

# The Compassionate Friends, Inc.

## Livonia, Michigan Chapter



**July 2016**  
**Volume 28, Number 7**

**The Compassionate Friends is an international self-help organization offering friendship, understanding, and hope to bereaved parents and siblings.**

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### **Meeting Information**

When: First Thursday of  
each month. 7-9 p.m.

Where: St. Timothy's Church  
16700 Newburgh Road, Livonia,  
East side of Newburgh, 1/4 mile S. of  
Six Mile

### **Coming Events:**

**NEXT MEETING -July 7-** Regular meeting - First time table, topic table, sibling table. Topic: Re: It's Unfair - *How have you managed your relationships with others since the death of your child?*

**NO Craft Day this month.**

**July 19th** -TCF Dinner-at Brann's Steakhouse (39715 6 Mile, Northville, MI) sign up at meeting or call Kathy 734-306-3930 or katjrambo@wowway.com.

**July 8 -10th** - National Conference,

### **Summertime**

It sounds so easy. A soft warm word - time to run barefoot, time to leave windows open all night. Summertime. Somehow it seems, doesn't it, that it's especially meant for children. Children on beaches, children on swings, children in large pools, children in tiny tubs.

We who do not have all of our children with us may feel the summertime in two ways. One is to remember shared events and adventures-there were so many. Long rides in a hot car, a nap in the back seat. The famous question, "Are we there yet?" Everything from a heat rash to ice cream cones and sand castles.

For us, another way to feel summertime is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children?

Even when there's nothing to remember, we are reminded of the children's absence. We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, per-

haps. Or all of their children died. And here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature, trying to deal with our children's absence with all the grace of which we are capable. Often we do not want to burden others with our grief. Or we may be convinced that others don't wish to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel.

Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after our loss. But we were also taught to be honest. And when you feel the hurt, when you seem almost to be lost in the shadows of this golden summertime, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet, your deepest feelings, unexpressed, can burn into your existence with harmful force.

You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief. And revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that after you have expressed the painful sorrow you once kept hidden, and you find yourself, finally, smiling at the memories and the blessings of past summertimes.

*Sascha Wagner*

# Our Children Loved and Remembered Always

*This month, we remember the children who are so deeply and sadly missed. Please take a few moments to place them and their parents in your thoughts.*

## **Let Us Remember Them Always**

<i>Child</i>	<i>Parent, Grandparent, Sibling</i>	<i>Date</i>	<i>Age</i>
Christine Kramis	Tammy Basballe	July 06	33 yrs
Jourdan	Carrie Bobbish	July 22	17 yrs
Scott, Jr.	Scott and Laurel Cashero	July 31	19 yrs
Michael James	Lisa Chaput	July 09	20 yrs
Patrick Withers	Linda Clein	July 13	41 yrs
Kianna Tubbs	Sherry Coleman	July 03	23 yrs
Johnnie	Gabrielle Colvin	July 31	41 yrs
Kristin Graves	Lisa Cunningham	July 15	19 yrs
Cynthia Schreidel	Roxane Dikeman	July 27	39 yrs
Mark	Wendy DuVall-Angelocci	July 02	25 yrs
Danny	Dan and Ruth Ewing	July 09	26 yrs
Danny	Carol Gains	July 28	19 yrs
Brian	Sylvia Hinzman	July 27	26 yrs
Michael	Dick and Diane Inloes	July 29	41 yrs
Guy Nathan	Jack and Pam Kinsey	July 11	23 yrs
Christian	Louis and Julia Kistic	July 26	23 yrs
John Jerome	Mary Krill	July 12	44 yrs
Joel J	Mary Krill	July 16	52 yrs
Jennifer	Laura Kroll	July 16	20 yrs
Marty	Jim and Mary Ann Kropinak	July 02	13 yrs
Christine Kramis	Dorothy and Glenn Laswell	July 06	33 yrs
Elaine	Mary Lou Levitan	July 21	29 yrs
Johnnie	Turesa Lewis	July 28	25 yrs
Zyhaire Amor Harrison	Kieyana Lockhart	July 27	3 yrs
Justin (brother)	Rebecca Luckhardt	July 14	33 yrs
Gene Mitchell Marica	Maickel and Joan Marica	July 21	28 yrs
Tom Jr.	Connie McCann	July 15	39 yrs
Maya	Karl and Shonda Peterson	July 15	21 days
Chad Rutherford	Chris Preuc	July 23	29 yrs
Eric	Cheryl Putz	July 26	21 yrs
Andrew Joseph	Barbara & Jim Rozen	July 08	23 yrs
Abigail (Abby)	Greg and Kelly Ann Rubenson	July 12	9 yrs
Anthony	Karen Sapienza	July 09	22 yrs
Eric William	Scott & Laura Sinclair	July 03	1 day
Abigail Madelyn	Brian and Connie Smith	July 04	1 hr old
Madalyn	Darin Szilagy	July 23	7 yrs
Madalyn	Faith Szilagy	July 23	7 yrs
Alyssa	Rhonda and Lee Temple	July 18	6 yrs
Christopher Shea	Ginny Tomasso	July 03	16 yrs
Shane	Sherly Trupiano	July 24	25 yrs
Shawn	Jerry and Judy Tyrrell	July 30	49 yrs
Ariana	Moises and Tomi Valdez	July 14	4 yrs
Brandon	Catherine Walker	July 09	18 yrs
Dennis Bushnell	Linda Wall	July 03	45 yrs
Scott	Sandra Weisl	July 12	42 yrs



## Let Us Celebrate Their Births

Stuart Joel	Marilyn Berman	July 12	38 yrs
Anthony	Debra Blackledge	July 25	39 yrs
Blake	Brian & Kim Bowman	July 17	14 yrs
Brandon Michael	Mike and Marsha Brown	July 09	27 yrs
Jeffrey	Jeff and Pat Callebs	July 13	27 yrs
Heather Maureen Hicks	Gary and Diana Catlin	July 25	32 yrs
Jeffrey	Linda Clein	July 07	29 yrs
Gregory William Croteau	Juleen Croteau	July 15	18 yrs
Steven DeLong	Phil DeLong	July 08	35 yrs
Robert	Carol Gerber	July 26	49 yrs
Adam	Robert and Joyce Gradinscak	July 20	24 yrs
Steven Frederick	Nancy and Ralph Green	July 29	21 yrs
Jordan	Jodi Griffin	July 06	10 yrs
Ryan Birmingham	Steve and Theresa Henry	July 07	24 yrs
Steven Michael	Virginia Herrick	July 08	27 yrs
Maureen	Mary Himm	July 24	48 yrs
Abbigale Feenie	Michele Horvath	July 17	1 month
Andrew	Roman and Monica Imielowski	July 06	26 yrs
Craig	Linda Jogwick	July 09	10 yrs
Brian Matthew	Michael King	July 01	4 yrs
Benjamin Michael MacDonell	Michael and Jenny MacDonell	July 18	n/a
Candace Marie	Edward Marcou	July 07	18 yrs
Kayla	Martin Martinez	July 22	11 yrs
Judy Ward	Ida Mihlear	July 13	64 yrs
Wiley Garrick Moss	Lisa Moss	July 23	22 yrs
Kenneth M	Kenneth and Debbie Napora	July 02	42 yrs
Nicki	Ron O'Dell	July 22	32 yrs
Gregory	Susan Pregitzer	July 15	18 yrs
Joshua	Debbie Quiqley	July 01	19 yrs
Bradley	Derrick & Marge Reynolds	July 16	52 yrs
Jason Quick	David and Lynn Robertson	July 19	25 yrs
Lisa	Al and Sandy Salloum	July 19	39 yrs
Ryan Morrison	Dave and Kathy Shinn	July 16	24 yrs
Paul	Brian and Cindy Shuster	July 15	26 yrs
Aaron Robert	Beth Ann Simon	July 05	21 yrs
Aaron Robert	Robert and Rosalyn Simon	July 05	21 yrs
Eric William	Scott & Laura Sinclair	July 02	1 day
Abigail Madelyn	Brian and Connie Smith	July 04	1 hr old
Michael	Nancy Strong	July 31	35 yrs
Sarah	David and Carol Thurmond	July 17	20 yrs
Mark	Joann Vecellio	July 27	43 yrs
Randy Walker II	Randy Walker	July 17	21 yrs
Michael	Barbara Wise	July 25	39 yrs
Brian	Bill and Betty Woehlke	July 27	29 yrs
Maureen	Anna Wood	July 04	53 yrs

## New Members

We welcome new members. We are so sorry for the circumstance that has brought you here. Although we have no easy answers, we can offer you understanding through our common experiences. We also know how much courage it took for you to attend.

Sherry Coleman whose beloved son, **Nathaniel Mosby**, Born 12/27; Died 6/30; 10 years

Sherry Coleman whose beloved daughter, **Kianna Tubbs**, Born 9/30; Died 7/3; 23 years

Lisa Cunningham whose beloved daughter, **Krisitn Graves**, Born 8/15; Died 7/15; 19 years

Chris and Jennifer Rynerson whose beloved son, **Arthur**; Born 8/14, Died 3/24; 2 years

Tim and Karen Schulte whose beloved granddaughter, **MacKenzie**; Born 4/20, Died 3/17; 19 years

I wonder if people understand what it  
is to miss you  
It isn't about accepting that you are  
gone  
I am acutely aware that you are not  
here  
It isn't about moving on  
I move forward but you are no further  
from my mind  
It isn't about forgetting you  
You are still the first thing I think  
about in the morning and the last thing  
at night  
It is about learning to not reach for the  
phone  
I miss sharing my joys and sorrows  
with you  
It is about not feeling your loving arms  
hug me  
I miss the intensity of your love  
It is about no longer sitting and talking  
I miss hearing about your hopes and  
dreams  
It is about thinking about you every  
day  
I miss you every day  
*Tanya Lord*

## Silently Born

Our lives were forever changed on  
November 10, 2013. Our granddaugh-  
ter, Sophia Grace, was silently born.

No warning. No signs. No heartbeat.  
We questioned the midwives, who  
acted like it was another day “at the  
office,” and the doctor, who said our  
daughter could go home for a day or  
two to prepare herself to give birth to a  
dead baby. We questioned and blamed  
ourselves –how could we not have  
known? The baby had been quiet be-  
fore, and we had gone to the hospital  
to check on her ... all was well. It is  
believed by many that the baby quiets  
down prior to birth, but that is not nec-  
essarily the case. Slowing down might  
be normal, but it could also be a sign  
of problems and should be investi-  
gated right away.

It was a mind-numbing experience,  
with the world and other families  
growing around us. While other  
women had a stork on their birthing  
room door, we had a leaf with a drop  
of water.

These other women moaned, groaned  
and laboured to hear that first cry –we  
heard nothing when Sophia slipped  
into the world. Our daughter bravely  
laboured and birthed according to her  
plans, birthing her child and silently  
embracing her. They discussed weight,  
fingers and toes, heard more cries and  
coos; we had to find a funeral home  
that would pick up Sophia.

While families around us prepared a  
car seat to take their beautiful bundle  
home; we bundled our daughter into  
a wheelchair, holding only a pink  
blanket, leaving the labour room with  
empty arms.

The surreal experience left us bewil-  
dered, wounded, and in shock. How  
do we tell everyone that was awaiting  
the news that we don't have a baby  
to share with the world? The other  
families from the hospital that night  
were sharing birth announcements  
and photos ... we were preparing our  
daughter to cremate her daughter and  
write a death notice. We carefully  
asked people if they were comfortable  
seeing photos of our beautiful baby  
girl. As the numbness wears off, and  
life moves on around us, everyone  
goes back to their lives – A common  
experience for anyone grieving. Our  
grief and mourning at the loss of our  
granddaughter and our daughter's  
hopes and dreams is real and raw.

Grief is a gravely misunderstood  
emotion, we are not really prepared  
to support a person that loses a loved  
one. We offer our sympathy, we cry  
and hug when we first hear the news;  
we don't truly know what to say or do,  
especially as time passes.

For those of us in mourning, we keep  
feelings inside, not knowing who will  
be “okay” with hearing us talk about  
our loved one. Some days are easier  
to maneuver through; we manage the  
day with smiles and even tears as we  
remember. Other days, not so easy,  
hard to get out of bed, tears of anger  
and frustration. Why did you leave us?  
Why did we deserve what feels like a  
cruel punishment?

Sophia was an unexpected part of  
our future, joyfully anticipated, and

sorrowfully missed. She may not  
know the impact her short life had on  
our family, expecting her brought us  
closer together, losing her has made  
us stronger. There are no timelines  
when grief stops, it may feel like we  
have moved past the depth of emotion  
that is holding us back from getting  
on with life. Then we will read or see  
something that brings a fresh feeling.  
I struggle to walk past the diaper aisle,  
if she was here I would be in that aisle  
buying diapers. I also try my hardest  
not to go near the infants section of a  
store, I can picture her in those little  
girl clothes and wish with all my heart  
that I was spoiling her with cute little  
outfits. I get teary eyed and stop my-  
self from showing the emotion, I don't  
want to create a scene. Sometimes, I  
do just want to yell out that I miss her  
and my heart hurts, but I don't. I weep  
silently when I get home.

“Life won't get better, it will get  
different”. This phrase has helped our  
daughter as she picks up the pieces  
and tries to figure out where she be-  
longs. She is a Mom, forever a Mom,  
however there isn't a child here to  
hold, and nurture, like other Moms.

We have photos, a lock of hair, and  
her ashes; for that we are grateful, the  
times we live in have changed how  
stillbirth is handled in hospitals. It  
used to be that the baby was whisked  
away and you were told to forget. Now  
parents and grandparents are given  
time with their babies, photos are  
taken, hand and foot prints made. A  
memory box is prepared and delivered  
to the family.

As we move through our day to day  
lives, Sophia is remembered with so  
much love; we see butterflies often and  
know her spirit is close. This experi-  
ence will forever allow me to support  
mothers and fathers, nanas, and papas,  
aunts and uncles, friends, midwives,  
doctors and nurses who have had to  
bear this experience on their souls and  
in their hearts.

Supporting a person in mourning is  
not easy, often you don't have to say  
a word – just be close, offer a hand  
to hold or a shoulder to cry on. Allow

them to share stories, memories, feelings and it may be the same stories, memories and feelings.

That is okay, they are processing and doing what is right for them. We often forget that the impact of losing a loved one is a life - long experience. Sure it gets easier to talk about them or think about them, it is forever in our hearts and what we truly need are people who also want to share in those remembering moments with us. Without judgement or words that fall flat, instead share smiles and loving touch.

*Pamela Christie*

### It Isn't Fair

It isn't fair (and there's a lot about life that isn't), but when a child dies, the responsibility for maintaining relationships falls on the shoulders of those who are grieving. It seems it should be the other way around, doesn't it? Most of us expect those who love and care for us to be the ones who will understand our needs, reach out to us and support us while we struggle to regain some balance in our lives. So it comes as a rude shock when we discover some of these people don't understand our needs any more than the old proverbial man in the street. We become angry and disappointed.

It is a mistake for grieving people to try to make important decisions too early in their grief. In an effort to escape some of the pain, and because of the anger inherent in the situation, we often make decisions that seem right at the moment, but in fact are not best for the long run. We sacrifice long-term pleasure for immediate gratification.

Deciding who will and will not continue to be important and necessary in our lives from that time on certainly falls under the category of important decisions. Think back now to the time before your child died. You must have known some bereaved people back there who were important to you. How well did you understand their feelings and needs? How good were you at being there for them through the long haul? Maybe you can remember feeling tongue-tied, inadequate and even

cowardly, not because you didn't care, but because you cared so much that you couldn't cope with their pain. You felt inadequate, and so in their eyes you may have failed them, an assumption easy to make during the pain of fresh grief.

This is where the responsibility for relationships comes in. No important relationship should be severed during early bereavement without your having first made an effort to communicate your needs to those you love and who love you. Before you cut people out of your life, at least try to educate them. Give them a book to read that spells out some of what you are going through and how they can best support you. Tell them how important they are to you and how much you need them to just be there and listen, even without having any answers for you, when you need to talk.

Impress upon them the fact that your grief for your child isn't going to be a short term thing for you, and ask for their patience, even if they don't understand.

Not everybody will be able to be there for you, no matter how hard you

try to educate them. But if you salvage one important relationship, it will have been worth your time and effort. Down the road a way, when you've had the necessary time to make your adjustment, you will find that some of these "unnecessary" people you gave up on too early in your grief, really are a vital part of your life. It is difficult to go back and reestablish relationships that have been too long neglected.

No, it isn't fair, but we are the only ones who know how it feels to have been on both sides of the grief fence. Put that Ph.D. you've earned the hard way to good use. The payoff comes later for you when you have regained some equilibrium in your life and you still have about you some of those who really do matter.

*Mary Cleckley ~ TCF, Atlanta, GA*

*Special Thank You to Pat & Janet O'Donnell for their donation from a Golf Fundraiser held on Friday, June 3rd at Sycamore Hills Golf Club. In special memory of Thomas O'Donnell along with Brian, Jim & Billy O'Donnell.*



The Livonia Chapter would like to thank all who participated in our "Painting with Monica" fundraiser held last month. A special thank you to Monica Imielowski for sharing her talent with us and helping each one of us make our beautiful daisy painting. Thanks also to Patti Imielowski and Jo Imielowski Harnum for their help.

This fundraiser was given in memory of Andrew Imielowski by his family. Thanks to our members who brought goodies for our painting day.

# SIBS

## Siblings and Grief

I'm an expert on siblings and grief. Not because I'm a psychologist who specializes in grief. No. I am an expert because I have lost two of my sisters.

As I write, it is September 8, 2013—20 years to the day that my youngest sister, McLean, or Miki as we called her, died. She died of cancer of the kidneys. She was eight years old. I was eighteen. We buried Miki on September 11, 1993, my mom's birthday—a date that would forever be marked for my family, a date that would become marked for the United States, and the world, just eight years later.

On October 17, 2007, my closest sister, Shannon, died. Just 16 months

apart, we'd grown up together; we knew each other intimately, we were best friends. Losing Shannon was even harder for me than losing Miki, and not just because we were closer. For one, I was older when she died—I understood loss better—but even more, because her husband had died just two months prior and she left behind two young sons. My husband and I would raise her sons as our own.

Tragic as it was—hard as it was to suddenly inherit two sons, and as much as I missed her—I still felt sorrier for my parents, for her children, for her close friends, for everyone but me. *I'm just the sibling*, I thought. How wrong I was. *How wrong so many of us are about siblings and grief.*

These two experiences have given me unique insight into sibling grief. I've experienced how the death of two dif-

ferent siblings, at two different times of my life, and in two unique sets of circumstances has impacted my family and me. These two death experiences were completely different. My understanding and the impact these deaths, based on my age when they died, was completely different. But, both of my sisters' deaths had a profound impact on my life.

There are many things people need to learn about siblings and grief. Here are ten *I* would like everyone to know.

**1) Sibling grief is often misunderstood**—by parents, families, friends, and counselors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother? Who now face that lifetime alone?

**2) Sibling grief “has been almost entirely overlooked in the literature on bereavement.”** It's no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking?

**3) Common emotions siblings may feel when a brother or sister dies include:**

Guilt  
Abandonment  
Loss of Innocence  
Fallout from the Family  
Somatic Symptoms  
Fears and Anxiety

**4) Siblings may feel “trumped” by the grief of other family members.** I sure felt this way, and it's common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling's own loss.

### ***Need to Talk to Someone Between Meetings?***

#### **TELEPHONE FRIENDS:**

The people listed below have volunteered to take your calls:

Linda Houghtby - Long term illness - (734) 591-3062

Catherine Walker - Loss of Only Child - (248) 921-2938

Dave and Charli Johnston - Suicide - 734-812-2006

Joe Hofmann - Drug related death - 734-331-9919

Bob Vitolins - A father's grief - (313) 882-8632

Dana and Brandy Bumstead - Loss of an infant -(313) 447-8144

Kathy Rambo - Sudden Death - (734) 306-3930

***Remember that our chapter has a Facebook page. It is a closed page, so you just need to search for The Compassionate Friends of Livonia, Michigan and ask to join.***

#### **TCF CHAT ROOM**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

The chat rooms are moderated and are open at different times. There is one open most evenings from 10-11 p.m. They are all moderated which means that all the chat rooms have a trained facilitator in them.

**National Mailing Address:** PO Box 3696, Oak Brook, IL 60522; Phone: (630) 990-0010; Toll Free: (877)969-1101; Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

#### **OTHER TCF CHAPTERS IN OUR AREA:**

**Ann Arbor:** Mike Fedel: MikeFedela2@gmail.com; 734-998-0360 ; 3rd Sunday, 2:30 to 4:30 pm - First Presbyterian Church (Vance Room)1432 Washtenaw, Ann Arbor

**St. Clair Shores:** 2nd Wed. Kathy Joerin ; 586-293-6176, KJMac21@aol.com

**Detroit:** Kellie West Outer Drive Methodist Church,12065 West Outer Drive, Detroit ; 2nd Wed., 6:30 - 8:30; 734-660-9557.

**Troy:** St. Paul's Methodist Church, 620 Romeo, Rochester, MI 3rd Thursday7-9; Tina@586-634-0239

**Pinckney TCF Chapter:** The Christian House of Prayer, 9949 McGregor Road, Pinckney, MI; 2nd Monday of the month, 6 - 8 pm; Jimmy Batchelor - 734-277-9705

**Tecumseh TCF Chapter:** First Presbyterian Church, 211 W. Chicago, Tecumseh, 4th Sunday of the month, 2-4 pm, Rose Hatchett, 517-270-3308.



**5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety; “Survivor guilt” is also common.** Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behavior or for unacceptable feelings (jealousy) is common. Young children may think, before the death, “I wish my brother were dead!” then believe they somehow caused it to happen. Older siblings may wonder, “Why them and not me?” Because siblings are usually similar in age, it can bring up many questions about the sibling’s own life and death, and guilt along with it.

**6) Surviving children do, unfortunately, end up taking the fallout from parents’, siblings’, or other family members’ mistakes, emotional blowups, or neglect.** In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and

sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren’t so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a “parent” figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced *my* life. It profoundly changed our family.

**7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling’s symptoms.** Especially in young children, symptoms like stomach-aches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.

**8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal.** Little children don’t comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn’t their fault, to validate what they feel. If parents aren’t able to do so, another family member or friend may, and hopefully will, step in.

**9) Even adult siblings will feel the**

**loss deeply.** The pain isn’t less simply because you’re older. In fact, in many ways, it’s harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven’t developed abstract thinking and understanding.

**10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal.** Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be “over it by now.” They don’t know sibling loss. Now, you do. It takes time. Lots of time. It’s not about “getting over” the loss of a sibling. You don’t get over it. You create your life and move on, when you’re ready. But you will always remember your brother or sister—the missing piece of your life.

I once heard someone say, “When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose the past *and* the future.” That is the grief of a sibling—grief for what was past, and grief for what should have been the future. Just remember these things, my friends. Remember to be there for siblings in grief. You can be the difference in helping them create a bright future, even if they now must do so without their beloved sibling.

*Dr. Christina Hibbert*

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**A Love Gift** is a gift of money to Compassionate Friends. It is usually in honor of a child who has died, but may also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to make a donation to help in the work of the Livonia Compassionate Friends. The money from Love Gifts is the main source of income for the Livonia Chapter, and allows the chapter to send out newsletters, rent meeting space, and reach out to those newly bereaved. See new Love Gift form on back page.



- ♥ Glenn & Dorothy Laswell “In memory of Christine Kramis. We wish you a Happy Birthday. We love you very much! Love, Mom, Dad & Tammy (your sister)”
- ♥ Sandra Weisl “In memory of my son Scott. Miss you so much. Love you forever Mom!”
- ♥ Tom & Connie McCann “In memory of our son, Tom Jr. on his angel day 7/15”
- ♥ Tom & Connie McCann “In memory of our sons Ryan “Ryfro”, Tom Jr & Bryan “Bryfro” Soupis considered a son by our family & Mark “Sparky” Abbott”
- ♥ Norm & Laverne Jinerson “Dearest son Brian, we will see you again someday. Love, Mom & Dad”
- ♥ Robert & Joyce Gradinscak “Happy 36th Birthday Babe! Love, Mom, Dad, Jamie & Dave”
- ♥ Brendolyn Jasper “Jeff I miss you and love you! Mom”
- ♥ Vicki Johnson “In memory of Michelle Lynn Johnson. Forever loved & deeply missed!”

TCF Livonia Chapter  
Brenda Brummel  
10531 Calumet Trail  
Gaylord, MI 49735

## July 2016

If any of you would be willing to get the newsletter via the internet,  
*please email me. Thanks, Brenda Brummel*

### LOVE GIFTS

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Love Gift Donation of \$ \_\_\_\_\_ in Memory of \_\_\_\_\_

Message: \_\_\_\_\_

Direct my gift to: \_\_\_\_\_ Outreach (Printing, postage, phone, web  
\_\_\_\_\_ General Fund (90% local; 10% national)

Mail to: Rhonda Temple, 25164 Hanover St., Dearborn Heights, MI 48125

### Newly Bereaved . . . Burden of Grief

As I struggle with words to find  
answers  
Reading and writing my pain  
The pages grow blurred before eyes  
that are tired  
From this crushing emotional drain.  
The relief that comes from the writing  
Parallels what I feel when I read—  
To open myself to the torture of loss  
Seems to soothe this unbearable  
need.  
There's no pleasure in life at this moment  
It's an effort to get through the day  
And I labor to stay above water...  
But the shoreline is so far away.  
So I pick up a pen or a book about  
grief  
And it serves as a raft for a while.  
And I hope, as my tears fall on pages  
of pain  
That I'll learn once again how to  
smile.  
As I swim toward the shore of acceptance  
I pray for the peace of belief  
That heaven's your home and you're  
waiting for me  
Then I'll finally be free of this grief.  
*Sally Migliaccio*  
*TCF Babylon, NY*