



THE COMPASSIONATE FRIENDS

CARSON CITY CHAPTER

CARSON CITY, NV

APRIL/MAY/JUNE 2017

Chapter Leader's Message

Springtime is here and with it the promise of new growth—life renewed. For me however, this time of year hangs heavy. I lost both William and Elizabeth in April. William 4 years ago (is that even possible?) and Elizabeth 2 years ago. Birthdays are also in this time. William April 12 and Elizabeth May 11. But I know I have my friends in Carson City from The Compassionate Friends and I can't ever stress enough how helpful you all are. I am so thankful for all of you as we pull each other along in this long journey we face. Peace.

William and Elizabeth's Dad,
Tom

Newsletter Editor's Message

As we approach another couple of months that are truly hard for mother and father, I hope you are able to reflect on all the good memories you've had with your littles. It's hard for cases like mine especially since I did not know my son. I remember things like realizing I was pregnant. The indicator with the + sign. Surprising his father on the Jumbotron at a Major League baseball game that he's going to be a daddy. Just the little things that make my heart skip a beat. That's what I try to do.

Yet life finds a way to try to bring you down. Now coupling with the time my son would've celebrated his birthday, I just recently lost my Godmother. She truly was a second mother to me and my life would be tremendously different hadn't she been there. These past few months have really been rough, but my time thus far with The Compassionate Friends has helped me through it. I'm still no expert. No matter how long you've been grieving, grief will surprise you every time. One day at a time.

In other news, we have found our new home at the Salvation Army Church, here in Carson City. We were welcomed with open arms and are very excited to have our first meeting on May 30th. Please join us for light refreshments and a celebration of community helping those in need.

Blessings,
Amber-Rose

SPECIAL DATES

April 8th - Member Lunch

12:00 - 1:00pm
La Posada Real
3205 Retail Dr.
Contact: Tom (775) 461-0362

April 25th - Meeting

7:00p.m.—8:30p.m.
New Venue To Be Determined
Please call for update:
Tom (775) 461-0362

May—No Member Lunch

May 30th - Meeting

7:00p.m.—8:30p.m.
Salvation Army Church
661 Colorado St.
Carson City, NV 89701
Tom (775) 461-0362

June 10th - Member Lunch

12:00 - 1:00pm
Red Hut Cafe
4385 S. Carson St.
Contact: Tom (775) 461-0362

June 27th - Meeting

7:00p.m.—8:30p.m.
Salvation Army Church
661 Colorado St.
Carson City, NV 89701
Tom (775) 461-0362

July 8th - Member Lunch

12:00 - 1:00pm
Comma Coffee
312 S. Carson St.
Contact: Tom (775) 461-0362

STEERING COMMITTEE

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info@tfc Carson City.org

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Chapter Website

www.tfc Carson City.org

Facebook Page

www.facebook.com/tfc Carson City

Facebook en Español

www.facebook.com/LACUSA

The National Office

PO Box 3696
Oak Brook, IL 60522-3696
(877) 969-0110

www.compassionatefriends.org

Phone Friends

It seems at times that we need a person to talk to who has been in our shoes.

If you are ever in need to reach out to someone, please let Tom or myself know. The two of us may just have some time to lend an ear.

Remember, We Need Not Walk Alone.

We are The Compassionate Friends.

Our Children Loved, Missed & Remembered

Our dear children, though gone from our sight, are forever loved and will always be remembered. We remember, with compassion, the parents and families of these precious children on the birthdays and anniversary days listed here.

April Birthdays

Kelly Barr

Amber Black

Benjamin Brown

Robert Bugajski

Nova Gibbons

Ethan Harmon

Austin Hawk

Elise Marie Lowe

Eric Steven Marchant

William Thomas Schwartz

Caitlynn Sterkel

Mother: Linda Barr

Mother: Mary Anne Black

Aunt: Laurie
Herrera-Cassar

Mother: Joann Ignatic

Parents: Andrzej & Teresa
Bugajski

Mother: Roberta Befley

Parents: Ken & Duana
Harmon

Grandparents: Chuck &
Shirley Evans

Mother: Jackie Hawk

Mother: Stephanie Snyder

Parents: Larry & Cindy
Marchant

Father: Tom Schwartz

Mother: Michelle Sterkel

May Birthdays, cont'd...

Eric Daphne

Larry A. Epley

Kelsey Foley

Brian Frazee Jr.

Andrew Gene Gialy

Travis Gleason

Brooks Greenlee

Samantha Harris

James Connor Hauser

Patrick Christopher Kain

Tim Lane

Brad e. Lauderbaugh

Leah Matlack

Christiana Eve Medina

Brandon Lee Murray

James Reilly

Michael Riley

Tracy Ralph Saulisberry

April Schultz

Elizabeth Debra Schwartz

Vickie Lynn Silva

Michelle Stratton

Heather Youngblood

Mother: Kres Daphne

Parents: Betty & Jim Epley

Parents: Richard & Jody
Foley

Parents: Brian & Kristi
Frazee

Mother: Mary Knapp

Mother: Debra Stewart

Mother: Renea Greenlee

Parents: Carl & Kelly Harris

Parents: James & Mary
Hauser

Parents: Hans & Mary
Vancura

Father: Don Lane

Mother: Myra Lauderbaugh

Parents: David & Barbara
Neddenriep

Father: Dave Medina

Mother: Maureen Medina

Mother: Leslie Rhyme

Aunt: Melanie Munoz

Sister: Kristy Murray

Sister: Megan Pruit

Parents: Shane & Pam
Reilly

Mother: Kim Young

Parents: Chuck & Jo
Saulisberry

Parents: Norris & Kathy
Schultz

Father: Tom Schwartz

Mother: Reynese Peterson

Sister: Toni Peacock

Parents: Donna & Jim
Schumacher

April Anniversaries

Andrew Beldon Clark

Steve Dunwoodie

Ian Dunwoodie

Jasmine Gibbons

Brittney Hocking-Cangemi

Mark Holder Jr.

Edward John Kunzi

Anna Lytle

Joseph Mall

Alexis Dae Melendrez

Colton James Melendrez

Brandon Painter

Elizabeth Debra Schwartz

William Thomas Schwartz

Mother: JoAnn Herdt

Mother: Jeannie Dunwoodie

Mother: Jeannie Dunwoodie

Mother: Sandra Gibbons

Father: Joseph Cangemi

Father: Mark Holder Sr.

Parents: Eugene & Lois
Kunzi

Mother: Irma Jay

Mother: Laura Mizrahi

Mother: Natasha Gibson

Mother: Natasha Gibson

Mother: Mary Painter

Father: Tom Schwartz

Father: Tom Schwartz

May Birthdays

Tony Caboara

Joshua Michael Calland

Danielle Saulisberry Carpenter

Mother: Melissa Caboara

Parents: Larry & Cindy
Marchant

Parents: Dan & Neva
Saulisberry



May Anniversaries

Tiffani M. Barber Parents: Brad & Faith Barber
Rick Beaty Sister: Cathy Silva
Brother: Joe & Angie Beaty
Amber Bourge Mother: Jeanne Hernandez
Grandmother: Donna Bachstein
Robert Bugajski Parents: Andrzej & Teresa Bugajski
Shara N. Capron Grandparents: Petra & Dave Wilson
Danielle Saulisberry Carpenter Parents: Dan & Neva Saulisberry
Grandparents: Chuck & Jo Saulisberry
Brian Frazee Jr. Parents: Brian & Kristi Frazee
David Manuel Fulghum "Festus" Mother: Vivian Casey
David Lawrence Gordon Mother: Arline J. Gordon
Samantha Harris Parents: Carl & Kelly Harris
Austin Hawk Mother: Jackie Hawk
Eric Scott Jahn Mother: Bonnie Jahn
Elise Marie Lowe Mother: Stephanie Snyder
Christopher Dale Northam Parents: Teresa & Michael Northam
Ralph Thomas (Tommy) Ricketts Mother: Delores Sherman
Bryden Sanborn Mother: Pat Sanborn
Matthew Ryan Silva Grandmother: Reynese Peterson
Vickie Lynn Silva Mother: Reynese Peterson
Randy Tancrell Mother: Karin Tancrell
Adam Wetzel Aunt: Carla Wetzel
Richard Wilson Parents: Joe & Mary Wilson
Jeremy Michael Bruce Woolman Mother: Andra Gail Woolman
Aunt: Darlene Hatfield
Aunt: Barbara Wood

June Birthdays

Stephanie Lou Beavers Parents: John & Nancy Beavers
Andrew Beldon Clark Mother: JoAnn Herdt
Wayne Cooper Mother: Jeannette Cooper
Thomas Hartley IV Sister: Georgette Riley
Brian Higgins Mother: Jeanne Higgins
Mark Holder Jr. Father: Mark Holder Sr.
Anna Lytle Mother: Irma Jay
Ronda Doretta O'Neill Mother: Paul Kos
Jasmine Catrina Overli Mother: Chani Overli
Stepfather: Ron Strong
Brittany Nicole Rubke Mother: Beth Rubke
Bryden Sanborn Mother: Pat Sanborn
Kirra Lee Smith Mother: Wendy Smith
Richard Wilson Parents: Joe & Mary Wilson
Jeremy Michael Bruce Woolman Mother: Andra Gail Woolman
Aunt: Darlene Hatfield
Aunt: Barbara Wood
Adam Lee Yarmon Father: Mark Yarmon

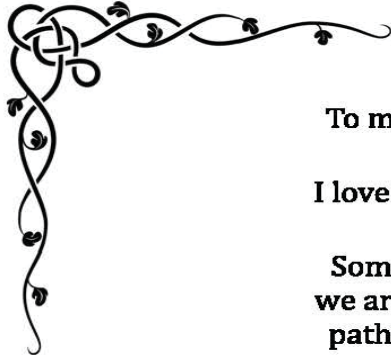
June Anniversaries

Raymond "Tista" Baptista Parents: Gladys & Pete Goicoechea
Kenneth Cooper Mother: Jeannette Cooper
Travis Gleason Mother: Debra Stewart
Thomas Hartley IV Sister: Georgette Riley
Paula L. Holmes Mother: Janae Holmes
Ahmen LeDoux Mother: Judith LeDoux
Eric Steven Marchant Parents: Larry & Cindy Marchant
Ryan "T.J." Marich Parents: Richard & Jill Marich
Kurt Meunch Parents: Patrick & Patti Williams
Hugh Bryan Pearce Parents: Carl & Arlene Pearce
Aren Pederson Mother: Anita Pederson
Emily Anne Round Mother: Peggy Dodd
Sister: Heather Redlack
Summy Stachyar Mother: Georgina Stachyar
Caitlynn Sterkel Mother: Michelle Sterkel
Evan Vorreyer Grandparents: Harold & Barbara Zaroff

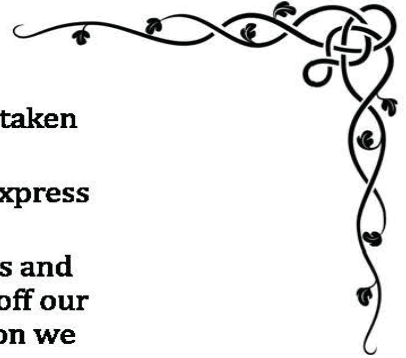


Child Spotlight

Each edition, we will be spotlighting up to 3 children passed. One for each prospective month. Please send your submission to our editor, Amber-Rose. Please remember that these are now Tri-Monthly newsletters. Our next newsletter will be published in mid June for July, August and September. Please submit your pictures, poems or anything you would like to see on this page to honor your child to editor@tcfcarsoncity.org.



SCHWARTZ



To my two beautiful children who were taken
way too soon,
I love you with all my heart and cannot express
enough the pride I have in you.
Sometimes life takes us by the bullhorns and
we are unable to see once we're thrown off our
path, but that does not change the person we
are inside. And that's who I love.
Till we meet again, I will miss you everyday
and you are always with me.

Love Dad



William Thomas Schwartz

&

Elizabeth Debra Schwartz



April 12, 1985 - April 14, 2013

May 11, 1988 - April 22, 2015



Unbirthday

Mommy mine,
Don't you cry.
Mommy Dear,
I hear you sigh.
Today is April 21st,
I was to be in your arms.
Today instead of a child's cry,
You wake up to alarms.
What was to be my day of birth,
Is now just another day.
What was to be a day of joy,
Is now clouded with dismay.
No party planning will there be,
No pictures of my icing face.
No sugar induced tantrums I'll throw,
Only a mundane work day in it's place.
All I can offer to you,
Is my guiding heart.
Think of all the new wondrous things,
Your new life you have to start.
Take this chance that you have,
Open your heart for it to sing.
The talent that lies within you,
Imagine the joy it will bring.
In your dreams, tonight we'll meet,
You'll bring the cake and candle.
But it will be my gift to you,
Shower you with all the love you can handle.
When morning comes Dear Mother,
Take a deep breath and you will see,
That every one that you take,
Is a celebration of me.
Mommy mine,
Don't you cry.
Mommy Dear,
Hold your head up high.

Amber-Rose Aparicio
TCF, Carson City, NV



Please Ask

Someone asked me about you today,
It's been so long since anyone has done that.
It felt so good to talk about you...
...to share my memories of you
...to simply say your name out loud.
She asked me if I minded talking about
What happened to you...
Or would it be too painful to speak of it.
I told her I think of it every day
And speaking about it helps me to release
the tormented thoughts whirling
Around in my head.
She said she never realized the pain
Would last this long...
She apologized for not asking sooner.
I told her "thanks for asking."
I don't know if it was curiosity
Or concern that made her ask,
But told her,
"Please,
Do it again sometime."



Betty Kalicki
TCF, Carson City, NV

Welcome New Members

We welcome new members to our chapter of The Compassionate Friends. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. *Each meeting is different and the next one might be the one that really helps.*

Meetings are generally held the last Tuesday of every month, 7:00-8:30p.m., at the Salvation Army Church, 661 Colorado St., Carson City, NV.

Community Café - Angels of Carson Tahoe

In 2009, I went through the worst experience of my life and delivered my son in the wee hours of the morning, in my sleep, after taking medicine to induce the pregnancy. He had passed weeks prior to that day from being entangled by his umbilical cord, and basically passed from no blood circulation. I had no idea since he was only 20 weeks along and feeling him move from time to time felt like flutters anyway. I still feel those flutters to this day.

I wanted to share my gratitude for the program that Carson/Tahoe Regional Medical Center implemented years ago, that quietly help mothers that have lost a baby to miscarriage or stillbirth. The gentleness they gave my family and I made a horrible experience bearable.

I recently spoke with Jennifer DiGiangi, RN Perinatal Bereavement Coordinator, about this wonderful program.

Can you share a brief history of the program?

I took over the program that was already set up and running well about 3-4 years ago. I received training through Resolve Through Sharing® (RTS)

“Resolve Through Sharing® (RTS) is a not-for-profit organization providing thought leadership, and an evidence-based yet compassion-first approach to bereavement care. They offer grief support materials and industry-leading comprehensive perinatal, neonatal, pediatric, and adult death bereavement training to healthcare professionals globally, to help them provide outstanding family-centered care to patients and families experiencing loss through dying and death.”

“Our demonstrated “gold standard” bereavement education evolved over three decades of experience. We have trained more than 50,000 healthcare professionals worldwide, in all kinds of organizations-from small-town hospitals to the United States military.”

Are specific employees assigned or is it rotational?

I have trained the nurses here and so we all take turns caring for bereaved families during this very difficult time, but often if I am on shift then I try to take care of them or at least introduce myself to them as I will be the one following up with them.

How many families have you worked with?

I wish no one ever had to go through this, but it seems we average about 12 families a year.

I still have my keepsake box, is that still given out? Does the program still offer pictures?

Yes, we give them a memory box and we have made some beautiful strides with learning how to take pictures from some very talented staff who have shared their amateur photography skills with us. We try to take pictures soon after delivery with mom and dad crying (tears, crying, grieving is just proof of deep love); all family members holding baby. A moment that often bonds families as they touch the baby who no one else even got to see or meet), use props important to families; i.e. rings, bible, necklace, name of baby from nursery that they brought in and we even just got the burial gowns made of of wedding dresses we can dress the baby in. Also, a picture of the baby on the scale and maybe even how long the baby was. One bereaved mom said she was so grateful for these pictures because in her numb shocked state, she would have never remember how much her baby weighed or what she looked like.



So awesome! And I absolutely love the wedding dress idea! I donated my wedding dress to my girlfriend and she ended up going with a different style, but she told me that she donated it to make 9 burial gowns! My heart just soared! What is the hardest part for you and how do you shed that once you get home? Does the hospital offer counseling to the staff involved?

I feel sooo heartbroken for the family that goes through the death of their baby. The reason I do it is to try to shine a light in the family's darkest time. It is almost healing to get to take pictures of their beautiful baby and to provide them with something to go home with...I wish I was sending them home with a kicking, screaming, alive baby, but this is the best we can do. I want the family to know their baby is precious and he or she will be remembered and they are not alone in their darkest,

Continued on Page 7

Angels of Carson Tahoe, continued from page 6

most broken time. I cry on the way home after trying to keep it together all day. I listen to healing music and pray for the family. During one of my meditations, I think of the family and send them thoughts of peace, safety, being well and healing. There are so many hard moments; if I am there when the MD gives them the bad news that there is not a heartbeat, or the only cry at delivery is the mom's, or perhaps the worst when I am taking the mom out of the hospital with empty arms, or asking the family to choose a funeral home. It all sucks and I sooo wish on one had to go through that unbelievable pain. Yes, the hospital does have counseling for the staff and I try to check up with the staff after a loss.

Do you have any advice for people who are trying to help the newly bereaved?

I feel like I should be asking you that! Perhaps the best is just being with your friend or family member who lost their baby. Being with them without any need for words is great and listening more than speaking. It is okay to not know what to say...tell them that. Say "I don't know what to say; I am so sorry" Use their baby's name. Ask mom if she wants to talk about her birth story, about holding her baby or about just what she liked best about being pregnant and what she misses most, let her lead....she may not want to talk today, but give her permission 6 months later to tell her story...she will always remember and it helps to know you remember and still care too. Cry with her; go for a walk, do her laundry, make her family and her food (if she feels like eating), bring her her favorite comfort food. Remember to call her often and invite her out so she can get out of the house; remind her you don't care if she is "great company" and that she can go in yoga pants and a sweatshirt...no one cares (should there be a hat that says, "Bereaved Hair, Don't Care"?!). Offer to be part of anything th family wants to do to remember their baby: i.e. memorial service, planting a tree or plant or flower, scattering ashes, acts of kindness in the baby's name. Offer to hold her hand at the funeral home. If she wants, help her put away the nursery. Just continue to be her friend even if it is hard for you...I assure you it is harder for her. If she has other children, offer to watch them, bring them something, take them to ice cream...give her some time to cry and "loose" it. For men there is a Beers and Tears support group in Reno. The lin for this resource and more: www.pilsos.org/resources.html. Most importantly, tell her about The Compassionate Friends and bring her to a support group!

Thank you for all you do and I appreciate the opportunity to talk about our bereavement program.

I want to personally thank Jennifer for her time and wonderful advice. In my opinion, everything you said about helping the newly bereaved is right on the nose. It might not be what everyone wants, but it's a perfect start.

*Amber-Rose Aparicio
TCF, Carson City, NV*



Love Gifts

Pauline Luna in memory of her son

John Luna

Gary and Judy Williams in memory of their daughter

Kelly Williams

Kathy & Norris Schultz in memory of their daughter

April Schultz

Betty Kalicki in memory of daughter

Kara Lee Kalicki

"...in memory of the children we love, miss and remember every day."



Thank You

The Northern Nevada-Carson City chapter of The Compassionate Friends is funded solely by contributions. There are no dues or membership fee. A LOVE GIFT is a donation to honor a child who has died, or sometimes as a memorial to a relative or a friend. Your gifts allow us to continue to reach out to other bereaved families through our books, programs, and newsletter. Please address Love Gifts to 1111 Liberty Ct. Carson City, NV 89703. Thanks to each of you for your generous gifts and support.



**The
Compassionate
Friends**
Supporting Family After a Child Dies

The Compassionate Friends of Northern Nevada
2648 Kit Sierra Way
Carson City, NV 89706

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together.

We reach out to each other in love, to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are the Compassionate Friends.

