyer	Son of Emma Moyer	10/5/2000 Rebirthday
Lindsey Marie Sendlbach	Daughter of Wanda & Lou Sendlbach	10/5/1984 Birthday
Brad Andess	Son of Anita & Grant Andress	10/6/2006 Birthday
Chrissy Hammons	Daughter of Sandy & Steve Hammons	10/6/1979 Birthday
Jennifer Elizabeth Harber	Daughter of Bev & Ed Harber	10/6/1998 Rebirthday
Dane Wagge	Son of Deborah Wagge	10/6/1996 Rebirthday
Pam Meyers	Daughter of Lee Feeney	10/7/2008 Rebirthday
Mendy McIntyre	Daughter of Denise McIntyre	10/7/1977 Birthday
Kenneth Ashley Jones	Son of Janet Fields	10/8/2002 Rebirthday
Nicholas Geiman	Son of Lois & Leroy Geiman	10/9/2007 Rebirthday
Becky Kremer	Daughter of Jorja Kremer	10/10/1988 Birthday
Michael	Son of Susan Crum	10/11/2005 Rebirthday
Paul James Middleton	Son of Carla Hicks	10/12/2009 Rebirthday
Dominique Huebner	Daughter of Robin Griffin	10/13/1996 Rebirthday
Nicholas Geiman	Son of Lois & Leroy Geiman	10/14/1982 Birthday
Kevin Smith	Son of Ellen Smith	10/14/1955 Birthday
Krystal Pepper	Daughter of Donna Lentz	10/15/2007 Rebirthday
Nathan Schroeder	Son of Gary & Pam Schroeder	10/16/2005 Rebirthday
Joey Davis	Son of Shelia Davis	10/17/1988 Birthday
Zane Kadetz	Son of David & Deena Kadetz	10/17/2008 Rebirthday
Jeff Wagner	Son of Bev Wagner	10/17/2006 Rebirthday
Mark Johnstone	Son of Pat Johnstone	10/18/2007 Rebirthday
Paul James Middleton	Son of Carla Hicks	10/17/1987 Birthday
Maddie Dotson	Daughter of Priscilla Dotson	10/19/2004 Rebirthday
Scott Weingartner	Son of Gary Weingartner	10/19/1976 Birthday
Tyler Cummins	Son of Ken & Cynhia Cummins	10/20/1985 Birthday
Mark DeMarrero	Son of Connie DeMarrero	10/20/2002 Rebirthday
Dane Wagge	Son of Deborah Wagge	10/20/1978 Birthday
Jeffery Pfetzer	Son of Sally & Tom Pfetzer	10/21/1982 Birthday
Andy Mistler	Son of Michele & Greg Mistler	10/22/1986 Birthday
Michael Bakle	Son of Joyce & Larry Bakle	10/23/1998 Rebirthday
Jeff Payler	Son of Susan Layne	10/23/1967 Birthday
Gary Ray	Son of Sandy Ray	10/23/2006 Rebirthday
Michael Cushard	Son of Linda Stephenson	10/24/2006 Rebirthday
Jared Alan Roger	Son of Candace & Rick Clay	10/24/1988 Birthday
Rebecca Randall	Daughter of Linda & Ron Randall	10/25/1983 Birthday
Michelle Hurst	Daughter of Sue & Jim Hurst	10/29/1984 Birthday
Paul Anhony"Tony"Rankin	Son of Gloria McCoy	10/29/1958 Birthday
Chris House	Son of Kathy Murrey	10/30/2001 Rebirthday
Thomas Grimes	Son of Rosalyn Grimes	10/31/1958 Birthday
