The Mission of the Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

**July/August 2010**

**MEETINGS/REUNIONES**

**PARENTS, GRANDPARENTS & ADULT SIBLINGS**

7:00 p.m. — 1st Thursday of the month

New Cassel Retirement Center

900 N. 90th Street — Auditorium Level 2, Omaha, NE

July - We will start the meeting with viewing the movie “Motherland”. Five grieving mothers find healing together as they work and visit Africa.

August - Wolfelt Touchstone 9 - Seek Reconciliation, not Resolution

September - "Seasons of Grief"

October - Guest Speaker Cindy Tomcak, bereaved mother and Life Coach Wolfelt Touchstone 10 "Appreciate Your Transformation".

November - When Bad Things Happen to Good People

**REUNION EN ESPAÑOL/MEETING IN SPANISH**

7:00 pm-3er miércoles de cada mes/3rd Wed. of every month

One World Community Health Center Conference Room

4920 S. 30th Street, Omaha NE

Kelly 712-326-4308

Miércoles/Wednesday - 21 July/Julio

Miércoles/Wednesday - 18 Aug/Agosto

Miércoles/Wednesday - 15 Sep/Septiembre

**DAYTIME MEETING**

3rd Tuesday of the month at noon. Join us for lunch at Tish's restaurant.

1115 S 35 Street, Council Bluffs

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Save the Date

The Compassionate Friends Omaha Chapter will be hosting a Regional conference April 1st -2nd 2011. We need your creativity to help with choosing a theme, centerpieces, t-shirt design, silent auction, and workshops.

Please send stories, poems or love gifts by August 15, 2010

newsletter@tcfomaha.org

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July/August 2010
Steering Committee

These members are veterans of the organization who work together as a team to take care of the business of the chapter. Giving back is another stage of healing. They will have nametags to identify them as steering committee, so you can seek them out at meetings for questions or suggestions, or a listening ear.

Barbara Schwede
Kelly Pelster
Shirley Ashcraft
Joyce Schlosser
Kate & John Spinks
Kelly Kleckner
Sandra Massie
Becky Smith
Joann Smith

Thank you to the following businesses and professionals who have generously assisted us in our mission

New Cassel Retirement Center · One World Community Health Center · Ted E Bear Hollow · Centering Corporation

Love Gifts · Address Change · Authorization To Print Name & Dates
Mail to: The Compassionate Friends, PO Box 540852, Omaha, NE 68154

Your Name_____________________________________________________________________________________
Address_______________________________________Email___________________________________________
City___________________________ State _______ Zip ______________Phone ______________________

Date _______________ Gift of $___________ DIRECT MY GIFT TOWARD:

☐ 2011 Omaha Conference ☐ Angel of Hope Project ☐ Memorial Programs
☐ General Fund (90% local/10% national) ☐ Outreach -printing, postage, phone, web

In Memory of

Message:

I GIVE MY PERMISSION TO PRINT MY CHILD’S NAME, BIRTH & DEATH MONTH/DAY IN THE NEWSLETTER
Child’s Name __________________________________________________________________________________
Birth Date __________________Death Date ______________________Your Relationship____________________

SIGNATURE_REQUIRED_____________________________________________________DATE______________

You will no longer receive the newsletter if 2 years have passed since our last contact with you. You may be added back to the mailing list at your request.

Kelly Kleckner-Silva has been a Steering Committee member since March of 2007. Kelly is bilingual in Spanish and English and facilitates the Compassionate Friends sub-group that is held in Spanish. Kelly has also volunteered her time with the local chapter as a past newsletter editor and has also had the opportunity to go to a leadership training presented by the National Compassionate Friends office in 2007. Her son, Diego was born on October 4, 1995 and died on June 26, 2004. Diego's death was sudden and was considered a natural death. He had his appendix taken out on Feb. 10, 2004 and everything was fine. Four months later, he had pains in the same location only one day before dying. On June 26, 2004 he went into shock and died. His death was due to how his body healed. The scar tissue from the appendix operation healed in a way that it blocked the blood from passing through the intestines, this is painful and caused him to go into shock and die.

After Diego's death, Kelly was very interested in reading as much as she could and that is how she found information online about, The Compassionate Friends. She also spent hours making a website www.diegoceballos.com , on her own in memory of her son. Making this website was very helpful in dealing with her different emotions during the grieving process. It is a work in process and she plans on adding more as time allows. When Diego died Kelly tried finding resources or groups in Spanish and couldn't find any groups in Spanish. Toward the end of 2006, Kelly was contacted by a member of TCF Omaha chapter about a Spanish speaking family in need of support. Kelly began the Spanish sub-group which started in May of 2007. Kelly has three surviving daughters, Carina, Jocelyn and Mariana. They all love their brother so much and have learned who he is through pictures, videos and stories. Carina turned 3 years old on June 19, 2004 exactly 1 week before Diego's death. Diego's two other sisters, Jocelyn and Mariana both were born after his death. Diego’s family talks about him and this helps to keep his memory alive.

Meet your steering committee

meet other steering committee members in the next newsletter
Gifts of Love

Our activities support the grief work of many families. We also work to educate members of our community about the grief process and how they can support bereaved parents. Please help us help others by making a LOVE GIFT today. TCF is a 501c3 organization and funded only by donations. Monetary gifts in any amount are deeply appreciated and we gratefully accept these gifts knowing our children are warmly remembered. Chapter expenses include printing, postage, library, yellow pages, and memorial programs. Use the form above to send a tax deductible gift.

♥ General fund Gifts received February 15—April 15 ♥
Jackson William Johnson by Alan & Shannon Johnson ♥Anonymous

♥ Outreach Gifts received February 15—April 15 ♥
In Our Hearts And Minds Forever - Kevin Lee Schafer by Lila & Tom Schaefer ♥ In Loving Memory - Shannon Lee Lloyd by Russ & Anne Lloyd ♥ Happy "Golden" Birthday - 23 On May 23 - We Love You - Amber Nicole Olberding by Merv & Kris Olberding

♥ Memorial programs Gifts received February 15—April 15 ♥
In Memory Of Our Beautiful Nicole - Nicole Renee Spiegel Wheeler by Randy & Jan Spiegel ♥ In Loving Memory, We Miss You, Eric - Eric Scott Jacobsen by Wayne & Diane Jacobsen

♥ Angle of Hope Gifts received February 15—April 15 ♥
In Loving Memory - Allie Costello by Mark & Maryellen Costello ♥ In Loving Memory - Matthew A. Schmill by Bob & Lynn Schmill ♥ In Loving Memory - Dawn Renee Schuster by Trish Schuster

♥ 2010 Banner Gifts received February 15—April 15 ♥
2010 NEBRASKA REMEMBERS

Our children, gone too soon.

Walk To Remember - Arlington Virginia

www.tcfomaha.org  mail@tcfomaha.org  402-571-4011

We invite you to visit the Memorial!
There is still time to place a memorial brick
before the formal dedication.

SAVE THE DATE: September 26, 2010

I would like to support □ Angel of Hope Maintenance  □ 2011 Omaha Regional Conference
□ $3,000 Friend of the Angel  □ $2,000 Bench  □ $1,000 Title
□ $250 8x8 Paver Brick  □ $125 4x4 Paver Brick  □ $    Donation without a brick

(6 LINES)

(3 LINES)

Directions: Located at Boys Town, beyond the Garden of the Bible. From Dodge Street, exit at 137th onto Sheahan Parkway, Right on Flanagan Drive, Right on Bucher Drive. The Angel of Hope is across from Chambers Chapel.

MAIL TO: Compassionate Friends
P.O. Box 540852
Omaha, NE 68154

Purchaser__________________________ Email__________________________
Address__________________________ Date__________________________
City/State/Zip_____________________ Phone_______________________

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4
Our Angel Has Landed

with HOPE in her wings, our Angel has landed!

THE COMPASSIONATE FRIENDS
Greater Omaha Chapter
In the beginning I found memories to be quite painful. So much so that we found it necessary to move. Our son was an adult when he died so he didn’t have a room at our home any longer. But, he did have an apartment which we needed to clean out. Since our home was not too far from where he lived we frequently passed his previous apartment when coming and going for various things. He also died at that apartment.

David also worked at a variety of locations in his life. Those locations were also in the path of our activities. Since he was in the restaurant business it was not unusual for us to dine at these locations frequently.

He also loved to fish and especially at Wehrspann Lake in southwest Omaha. My husband and I always walked there for exercise before we lost David.

I also worked with a lady who in her teenage years was a close friend of David. If anyone shared my pain, it was Jen. She was his first love and every time I saw her or talked with her, memories of their younger years came flooding back.

My husband was often out of town throughout the week since he was retired and spent time at our lake house. I was still working and David and I would often get together for dinner at his favorite places.

David bought his yellow truck, did his banking, grocery shopped and bought gas at businesses nearby our home. Oh, that yellow truck that he purchased and was so proud of…..my heart stopped whenever I saw a yellow truck, but now I simply remember how I appreciate that he had that experience.

These places all held fond memories of my son. But, when he died they became painful since they reminded me of what I would no longer enjoy and what I had lost.

Now five years down the road, I find those memories to be sweet now. Strange how they could be bitter just five years ago and sweet memories now. Time doesn’t heal all wounds, but it can certainly ease the sharp pain and in a strange way warm the heart.

David’s Mom
Diana Bodnar

HE WOULD BE 30

On July 18 with much melancholy I will be remembering the birth of my son. After being raised in a family of 3 daughters myself, then having 2 daughters before Mark, he was a surprise. It was a continuing marvel to me to watch the male perspective. Boy was that fun. Loved the trucks, cars, balls and video games of raising a little boy. He grew into a kind and gentle young man. He was taken from us at age 19 years on December 14, 1999. Since that time I have learned much of who my son was from others, I am very proud that I am his mother.

Three weeks after Mark’s death, I walked into my first Compassionate Friends meeting. I wasn’t sure what to expect but felt the need to be around other people who truly understood my pain. I found friendship, compassionate strength and eventually healing here. Lifelong friends have been made here and I will always be grateful that I found this group. I love the meetings because the rest of my life is spent with my remaining family, the work, church, and friends. But that night I get to spend with Mark.

I will never know the man Mark might have become. Perhaps by now he would be married, have a career, a wife and family, I can only imagine.

Happy Birthday Mark, I love you to the moon and back.

Sandi Massie
“Mark’s Mom”
Summer is the time of year when families think of vacation. Whether a long trip or a short time spent near home, vacations are a pleasant change of pace and a time to have fun, for many bereaved parents, especially in the first year or two of grief, even the idea of a vacation may cause a devastation of emotions. Some cannot even use the term vacation. Remembering the fun times with their now dead child is more than can be borne.

However, if you are planning a vacation, here are some suggestions that may help:

- Be kind to yourself. Don’t expect too much. The first time we do anything without our children is tough, no matter what the activity.

- Be patient with yourself. You will have feelings of guilt, anger, and all the other emotions associated with grief. Let those emotions come and go as they will. Rest and have a good time if at all possible. Give yourself time to have a bad day.

- Be aware that your child will be on your mind most of the time just the same as he or she would be if you were at home. Grief travels along with us.

- If you plan to visit relatives, remember they mean well even if they seem insensitive with their remarks. They have not lost a child and cannot see through your eyes.

- Remember your other children. They are also having a hard time coping with this vacation. Plan some activities that they especially choose.

- Communicate with your spouse and other family members.

Phillip Hall  
TCF South Central MO

Poets Corner

I am fooling only myself when I say my daughter exists now only in the photograph on my bulletin board or in the outline of my hand or in the armful of memories I still hold tight. She lives on beneath everything I do.

Her presence influenced who I was, and her absence influences who I am.

Our lives are shaped as much by those who leave us as they are by those who stay.

Loss is our legacy.
Insight is our gift.
Memory is our guide.

Hope Edelman  
TCF South Bay/LA, CA
Our Children Remembered

In the days ahead, especially remember these children and their families...on the day of their birth and on the anniversary of their death. If your child has a birthday this month, bring a photo or memorabilia for the birthday table, and a treat to share at the meeting. We need your authorization to list your child here.

Your child is not automatically listed just because you receive this newsletter. Sign & submit the form on Page 2.

July sunrises
Birth Child
07/03 Lisa Rodgers
07/05 Dana Ray Herren
07/06 Lisa Barton
07/07 Chris Cook
07/07 Scott Woodrich
07/10 Brittnie Rane Ludwig
07/11 Kevin Lee Schafer
07/12 Emma Juliana Ocanto-Secola
07/13 Brian M. Todd
07/18 Mark Thomas Massie
07/18 Todd Newill
07/18 Randy James Nunez
07/23 Xavier E. Bevan
07/26 David Charles Arenz
07/27 Joel D. Kudym
07/28 Rodney Wayne Johnson
07/30 Jackson William Johnson
07/30 Jeffery Mall
07/31 Ross Jonathan Mlnarik

August sunrises
08/02 Michael James Tilson
08/06 Sheldon Wayne Johnson
08/09 Brent Blanchard
08/10 Steve W. Burhenne
08/11 Aaron James Rasmussen
08/12 Jonathon (Scoob) Nielson
08/13 Erik Matthew Balkus
08/13 Jim Lehman
08/14 Angela Shawn Mccumber
08/23 Luann Miller
08/29 Jerry Imhoff
08/31 Robbie Fry

July sunsets
Birth Child
07/02 Emma Juliana Ocanto-Secola
07/02 Cathy Jo Thibault
07/04 Matthew Hartmann
07/05 Lisa Rodgers
07/09 Angela Shawn Mccumber
07/11 Lynette Schlosser Angers
07/14 Ashley Peterson
07/15 Rebecca Ann Sullivan
07/17 David Charles Arenz
07/20 Bryan Michael Ryder
07/22 Ross Jonathan Mlnarik
07/23 Chad Nichols
07/24 Chad Edward Hambright
07/25 Kathryn Elise Wilhelmi
07/25 Andy Powles
07/26 Mike B. Antrim
07/28 Xavier E. Bevan
07/28 Daryl L. Catlin
07/31 Jayme Robert Rose
07/31 Jackson William Johnson

August sunsets
Day Child
08/02 Rachel Sarah Talbott
08/10 Sheldon Wayne Johnson
08/10 Rodney Wayne Johnson
08/10 Mariah Jo Johnson
08/10 Allyssa Colleen Johnson
08/10 Amy Jo (Mueller) Johnson
08/13 Roger Francis
08/14 Ryan James Eckstrom
08/15 Ashley Marie Pedersen
08/16 Katie Natalia Ramirez
08/16 Ellen Gloria Cerra
08/21 Mathew Scott Elliott
08/21 Rosalyn Marie Clarke
08/24 Jacob Garren Coates
08/28 David J. Riesberg Jr.

Look at yourself in the mirror. Say to yourself, ”It is hard to lose a child.” Say to yourself, “It is reasonable to hurt.” Say to yourself, “Healing takes time.” Be good to yourself —–Sascha Wagner TCF Des Moines, IA