



The Compassionate Friends
Manhattan Chapter
 Supporting Family After a Child Dies

Our next meetings...
 Oct 17
 Nov 21
 Dec 19
 Jan 16

Manhattan Chapter Newsletter **October 2023**

OUR OCTOBER 17TH MEETING IN-PERSON

We will be in-person only October 17th. Still working to figure out how and when we can work in on-line meetings. It's by far worth the extra effort to come in-person, but we recognize not everyone can.

GRIEF: When Does It Stop Hurting

Grief reminds one of the few things that has the power to silence us. It is a whisper in the world and a clamor within. More than sex, more than faith, even more than its usher death, grief is unspoken, publicly ignored except for those moments at the funeral, that are over too quickly, or the conversations among those of us who recognize in one another a kindred chasm deep in the center of who we are.

Maybe we do not speak of it because death will mark all of us sooner or later. Maybe it is unspoken because grief is only the first part of it. After a time, it becomes something less sharp, but larger, to a more enduring thing called loss. Perhaps that is why this is the least explored passage: because it has no end.

The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continued presence of an absence. The landscape of all our lives becomes as full of craters as the surface of the moon. We are all defined by who we have lost.

by Anna Quindlen

SAVE THE DATE
WORLDWIDE CANDLE LIGHTING
Sunday, Dec. 10, 2023

Wonder years

I've often heard the term "wonder years" when referring to childhood. When everything, every sight, every sound brought us a sense of amazement. Some of the dictionary definitions describe wonder as "to be filled with admiration or awe", "something that causes surprise, astonishment or admiration", "a miracle, miraculous deed or event". But there are other definitions, and they are what occupy my mind nowadays.

In the beginning of this challenging life my sense of wonder was total dismay. How could this be? What could have caused this to happen? Why did this happen? If only it didn't happen. I was filled with wonder then...the how's the what's the why's... wondering...wondering...

Thirty years later, I find myself once again filled with wonder. I wonder what my life would be like if Peter were here. I wonder if he would be married. I wonder if I would be a grandma doing all those grandmotherly things I had always imagined and that now only my friends enjoy.... I wonder where he would be living. I wonder what he would be doing. I wonder what he would look like – he left a 22 year old graduate...he'd be a 52 year old man today. I wonder if he'd have a mustache...like his dad...

So much to wonder about. Life does that. It promises so much. Not surprising that it almost always disappoints. Though we learn early on that life includes loss, nothing we have learned remotely prepares us for what we must endure. For us, the disappointment astonishes. For us, the loss is so unspeakable, so incomparable, it defies any rational explanation...and so, we wonder.

We wonder first, how we will survive. Then we wonder why we survive. We wonder how we can endure the pain. We are amazed when we meet people who have survived similar

(con't on page 2)

TELEPHONE FRIENDS: When you are having the kind of day you feel only another bereaved parent or sibling can understand, we can 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
 CO-CHAPTER LEADERS: **Dan Zweig:** danzweigtcf@gmail.com
Jordon Ferber: beatniknudnik@yahoo.com
 "Our Children" editor: **Dan Zweig:** danzweigtcf@gmail.com
 Newsletter Editor: **Marie Levine** marielevine2@verizon.net

THE COMPASSIONATE FRIENDS MEETINGS are now monthly - always the third Tuesday of the month
WE MEET AT 7:00pm—arrive or sign on at 6:45pm
 This month, Oct. 17, 2023, we will be meeting only in person at 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.

A Thousand Ways to Grieve

I'm an active griever. By active, I mean that during those first few months following my loss, I devoured every book on grief I could get my hands on. I poured out my agony in my writing, attended grief seminars, went through photo albums and I searched the internet for helpful sites. I cried and fumed and spent long hours talking to anyone who would listen.

My husband simply withdrew and grieved in silence. Though we lived in the same house, grieved the same loss, and shared a life together, we were apart in our grief. We all have our own ideas on how to grieve and we're quick to judge those who don't conform to our way of thinking. When Prince Charles wore a blue suit to Princess Diana's funeral, he was condemned by the press until it was learned it was his former wife's favorite.

A friend of mine was criticized for wearing a pair of red strap, high heeled shoes to her husband's funeral, the same shoes she wore on the day they met.

If we are to grieve in harmony with those around us, we must give up the notion that grief can be expressed in limited ways. I once thought that grief manifested itself only in tears and depression. But I've seen what others whose vision is greater than mine have accomplished in the name of grief. Candy Lightner, the founder of Mothers Against Drunk Drivers, is a good example.

Resolve to make peace with someone who grieves in ways that seem odd to you. Try expressing your grief in a new way: write a poem or song, start a journal, buy your loved one a gift and send it to someone you know who would love and appreciate the gesture. Wear something outlandish. Buy a bouquet of balloons in your loved ones favorite color. Laugh at something that would make your loved one laugh.

Tears, depression and sadness are all acceptable ways to show grief. So are blue suits and red shoes.

~ **Margaret Brownley**,
Bereavement Magazine, March/April 2000

*Someone took you away from me
and I wonder if they cared
about the ones they left behind
and the pain that each must bear.*

*Why did you have to leave me
when there was so much left to do
I'm not sure if I can go on
if I have to go on without you.*

*But life dictates the rules.
There are things I cannot change.
When you left my heart was torn in two.
My life got rearranged.*

*I have to believe I'll see you again.
It keeps the hope alive and new.
So until we meet again little brother,
never forget that I love you.*

~**Jenny**, TCF, Indianapolis, IN

Wonder years...

(con't from page 1)

experiences for even a few years and appear "normal". We wonder if we will ever reach that point. Silently we wonder if they loved their kids as much as we loved ours. . .we wonder if they are "over it". We know we will never be.

As time goes on and we learn all the coping skills we need to endure, we wonder at the process. How on earth did we survive?. How did we become the new people we are now?

I'm always wondering. I wonder if there really is another side. I wonder how it is possible that all the energy that was Peter could simply evaporate. I wonder about all the strange things that happen around me that seem to be messages from my disappeared child. I wonder why we were singled out by the fates to live this life.

I wonder about the choices we do have. In the beginning I didn't even seem to have the ability to choose to breathe. I wonder, thinking back to those earliest days, how on earth I chose to do the things I did. I'm glad now, that I made what have turned out to be good choices. I've spent the last thirty years totally invested in Peter's life. Almost everything I do, from my involvement with The Compassionate Friends, to writing about my experience, to nurturing my garden. . . .keeps Peter ever present in my life.

Most of all, I continue to wonder what it will be like when we are together again. It's a thought that always brings a smile. I don't wonder what we'll talk about. . . .we'll talk about what might have been.

~ **Marie Levine**

RESOURCES

A Caring Hand

<https://www.acaringhand.org/>

Meets bereaved children and families wherever they are in their grief and fulfills their needs in a caring and knowledgeable environment through comprehensive programming including counseling, support, research, outreach, consultation and crisis response.

Camp Good Mourning! www.campgoodmourning.org

Provides free bereavement camp programs for Long Island children, ages 7 – 17, who are coping with the death of a parent and/or sibling.

SIBSPlace <https://www.sibsplace.org/>

Offers a six week support group session for children who have lost a sibling or a parents to a devastating illness

Center for Complicated Grief <https://complicatedgrief.columbia.edu/professionals/complicated-grief-professionals/overview/>

Improves the lives of complicated grief sufferers through fostering continued innovative research and through public outreach that includes raising awareness of complicated grief, reducing stigma and other misconceptions, and training professionals.

COPE Foundation <http://www.copefoundation.org/>

Helps parents and families living with the loss of a child

Pregnancy Loss Support Group <https://www.pregnancyloss.org/>

Focuses on supporting mothers and fathers who have experienced miscarriage, stillbirth, or newborn death.

I LOST MY CHILD TODAY

I lost my child today
People came to weep and cry,
As I just sat and stared, dry-eyed.
They struggled to find words to say
To try and make the pain go away.
I walked the floor in disbelief,
I lost my child today.

I lost my child last month.
Most of the people went away,
Some still call and some still stay.
I wait to wake up from this dream,
This can't be real, I want to scream.
Yet everything is locked inside.
God help me, I want to die.
I lost my child last month.

I lost my child last year.
Now people who had come, have gone.
I sit and struggle all day long
To bear the pain so deep inside.
And now my friends just question, Why?
Why does this mother not move on?
Just sits and sings the same old song.
Good heavens, it has been so long.
I lost my child last year.

Time has not moved on for me.
The numbness it has disappeared.
My eyes have now cried many tears.
I see the look upon your face.
"You must move on and leave this place".
Yet, I am trapped right here in time.
The song's the same as is the rhyme.
I lost my child..... today.....

Netta Wilson

THE PLACE OF WHY

I'm in the place of Why?
Looking for answers that won't come,
for life does not always have a reason
that we can touch

I'm in a place called Why?
Feeling a spirit enveloping my soul...
the ancestors reaching out comforting
my aching heart.

Where are you?
I saw you disappear
to a place I do not know
but perhaps will find,
when I too am elevated
to a higher ground.

Here I am in the place of Why?
Nothing is clear but the dust I stand in
while you went off to a new frontier.

Which road is my tomorrow
and is the answer to be found?
Perhaps I must accept
it was your time.

You did your life's work so quickly
and told tales while leaving messages
for us to discover.

I will try to wear my Why gallantly
as you stand vigil.

I need your spirit to give me strength.
While I know you're in peace,
wipe my tears.

~ **Pat Travis Rosenberg**, from her
book, "Flying Through Clouds"

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 – We raise needed funds at each meeting by passing a basket for voluntary contributions at our in-person meetings. We are so glad to hold online meetings whenever possible, but there is no 'basket' at our online meetings. If you are able to, whenever you can as an online participant, 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.

Recommended reading...

- ◆ The Bereaved Parent by Harriet Sarnoff
- ◆ First You Die by Marie Levine
- ◆ Talking to Heaven by James Van Praagh
- ◆ Beyond Tears by nine mothers
- ◆ Love Never Dies by Sandy Goodman

⇒ take advantage of the book list on the TCF web-site www.compassionatefriends.org

⇒ go to www.centeringcorp.org, for an extensive list of resources for ALL those grieving for every possible reason – for parents, grandparents, siblings, mothers, fathers, teens, children...because of sudden death, accident, long term illness, infant loss, miscarriage, homicide, substance abuse, etc.

Reading other bereaved people's stories helps us. Take advantage of these resources. Discovering how much of what we feel is being experienced by fellow travelers helps us understand the process and restores hope.

...to our new members

Attending your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

...to our long standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. *THINK BACK...* what would it have been like for you if there had not been any "oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

~ ~ ~

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.

Our children have died at all ages and from many different causes,

but our love for our children 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 and creeds.

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 we feel helpless and see no hope.

Some of us have found our faith to be a source of strength; some of us are struggling to find answers.

Some of us are angry, filled with guilt or deep depression; others radiate an inner peace.

It is pain we will share just as we share the love for our children.

We are all seeking and struggling to build a future for ourselves,

but we are committed to building a future together as we reach out to each other

in love, and 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.

~ ~ ~

Online Support from the National Compassionate Friends Website

Live Chats

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions.

Click [HERE](#) for more information and a list and schedule of Live Chats.

Private Facebook Groups

The Compassionate Friends offers a variety of Private Facebook Groups. These pages cover a wide range of topics and are moderated by bereaved parents, siblings, or grandparents. They may accessed only after a request to join is approved by a moderator.

Click [HERE](#) for more information and a list of Private Facebook Groups.

Siblings

Thanks for immediately telling me about what happened and the details of how, as soon as you knew.

I needed to cry with you, and to cry alone. We all need to cry together, especially in the beginning of our grief. I needed your hugs to help me.

When you see people who resemble him, tell me so I don't think I'm a little crazy. The first year this happened often. Let me share my nightmares with you until they go away.

You helped me by asking me to help you. You helped me when you told me you were having trouble with the realization of his death. Talking about memories and what it was like when...is OK, but I'm here now and I need you to think about me. It's selfish but necessary for me to feel needed, wanted and loved and near you.

Understand that when I turn to my friends it's because I need to identify with them. I do talk to them about his death, more times than I talk to you. They're closer to my age and they help me to go on with my life.

When we talk, remember that he was my brother and we had our sibling rivalries and fights. He wasn't perfect, but neither am I. You helped me not to feel guilty about the fights we did have and told me he's forgiven me and I should forgive him, especially if I get mad because he died and left us.

~ 22 years old

After my sister died, I hated God. I threw things around my room and cried an awful lot. My mother told me later it was my way of dealing with it and that it was okay and I was okay too! Listed below are some helpful hints for parents:

- Let your children talk – express their feelings.
- Surround them with people – but familiar and comforting people..
- Don't put the deceased child up on a pedestal while putting down your other children. Talk of your child but talk of good and bad memories – be realistic and don't think you have to make your child out to be a saint – stay in perspective.
- Hug your kids. They're going to be feeling guilty about ugly words or arguments they've had with their deceased sibling.
- Never tell your kids to be strong for somebody else. I don't know anyone who can be strong when their world is crashing down on them. Let your kids cry, scream, throw tantrums – this is the time for it.
- Be there for your kids. They'll need you at moments that you sometimes wouldn't expect. It might hurt you to talk about it but don't cut them off because that could lead to them holding it in.

~ 13 years old

Talking helped me to realize my feelings more. It helped me to get my feelings out in the open. At first it was hard to talk but as I got older it helped to talk. It brought us closer as a family We realize each other's feelings and try to understand each other better now. I realize the importance of being nice. We don't know what might happen in the next hour or day.

~ 9 years old

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, 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](#)

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](#)

“Grief is about unfinished business. All that still aches to be done, said or felt together. The possibilities that will never be realized must now be surrendered, but our unfinished connection will quietly accompany the remainder of my own journey.”

~ Molly Fumia, “Safe Passage”

Worldwide Candle Lighting

Sunday, December 10th, 2023

Worldwide Candle Lighting Event In Manhattan

We are searching for a place to hold our candle lighting in person.

Our event for 2023 may be virtual on Zoom. If so, it will be best viewed on a computer screen.

The Compassionate Friends - Worldwide Candle Lighting



We remember... that their light will always shine.

**** Remember - if in person...be sure to bring a framed photo of your loved one to be displayed in the ballroom during the evening.***

Important - take note!

There will be an ongoing slideshow of all our children...

To include your loved one in this beautiful memorial, please email your photos by DECEMBER 7TH to:

photosmtcf@gmail.com

We suggest you send two photos - a young, "sunrise" photo and a "sunset" more recent photo.

Be sure to indicate your child's **full name exactly as you wish it to appear!**

(If you had photos in last year's slideshow, just request to use the same photos for 2023)

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.

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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.



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
 10/4 **JACOB MORGAN**, brother of Kelsey Morgan
 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
 10/8 **ZOIE BENNETT**, daughter of Zachary Bennet
 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 **CHRIS BALDWIN**, brother of Brooke Baldwin

10/18 **RENEE THOMPSON**, daughter of Gregory & Joy Thompson
 10/20 **ADAM FELDBERG**, son of Tsipi Taube
 10/21 **ALEXIS NICOLE NEGRON**, daughter of German (Herman) Negron
 10/21 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson
 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 **CHRISTOPHER MALLIN**, son of Robert Mallin
 10/24 **WILL GARRIGAN**, brother of Erin Garrigan
 10/25 **JASON SCHECHTER**, son of Leo Schechter
 10/25 **MICAH DAWKINS-WILLIAMS**, son of Rhodina Williams
 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, brother 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 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.



OUR CHILDREN—LOVED AND REMEMBERED
OCTOBER ANNIVERSARIES



- 10/1 **LEAH NICO**, daughter of Linda Sacks, sister of Mara Bragg
- 10/1 **PAX DESMORAIS**, son of Lian & Tim DesMorais
- 10/1 **TUSHAR ATRE**, son of Shaku Atre
- 10/2 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer
- 10/2 **ROBERT KISTENBERG**, son of Marilyn & Elliot Kistenberg, brother of Marni Nossel
- 10/3 **TIONNIE MURRAY**, daughter of Marie Caballero
- 10/4 **BARA COLODNE**, daughter of Mia and Eric Colodne
- 10/4 **BRANDON SCHWARTZ**, son of Joann & Mark Schwartz
- 10/4 **CAROLINE MASON**, daughter of Rachel Mason
- 10/4 **HAMEEN JASPER**, daughter of Yolanda Jasper
- 10/4 **SAMUEL TITUS**, son of Sara Jenkins
- 10/5 **MATTHEW YUDELMAN**, grandson of Anne Schuman & Ian Yudelman
- 10/6 **HANNAH POTIS**, sister of Taylor Potis
- 10/6 **JAMES ROACH**, brother of Omar Roach
- 10/6 **KIMANI FOSTER**, daughter of Katrina Thomas
- 10/6 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz
- 10/6 **MEL' LISA ANDRE**, daughter of Darchelle Hinson-Andre
- 10/6 **SCARLETT KAUFMAN**, daughter of Eileen Kaufman
- 10/7 **BRYCE SHELDON**, son of Bianca Villalona
- 10/7 **MICHAEL RAMIREZ**, son of Michele Cennamo
- 10/8 **SAMMY COHEN ECKSTEIN**, son of Amy Cohen & Gary Eckstein
- 10/9 **WILLIAM JOHN BERTRAND**, son of MaryLee Bertrand
- 10/10 **JOSETTE GIBBS**, daughter of Juanita Gibbs
- 10/10 **JULIANA ADORNO**, daughter of Jerica Adorno
- 10/11 **CHRISTOPHER JOSEPH BAUMANN**, son of Maureen Mackey
- 10/12 **BEN LOCKHART**, son of Kate Sanford
- 10/12 **BENJAMIN RONALD OJEDA-FEINSTEIN**, son of Talo Ojeda & Reva Feinstein
- 10/12 **CHARLIE CAMPDERRICH**, son of Jody Campderrich
- 10/12 **CYRUS SINK**, son of Susan Huggins
- 10/12 **ETHAN HOLDER**, son of Beverly Holder
- 10/15 **HAYLEE LABBAN**, daughter of Penelope Coward
- 10/16 **CLARISSA JACKSON**, sister of Jillian Jackson

- 10/16 **CYBELE FISHER-KOPPEL**, daughter of Phyllis & Jack Fisher, sister of Remy Fisher-Bauman
- 10/16 **JEM MAIR**, daughter of Ilana Mair
- 10/16 **LAURA LEVIS**, daughter of Georgia & William Levis
- 10/16 **LUCAS SCOTT**, brother of Erin Scott
- 10/17 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon
- 10/19 **DANILO RODRIGUEZ**, sister of Enrique Rodriguez
- 10/20 **CHRISTOPHER JAMES ROUCH**, son of Kathy Rouch
- 10/20 **CONNOR LEE-KAWANISHI**, son of Choony Lee
- 10/20 **MAX JACOBSON**, son of Terry & Hugh Jacobson
- 10/22 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of Vironika
- 10/22 **ELLIS ZIMMERMAN**, son of Anna Ellis & Benjamin Zimmerman
- 10/23 **AIDAN STEVENS**, son of Lilly Stevens
- 10/23 **MICHAEL BARNES**, son of Jaqueline Warren
- 10/24 **MASON SIMMS**, son of Shavon Simms
- 10/25 **MELQUAIN JATELLE ANDERSON**, son of Michelle Barnes-Anderson
- 10/25 **RYAN KENT JACKSON**, son of Toby Jackson
- 10/26 **LUKE LUEBKE**, son of Bine Luebke, brother of Jonas
- 10/26 **TSAIGH GREENIDGE-JAMES**, son of Sinaya Greenidge, brother of Niasia Greenidge-James
- 10/27 **DANNY CRONIN**, son of Mary Cronin
- 10/27 **ROSITA CUNNINGHAM**, sister of Sedel Mapp
- 10/28 **AHREN JUDE KARRAN SINGH**, son of Rondha-Ann Lam
- 10/28 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams
- 10/28 **THOMAS J. MANNO**, son of Elizabeth M. Davey
- 10/29 **JESSE ARATOW**, son of Susanna Hoffman
- 10/30 **CHARLOTTE KENLEY THOMPSON**, daughter of Jeannie Dalton & Paul Thompson
- 10/30 **MATTHEW FIDLER**, son of Annette Fidler
- 10/30 **ROBERT ZIETEK**, brother of Barbara Zietek
- 10/31 **NOAH GLARPHAM**, son of David & Heather Kopp





OUR CHILDREN—LOVED AND REMEMBERED



NOVEMBER BIRTHDAYS

- 11/1 **BRETT DOUGLAS**, brother of Danielle Monaco
- 11/1 **FLORENCE FRAZER**, sister of Harri Molese
- 11/1 **LIAM ARDEN**, son of Esther & Patrick Arden
- 11/1 **OLIVIA LAURA CASTRO**, daughter of Gigi & Robert Castro
- 11/2 **STEVEN SCHWARTZ**, son of Ellen Schwartz
- 11/2 **TY PICKETT**, son of Jan Pickett
- 11/3 **NICK CARIS**, son of Konstantina Caris
- 11/4 **ASHLEE D. BLAKE GUTIERREZ**, daughter of Marlene & Francisco Guttierrez
- 11/4 **DMITRI PAJITNOV**, son of Nina Pajitnova
- 11/4 **KEVIN MITCHELL**, son of Jacquie & John Mitchell, brother of Kristopher & the late Kareem Mitchell
- 11/4 **TRAVIS FREEMAN**, son of Daniel Freeman & Elizabeth Morse
- 11/5 **PAULA VOLEN**, daughter of Raizy Volen
- 11/5 **ROSE MAYR**, sister of Anna Mayr
- 11/6 **BENJAMIN ZWEIG**, son of Sally Petrick & Daniel Zweig
- 11/7 **KELLI ANNE AULETTA**, daughter of Dick & Mary Auletta, sister of Kimberlee
- 11/7 **MALIK DUFOR**, son of Waltrina DeFrantz-Dufor
- 11/7 **MARY GIBBS**, sister of Cynthia Gibbs-Pratt
- 11/7 **MILO KESSLER**, son of Alana Fishberg & Daryl Kessler
- 11/7 **NICHOLAS SOTO**, son of Deborah Freeman & Eddie B. Soto, Jr.
- 11/8 **ADAM WEINER**, son of Susan Weiner
- 11/8 **TEVIN A. HAMPTON**, son of Patricia Lilly
- 11/9 **AIMEE GANDOUR**, sister of Molly Gandour
- 11/9 **CHRISTOPHER ROTH**, brother of Stephanie Roth
- 11/9 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch
- 11/9 **MICHAEL RAMIREZ**, son of Michele Cennamo
- 11/9 **SANDRA PLOUFFE**, daughter of Margie & Bram Jelin
- 11/10 **DONNA MALIZIS**, daughter of Agata Malizis
- 11/10 **MATTHEW GORDON**, brother of Elizabeth Stilwell
- 11/10 **MAX JACOBSON**, son of Terry & Hugh Jacobson
- 11/11 **CONNOR LEE-KAWANISHI**, son of Choony Lee
- 11/12 **BURTON SANDLES**, son of Ina Sandles
- 11/12 **HENRY JAY**, brother of Daniel Jay
- 11/12 **YIANNIS STATHOPOULOS**, son of Kathleen Negri Stathopoulos
- 11/13 **THOMAS J. MANNO**, son of Elizabeth M. Davey
- 11/14 **CATHERINE CORENU**, daughter of Carrie Tuhy
- 11/15 **AARON HOROWITZ**, son of Allan & Liz Horwitz
- 11/15 **DYLAN RANDALL**, son of Yenya & Robert Randall

- 11/15 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber
- 11/17 **ADRIAN PURICELLI**, son of Denise Puricelli, brother of Vironika
- 11/17 **KATHLEEN BEAMER**, sister of Laura Beamer
- 11/17 **LINCOLN WHEELER-POWELL**, son of John Powell & Britta Wheeler
- 11/17 **LYLA SKYE MEDICI**, daughter of Mimi Delle Donne, sister of Meghan Matias
- 11/17 **TREVOR LOUGHLIN**, son of Suzy & Joe Loughlin, brother of Juliette Loughlin
- 11/18 **JAMILA IRONS-JOHNSON**, daughter of Jeannine Irons
- 11/19 **CRAIG MARTINEZ**, son of Louis Hampton Martinez
- 11/19 **SARA CHANGHONG ADAMS**, daughter of Muriel Adams
- 11/20 **DAVID LESSER**, brother of Debbie Lesser
- 11/20 **JEFFREY CARTER**, son of Linda Carter
- 11/21 **JACK ROBERTS**, son of Joanne Wright
- 11/22 **NICHOA WALKER**, daughter of Mazrene Holmes
- 11/23 **INSANN LAWLOR**, son of Serena Bhaduri
- 11/23 **JENNA HERNAN**, daughter of Maria Hernan
- 11/23 **TERRANCE RICHARDSON**, son of Theresa Richardson, brother of Francina Branch Elysee
- 11/24 **ARTHUR DUDIN**, son of Stan & Irina Dudin
- 11/24 **ERIK BANKS**, son of Laurene Buckley
- 11/26 **ALEXANDER MAXWELL**, son of Deanna & Kent Grant
- 11/26 **CLARISSA JACKSON**, sister of Jillian Jackson
- 11/26 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson
- 11/26 **NOEL AMELLIO**, son of Margaret M. Amellio
- 11/27 **CASEY ACKERMAN**, son of Melissa and Hal Ackerman
- 11/27 **DANIELLE HYMOWITZ**, daughter of Karen Hymowitz
- 11/27 **ISABEL XIE**, baby daughter of Denise Chow & Wayne Xie
- 11/27 **KEVIN DEL ROSARIO**, son of Annaliza del Rosario
- 11/27 **LUCAS SCOTT**, brother of Erin Scott
- 11/27 **RED LAYNE**, daughter of Greg & Trillich Layne
- 11/28 **ALAN ROSENTHAL**, son of Lynne Rosenthal
- 11/28 **GABRIEL ROCCOFORTE**, son of Judith Weiss
- 11/28 **SEAN COYLE**, brother of Krista Coyle
- 11/28 **VYLETTE MOON**, daughter of Jackie Hakiki
- 11/29 **EVAN FRIEDLANDER**, son of Kathy Friedlander
- 11/29 **MAMADON JOHNSON**, sister of Djassi Johnson
- 11/29 **STEVE DAVOREN**, brother of Doug Davoren
- 11/29 **TREVOR MATTHEWS**, son of Angela Matthews





OUR CHILDREN—LOVED AND REMEMBERED
NOVEMBER ANNIVERSARIES



- 11/1 **JUSTIN CRAIG LEDERMAN**, son of Ruth Lederman
- 11/1 **MATT BEHAN**, brother of Chris Behan
- 11/1 **OLIVIA LAURA CASTRO**, daughter of Gigi & Robert Castro
- 11/1 **SHANEIREE DAMES**, daughter of Vivian Richardson
- 11/1 **SKYLER CAGHLIN**, son of Seana Caghlin, brother of Cassandra Richardson
- 11/2 **JASON ZAINTZ**, son of Linda Zaintz
- 11/2 **KRISTEN DUBERRY**, daughter of Michael Duberry
- 11/3 **VISHAL TUNGARE**, brother of Ajay Tungare
- 11/4 **ILIA KRASOTINA**, sister of Sofiya Krasotina
- 11/4 **PARIS CAVIC**, sister of Mel Cavic
- 11/4 **SETH KAHN**, son of Debbie & Harold Kahn
- 11/5 **CASSIE WILSON**, sister of Kaylie Wilson
- 11/5 **GAVIN PESKIN**, son of Leah Peskin
- 11/5 **RACHEL AUSTER**, daughter of Gail Auster
- 11/6 **DAVID LESSER**, brother of Debbie Lesser
- 11/6 **RUSSELL GABAY**, brother of Lori Gabay
- 11/7 **JACOB PAUL ROBINSON-SWEET**, son of Gail Robinson
- 11/8 **JAMES GIBBON**, son of James (Jimie) Gibbon
- 11/9 **ALI SEEDAT**, daughter of Deborah McKinzie
- 11/9 **QUINDORA PERSUAD**, daughter of Maria Cabassa
- 11/10 **PARKER KOLTCHAK**, son of Deb Capone
- 11/10 **STEVEN HOUTERMAN**, son of Awilda Rodriguez Houterman
- 11/11 **BRENDA CHAPMAN**, daughter of Della Scrugs
- 11/11 **LINDA GIOVE**, daughter of Arlene Schechter
- 11/11 **MYLES CHANDLER**, son of Marcia Chandler
- 11/12 **JON ROMULO**, son of Tocy Friend
- 11/13 **HENRY JAY**, brother of Daniel Jay
- 11/13 **MICHAEL AARONSON**, son of Dorothy Aaronson, brother of Robert Aaronson
- 11/13 **ROBERT CABALES**, son of Susan Cabaes

- 11/14 **VICENTE EDUARDO**, son of Tomasina Eduardo
- 11/16 **JAY SCHNEIDER**, son of Bonnie Bowes
- 11/17 **DYLAN LAKER**, son of Claudette Kraus & Robert Laker
- 11/17 **JASON ELLIS**, son of Michael Ellis
- 11/17 **MATTHEW NOVAK**, son of Clare Hogan
- 11/17 **SYDNEY MARTINEZ**, daughter of Fabiola Bello & Alex Martinez
- 11/18 **CHRISTOPHER MEYER**, brother of Kimberly Meyer
- 11/18 **KIERNAN BLAKER**, brother of Darby Blaker
- 11/20 **"SPROUT" WILSON**, son of Elizabeth Minei
- 11/20 **NOEL AMELLIO**, son of Margaret M. Amellio
- 11/20 **RORY DAZE CHONG**, son of Pam Chong
- 11/21 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis
- 11/21 **KATHLEEN BEAMER**, sister of Laura Beamer
- 11/22 **AMIR PRIZANT**, brother of Ayelet Prizant
- 11/22 **ETHAN WASSERBERGER**, son of Simon & Cynthia Wasserberger
- 11/24 **CHRISTOPHER EISELE**, son of Kathleen & John Montoya
- 11/24 **PATRICE WALKER**, daughter of Mazrene Holmes
- 11/25 **JESSICA REVELEY**, sister of Britt Bonney
- 11/26 **ALEX REY**, son of Alex and Myrna Rey, brother of Amanda Rey
- 11/26 **DR. AMY BETH ROSEN**, daughter of Helen Rosen
- 11/28 **RUBY MANE**, daughter of Mohasin Mane
- 11/29 **BRONWEN PRADT**, daughter of Katherine Pradt
- 11/29 **KHALIL KNOWLEDGE SMITH**, son of Malazha Wright
- 11/29 **KOFI A. MENSAH JR.**, son of Rosinah Mensah & the late Samuel A. Mensah, brother of Dr. Kofi A. Mensah, Ph. D
- 11/30 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho
- 11/30 **JAMES PATRICK (JIMMY) SINISI**, son of Ann Marie Sinisi
- 11/30 **JESSE VALENTINE**, son of Joanna Valentine
- 11/30 **LYDIA WOOD**, daughter of Matt Wood
- 11/30 **SHIMMER HALL**, daughter of Janine James



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.

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

The Compassionate Friends National Office
 48660 Pontiac Trail #930808, Wixom, MI 48393
 Toll Free (877) 969-0010
www.compassionatefriends.org
 email:nationaloffice@compassionatefriends.org

WE NEED NOT WALK ALONE
TCF Online National Magazine
[Click here for Information](#)

MARK YOUR CALENDARS!
 Our next Chapter meetings are
 the 3rd Tuesday of each month:
OCT 17 NOV 21 DEC 19 JAN 16

Newsletter article submissions are welcome.
 Please email to marielevine2@verizon.net

MAKE A DONATION
[Click here to Donate to the Manhattan Chapter](#)

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

<u>TCF – Loss of a Child</u>	<u>TCF – Loss of a Grandchild</u>
<u>TCF – Loss of a Stepchild</u>	<u>TCF – Grandparents Raising their Grandchildren</u>
<u>TCF – Loss of an Only Child/All Your Children</u>	<u>TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild</u>
<u>TCF – Multiple Losses</u>	<u>TCF – Loss to Long-term Illness</u>
<u>TCF – Daughterless Mothers</u>	<u>TCF – Loss to Cancer</u>
<u>TCF – Men in Grief</u>	<u>TCF – Loss After Withdrawing Life Support</u>
<u>TCF – Bereaved LGBTQ Parents with Loss of a Child</u>	<u>TCF – Loss to Mental Illness</u>
<u>TCF – Bereaved Parents with Grandchild Visitation Issues</u>	<u>TCF – Sudden Death</u>
<u>TCF – Loss to Miscarriage or Stillbirth</u>	<u>TCF – Loss to Suicide</u>
<u>TCF – Infant and Toddler Loss</u>	<u>TCF – Loss to Homicide</u>
<u>TCF – Loss of a Child 4 -12 Years Old</u>	<u>TCF – Loss to Substance Related Causes</u>
<u>TCF – Loss of a Child 13-19 Years Old</u>	<u>TCF – Loss to a Drunk/Impaired Driver</u>
<u>TCF – Loss of an Adult Child</u>	<u>TCF – Grieving with Faith and Hope</u>
<u>TCF – Loss of a Child with Special Needs</u>	<u>TCF – Reading Your Way Through Grief</u>

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.

[Click here to Donate to the Manhattan Chapter](#)