



# **The Compassionate Friends**

## **Manhattan Chapter**

**Supporting Family After a Child Dies**

**Our next meetings...**

**Sep 17**  
**Oct 15**  
**Nov 19**  
**Dec 17**

**Manhattan Chapter Newsletter**

**September 2024**

### **SEP 17TH MEETING—3RD TUESDAY IN-PERSON**

In-person only **on the third Tuesday**, September 17th We are 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.

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### ***From healing after loss.....***

***by Marsha Whitmore Hickman.....***

***"What restraint or limit should there be to grief for one so dear?"***  
***~ Horace***

There is no universal time frame for grieving. There are as many patterns as there are mourners. Much depends on what kind of support system we have and how able we are – often with the help of friends – to face and express our grief.

But one thing we don't need to be intimidated by is the implied or expressed opinions of self-appointed monitors who think we are grieving "too long" or "making too much fuss" or whatever admonition their words or presence sends us.

Of course, if we find ourselves totally nonfunctional after months have passed, we may want to seek professional help. But we can be sure a wise helper is not going to tell us we are grieving too long or too much. On the contrary, if we are stuck on the pathway to recovery, it's much more likely that we've not given ourselves permission to grieve openly and honestly enough.

So if someone says to us, by word or by action, "you should be over it by now," we can recall the words from the Talmud: ***"Judge no one before you have been in his place."***

### **ADJUSTED**

"It's been several years since your son died."

They say, "Surely you must have adjusted by now."

Yes, I am adjusted –

Adjusted to feeling pain

and sadness and grief

and guilt and loss.

Adjusted to hurting and unexpected tears.

Adjusted to seeing people made uncomfortable

upon hearing me say "my son died".

Adjusted to losing my best friend

because I'm not always "up".

Adjusted to people acting as if grief is contagious,

and TCF meetings are "morbid".

Adjusted? Oh yes, to many things.

Knowing I won't hear his voice, but listening for it still.

Knowing I won't see him drive his Toronado,

but staring at every one I see.

Adjusted to feeling empty on his birthday

and wishing for just one more time with him.

Adjusted: as life goes on –

to realizing I cannot expect everyone I meet

to wear a bandage –

just because I am still bleeding....

***~ Shirley Blakely Curle, TCF Central AZ***

**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](mailto:tcfmanhattan@gmail.com)

TCF MANHATTAN website: [www.compassionatefriends.nyc](http://www.compassionatefriends.nyc)

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THE COMPASSIONATE FRIENDS MEETINGS are now monthly - in person on the third Tuesday of the month

**WE MEET AT 7:00pm—arrive or sign on at 6:45pm**

This month, Sep. 17, 2024, 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.*

~ From Marie Levine, September 2024

*As I write this, I am commemorating 31 years since the worst day of my life. So many years, so many young lives gone into the ether since that day. So many parents tossed into this cauldron of confusion, grief and desolation. This month we will once again commemorate 9/11, standing once more in support of the parents, the widows, and the now grown children of those lost on that terrible day. I recently saw an interview with Prince Harry and Megan – they’ve started a new support group for parents who have lost their children to suicide due to the ravages of social media – social media; a whole new way to lose our children. In listening to the comments of these newly minted bereaved parents, all talking as if they have discovered a new concept of grief, I was reminded of my own journey and how I reacted in 2001 when the Twin Towers fell. I wrote about it then and I thought I’d share it with my compassionate friends again now. As we stand together again publicly to acknowledge those we lost on 9/11, let’s think about all those young lives lost since then – to drugs, cars, illness, accidents, guns, school shootings, mental illness, still births and the unknown – for whom we do not celebrate annually – except in our own, quiet, personal, lonely hearts.*

~Marie

## GRIEF DELAYED

~ Marie Levine, September 2002

It’s been a year since the terrible days of 9/11 and its aftermath. A year of coming to grips with a reality so many other bereaved parents and siblings have been learning to cope with for many, many years. Namely, how do we survive the eternal absence of our children?

As we commemorate that awful day, I find myself remembering some of the tangled thoughts that raced through my own mind as those towers fell. One thought keeps coming to the surface. In spite of all attempts to stifle it...as strange as it might seem to some ...the thought just won’t stay down. Now, I think, suddenly and without warning, 3000 families understand. All at once, 3000 families understand the indescribable torment that many of us have tried so hard for so long to explain to the uninitiated

For years writers, poets, doctors, psychologists and victims have labored vainly to adequately describe the experience of surviving the death of one’s child. The fact that all those efforts were futile has never stopped any of us from trying.

Over and over, in spite of all the clinical explanations and emotional descriptions, each newly indoctrinated bereaved parent describes the experience with a sense of wonder and discovery as if the magnitude of their pain has never been felt by anyone before. No matter what has been written or spoken, there really is no language that can describe this kind of hurt. We relentlessly interview the recently bereaved in the hope that someone, somewhere will make people understand and feel the pain without the contribution.

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## GRIEF DELAYED

(con’t from left column)

Then, on 9/11, like the massive surge in the birth rate that inspired the baby-boomer generation, an event so incredible causes a reverse surge. A massive loss of young people unlike anything we’ve ever experienced. (The war comes to mind, but even those losses came over a period of years – nothing as wrenching as this loss over a period of minutes). Survivors will no doubt ultimately be referred to as the 9/11 or “ground-zero” generation.

So as the reality of 9/11 was being absorbed into the consciousness of the already bereaved, that other thought began to bubble up to the surface. 3000 families we no longer had to work to convince. 3000 families that now understood. 3000 families who would never again expect grieving parents to “get over it”. 3000 families who would learn about the reality of the word “closure”. And now that they know, all that matters is that those of us who are already here, be there to console and support these newly bereaved, disbelieving families, as each new day of realization and discovery overcomes them.

In truth, the process of grieving may in fact have a different time frame for the survivors of 9/11. Most of us have had to go it alone; learning the ropes one day at a time; feeling isolated and victimized. It took me a considerable amount of time to find a support system of experienced griever who could give me a “heads up” about the territory ahead. I suspect the surviving parents of 9/11 will only begin their lifetime journey after the dreaded first anniversary. Survivors of 9/11 have had the advantage of comradeship, commemoration and compensation on a scale most grieving parents never know. One newly bereaved father I spoke to only 9 months after the death of his 24 year-old son at The World Trade Center said he was “grateful he didn’t die alone. He was with people he loved, in a place that he loved, doing what he loved”. Most of us never find such comfort.

Surviving parents of 9/11 are still being feted and tended to by a concerned and caring public, eager to assuage what the uninitiated perceive as a pain magnified by the level of the event. For those survivors, the house has not yet grown quiet, friends have not yet stopped calling, and nobody has yet insisted they “get on with their lives”.

And when that reality dawns, those of us who have been traveling this path for some distance will be there. As we plod on, learning to incorporate our children’s memories and the loss of their futures into our remaining lives, we’ll be there to offer the comfort of understanding because we really do know how it feels. And even as we learn, we teach. As we look to those who have lost before us, we learn that we can survive. And as we move forward, we teach those survival skills to the newly initiated. And we learn that our survival honors the memory of our missing children.

For as long as we live, they too shall live, forever, lovingly embraced in our hearts.

~ Marie Levine, September 2002

# Siblings

The [pain you feel after a sibling dies](#) can be immense. Feeling grief or a huge sense of loss are natural responses to losing someone important in your life. Losing a brother or sister is especially challenging.

This article will discuss why the loss of a sibling is different than other types of loss, how sibling loss isn't discussed much, reactions and effects of sibling loss, how long to mourn and ways to help you cope with sibling grief.

## Why Siblings Are Special

Siblings play a special role in our families. They can often act as our best friends and become the people we confide in. We fight with our younger siblings, learn from our older siblings, play with our brothers and sisters and compete with them.

In effect, we forge special relationships with our brothers and sisters. These relationships differ from those with our parents, other relatives, and even our own children.

## Sibling Loss is Ignored

Practitioners and researchers in the field of psychology have not devoted much attention to the special relationship siblings have or how death impacts siblings. Discussion of sibling mourning has been sorely neglected by programs, services and associations, but that is beginning to change.

After their son or daughter dies, the community will galvanize around the parents to support them. Friends, neighbors and family members will focus on bringing in food, making phone calls and helping the parents.

Outliving a child is an awful and tragic loss that should not be dismissed or given short shrift. But siblings are not allowed the time to grieve themselves. They are told to be strong for their parents. Often, siblings are involved in setting up funeral plans and helping their parents get through such a difficult time.

Caretaking when you yourself haven't had time to grieve is burdensome.

## Effects the Death of a Sibling May Have On You

Whether through a prolonged illness like cancer or a sudden death due to a car accident, the loss of a sibling can be jarring. You may feel like life is out of order or topsy-turvy. We are logically prepared for the loss of older parents or grandparents. But our siblings are like our peers.

We've experienced the daily rhythms of life with them growing up including birthdays, holidays, and special events. They've witnessed our parents' arguments, our moves into different neighborhoods and our difficult times. We expected them to be there for us for future milestones, too.

A sibling's death can then have multiple effects on you. Beyond trying to cope with your grief, you may have to contend with new challenges like the following listed below.

## Changes in the Family Dynamic

When a sibling dies, roles and responsibilities may get shaken up. If  
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# 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](#)

## REFLECTIONS

With the death of my sister came some painful realizations: that life isn't always fair or predictable; that sometimes even my best isn't good enough; and that from the day of her death the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life, and a greater compassion for those who hurt. I have learned to be a survivor and have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all, I have been given the gift of time – time to heal and time to replace those painful memories of death with priceless memories of my sister's life.

~ Cathy Schanberger

your brother was the leader in the family, who takes on that role now? Your uneasiness with the new family dynamic might add more stress to your grief.

The Loss of a Close Relationship

Because siblings are often deeply connected, you may have lost both a sister and your best gal pal. If you worked in a family business, the loss of your brother might also represent the loss of your business buddy.

Profound Guilt

If your baby sister passed away, [feeling guilty for surviving](#) is not farfetched. Those who lose siblings often feel guilty about childhood fights and not having the opportunity to apologize. If you were estranged from your sibling as an adult, you might feel guilty because it's too late now to reconnect.

Dealing With Friends Who Aren't Helpful

Friends may avoid you as they don't know what to say. Others may say the wrong things like, "She's in a better place" or "Let me know how I can help."

In these moments, if you're feeling up to it, you can suggest that your friends come over and sit with you while you cry, bring you food, or just hold your hand.

Fear of Also Developing the Illness

For siblings who passed from cancer, for example, you might now need to get tested. Especially if there's a genetic probability that you may get the same cancer. Added to your grief (and sorrow about any suffering your loved one went through) is this new fear that you or another sibling will also be diagnosed with a deadly disease.

How Long Is Too Long to Mourn?

There's no "normal" amount of time to grieve the loss of a sibling. As time passes, the sadness should ease and you should be able to function. That doesn't mean the grief disappears completely. Nor does that mean you won't feel sadness or loneliness about the loss of your sibling.

It means you'll begin to find happy and joyful times again and return to your daily life.

Complicated Grief

For some, though, feelings of loss are so intense, they become debilitating. This is known as [complicated grief](#). It's also called persistent complex bereavement disorder.

In complicated grief, painful emotions severely disrupt lives. Reactions are excessive, obsessive and intense. With complicated grief, people are incapable of resuming their lives in a healthy manner and need therapeutic assistance.

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**"what is the etiquette of mourning?"**

*There isn't one. After all the attempts to comfort, the suggestions shared out of love and helplessness, each mourner says his own goodbyes, feels her own feelings, and moves uneasily and unevenly towards healing.*

*In the end, each struggling spirit, alone in the company of a few dear friends, somehow finds a way."*

4 ~ Molly Fumia, "Safe Passage"

Coping With Grief After the Death a Sibling

For those bereaved after losing a sibling, here are ways to help you cope with the grief and find a way through your loss.

Some suggestions are better suited for earlier in your grief journey, some for later on:

- **Be kind and gentle with yourself.** As you're learning, grief is a winding process.
  - **Rest and sleep more.** The bereaved may feel more exhausted physically and emotionally.
  - **Don't skip over feeling pain.** Allow yourself the time to hurt so you can move through that.
  - **Spend time with family and friends.** Although you may want time alone, don't remove or isolate yourself.
  - **Do small things that make you happy.** Work in the garden, play games on your phone, and integrate small pleasures back into your life.
  - **Allow yourself joy.** Don't feel ashamed or guilty if you enjoy a meal or dance to a song that you liked.
- [Return to a routine as soon as you can.](#) Eat regularly, go for a walk, and resume work.
- **Focus on spirituality and creativity.** It's important to shift your energy toward doing the things that bring you joy. This is the perfect opportunity for you to tap into your creativity. You could write poetry, paint, or even write your loved one a letter.
  - **Create a ritual in your sibling's memory.** This may be participating in a 5K for breast cancer research every year if your sister died of breast cancer.
  - **Do something to honor your sibling's life.** If your brother shot hoops and played with friends in a neighborhood park, you can donate a bench as a memorial. The goal is to honor your sibling's memory.

**Join a supportive group.** Others are going through what you are, too. [Online grief support groups](#) can offer you a safe community in which to mourn. [The Compassionate Friends Sibling Groups](#) and [Modern Loss](#) offer resources to help you deal with grief.

While we live in a culture that encourages us to move on, grieving the death of a sibling can take some time. It's a very special loss and you have every right to feel deep pain. But there is light at the end of the tunnel and a way to live with and through the loss. Find professionals in your area or online support groups that can guide you through this difficult period.

~ ~ ~

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

⇒ go to [www.centeringcorp.org](http://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.

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### ...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 be accessed only after a request to join is approved by a moderator.

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





## OUR CHILDREN—LOVED AND REMEMBERED

### SEPTEMBER BIRTHDAYS



9/1 **DWAYNE NELSON**, son of Amelia Brewer-Nelson  
9/1 **MARK H. IHDE**, son of Linda & Don Ihde  
9/1 **ROSE LIANG**, sister of Holly & Chue Liang  
9/2 **CHRISTOPHER RISTO**, son of Grace Piegaro  
9/2 **GEORGE MICHAEL KOTSIS**, son of Doris Kotsis  
9/3 **BETTY DIBIASO**, daughter of Susan Carty  
9/4 **JORDAN ELIAS VELAZQUEZ**, son of Kathleen Velazquez  
9/4 **JОВI RAMOS**, son of Desiree Ramos  
9/6 **HENRY SZOR**, son of Eva Grin  
9/6 **MAX GLEZOS-CHARTOFF**, son of Julie Chartoff & Irene Glezos  
9/7 **ALEXANDER KYLE NUNEZ**, son of Melba & Luis Nunez  
9/7 **LAUREN HAROPULOS**, daughter of Mike & Barbara Haropulos  
9/7 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase  
9/8 **AHMAD SHARRIEFF-AL-BEY**, son of Rashied Sharrieff-Al-Bey  
9/8 **CALLUM ROCHE**, son of Sean Roche  
9/8 **CYRUS SINK**, son of Susan Huggins  
9/8 **MELISSA ANN WALSH**, sister of Stephanie Walsh  
9/8 **THERESA MARTIN HOUGH**, daughter of Sara Martin  
9/9 **AVIVA LIPSKY-KARASZ**, daughter of Julia Zangwill & Daniel Lipsky-Karas  
9/10 **MATTHEW NOVAK**, son of Clare Hogan  
9/11 **CARRA POLEN**, daughter of Nella Hahn  
9/11 **OLIVER LIEGEY**, son of Viva & Robert Draper  
9/12 **AVA LOUISE HOUSE**, daughter of Molly House  
9/12 **HARRIS KAPLANSKY**, son of Denise Gelfand  
9/12 **LIANNA GONZALEZ**, daughter of Dahiana De La Cruz  
9/12 **SAIGIA BRON**, daughter of Florence Layayette  
9/12 **SOPHIA JOLIET AGUIRRE**, daughter of Monica Deliz  
9/12 **SYDNEY MARTINEZ**, daughter of Fabiola Bello & Alex Martinez  
9/13 **CANDICE CHEN**, daughter of Belle Tung  
9/13 **TROY HALL**, son of Victor Hall  
9/14 **CASEY STRAKA**, son of Dana Straka  
9/14 **GALIAH GARBER**, sister of Anath Garber  
9/15 **MICHAEL MCFARLAND**, son of Tamara McFarland  
9/15 **NNENE EZEONYIM**, daughter of Uche Ezeonyim

9/16 **PAUL THOMPSON**, son of Elaine Thompson  
9/16 **WILLIAM EDWARDS**, brother of Michael Bernieri  
9/17 **DETRA MICHELLE MORRISON**, daughter of Denise Morrison  
9/17 **KARIM HALAWI**, brother of Lama Halawi  
9/18 **DAVID PICARD**, son of Darlene Picard  
9/18 **IAN MALSON**, brother of Caitlin Malson  
9/19 **ILIA KRASOTINA**, sister of Sofiya Krasotina  
9/19 **TYLEAH MCFADDEN**, daughter of Lisa Jenkins, sister of Nadirah McFadden  
9/21 **CHRISTOPHER LUKE ELMER**, son of Anne Elmer & Jeff Elmer  
9/21 **GINGER SIMMS**, daughter of Larry Simms & Alison Ho  
9/21 **TATIANA HICKMAN**, sister of Autumn Hickman  
9/21 **WONDER HAMILTON**, daughter of Gary & Jennifer Hamilton  
9/22 **ALEXANDRA DISANTIS**, daughter of Margo & Frank DeSantis  
9/22 **JAMES HAYS**, brother of Claire Hays  
9/23 **CASEY CRUZ**, daughter of Ibelka Cruz  
9/23 **GREGORY ROTH**, brother of Stephanie Roth  
9/25 **CHRISTOPHER DOMBROWSKI**, brother of William & Brianne Dombrowski  
9/26 **MITCHELL WALKER**, son of Fountain Walker  
9/27 **ARON LINDELL**, son of Julie Lindell  
9/27 **JAY SCHNEIDER**, son of Bonnie Bowes  
9/27 **WILLIAM JOHN**, brother of Joseph John  
9/28 **ALEX BIBLER**, son of Lindsay Bibler  
9/28 **KRISTEN DUBERRY**, daughter of Michael Duberry  
9/28 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello  
9/28 **RYAN CHRISTIAN BALLON**, brother of Dylan Ballon  
9/29 **ANDREW SCHLEIFER**, son of Kittyhawk Schleifer  
9/29 **BOBBY BEATTIE**, brother of Rose Beattie  
9/29 **DANIEL SNYDER**, brother of Lisa Snyder  
9/29 **LILY BADGER**, daughter of Madonna and Matt Badger  
9/29 **MARY ANN VALVERDE**, sister of Victoria Soto  
9/29 **SOPHIA MELILLO**, daughter of Kristen Leigh  
9/30 **BELLA BRODSKY**, sister of Jennifer Brodsky  
9/30 **CHRISTOPHER WAGNER**, son of Linda & Edward Wagner





OUR CHILDREN—LOVED AND REMEMBERED  
SEPTEMBER ANNIVERSARIES



9/2 **IMOGEN ROCHE**, daughter of Theseus Roche  
9/2 **ROWENNA WIGHT WHITE**, daughter of Nancy Wight  
9/2 **YULIA KRASHENNAYA**, sister of Deb Faynshteyn  
9/3 **BRENDEN CARSON**, son of Debra Carson  
9/3 **CALEB SANDE**, grandson of Renee & Hervey Sande  
9/3 **SEAN KIMERLING**, son of Ervine & Noah Kimerling  
9/4 **ADEDAYO ADEWALE**, son of Modesta Baltazar  
9/4 **MARLA SUE COLLAZO**, daughter of Lita & Joe Robinson  
9/4 **ZANE MANDEL-MICHALAK**, son of Janet Robinson  
9/5 **NOAH BOWER**, son of Pat Bower Cooley  
9/6 **SHAUN BECKWITH CHASEN**, son of Dr. Barbara Chasen  
9/6 **TIM MAGEE**, son of Mary & Tim Magee  
9/7 **PATRIC KARN**, brother of Lisa Kaye  
9/7 **SEYQUAN CHAMBLISS**, son of Derricka Chambliss  
9/7 **YEHUDA MILSTEIN**, son of Edith Bayne, brother of Ilana Milstein  
9/8 **BRIAN CULLIMORE**, son of Teresa Cullimore  
9/8 **PETER MESSINA**, son of Katherine Messina  
9/9 **BRIAN MEEHAN**, brother of Kevin Meehan  
9/9 **JORDAN WEINSTEIN**, daughter of Wendy J. Schriber  
9/10 **KRISTINA ESPOSITO**, daughter of Cecilia Esposito  
9/10 **SARAH KATZ**, daughter of Michael & Jill Katz, sister of Dana Katz  
9/11 **AARON HOROWITZ**, son of Allan & Liz Horwitz  
9/11 **CHRISTIAN FUERSICH**, son of Janet Fuersich  
9/11 **JOHN COOPER JR.**, brother of Keith P. Cooper  
9/12 **ADAM WEINER**, son of Susan Weiner  
9/12 **ANDREW BALTINI**, brother of Kevin Baltini  
9/12 **BLAKE GOODMAN**, brother of Claudia Goodman  
9/12 **JENNA HERNAN**, daughter of Maria Hernan  
9/13 **JAMES RUSSO**, brother of Adrienne Russo  
9/13 **JASMIN REQUENA**, daughter of Eleanor Requena, sister of Jaqueline  
9/14 **EMRE EDEPLI**, son of Levant & Kirsten Edepli  
9/14 **JOHN MARZANO**, son of Claire Martino  
9/14 **TATIANA HICKMAN**, sister of Autumn Hickman  
9/15 **CHRIS SANTIAGO**, son of Eve Ortega  
9/15 **CHRISTOPHER MALLIN**, son of Robert Mallin  
9/15 **GEORGE MICHAEL PEREZ**, son of Priscilla Perez  
9/15 **MARSHALL FORDE**, son of Asurf Forde, brother of Marcel Forde  
9/15 **YVONNE BURDEN**, sister of Crystal Burden  
9/16 **JON MICHAEL CAMINITI**, son of David Caminiti, Linda Caminiti and brother of Jacqueline  
9/16 **KIARR LACEY MONROE**, son of Xenia Vasquez & Lacey Monroe  
9/16 **PAUL WALKER**, son of Ellen Walker  
9/17 **EVAN FRIEDLANDER**, son of Kathy Friedlander  
9/17 **PAMELA ARGUELLO**, daughter of Doris Carraquillo, sister of Vinny Urena and Brandon Arguello

9/17 **TIM CARPENTER**, son of Donna Carpenter  
9/17 **TOMMASO CERASE**, son of Barbara Riccardi & Alessandro Cerase  
9/18 **GLEN FRASER**, son of James Fraser  
9/18 **LUCY GRAVES**, daughter of Edward Graves  
9/19 **ALIX LECLAIR**, daughter of Julie Neches, sister of Dom LeClair  
9/19 **AVA LOUISE HOUSE**, daughter of Molly House  
9/19 **ERIC ROSENBERG**, son of Sharon Rosenberg  
9/19 **KASRIEL BENJAMIN**, son of Sarah & Tony Benjamin  
9/19 **WILLIE GWATHMEY**, brother of Katie Gwathmey  
9/20 **ISABELLA CARROLL**, daughter of Doreen Carroll  
9/21 **AIDAN HERNANDEZ**, son of Maura Moloney and Victor Hernandez  
9/21 **BENJAMIN GOURDJI**, son of Anna Gourdji  
9/21 **CLAIRE MONTAIGNE**, daughter of Fen Montaigne  
9/21 **LYNDON HOWARD**, son of Lila Howard  
9/23 **DUSTIN TUNICK**, son of Jenifer Kelly  
9/23 **SHEMAYNE PARKS**, daughter of Beverly Fortson, sister of Hannah Fortson  
9/24 **NOAH REISMAN**, brother of Rachel Reisman  
9/24 **ORION DUMITRIU**, son of Winnie Yang  
9/24 **ROBERT BANNON**, brother of Marybeth Bannon  
9/24 **SOPHIE ANN MISSHUK**, daughter of Evan Misshuk  
9/25 **CELINA PACHECO**, daughter of Evelyn Gonzalez  
9/25 **ELIOT BARTLETT**, brother of Emanuekl (Man) Bartlett  
9/25 **ISAIAH WINCH**, son of Jesse Winch, brother of Louisa-Carpenter Winch  
9/25 **JOHN THOMAS (TOMMY) VIGORITA**, son of Patricia & Vincent Vigorita  
9/25 **SEAN COYLE**, brother of Krista Coyle  
9/25 **WILLIAM GRIFFO**, son of Yvona & William Griffo, brother of Mike Griffo  
9/26 **STEFAN THEGEBY**, son of Dale Thegeby  
9/27 **WILLIAM MONEN**, son of Nancy Monen  
9/28 **ASHLEY HOPE GOODMAN**, daughter of Karen Goodman  
9/28 **AURELIE FRANCHITTI**, daughter of Marianna Vertsman, sister of Valerie Franchitti  
9/28 **JAMIE MARCUS**, daughter of Bruce Marcus  
9/29 **KARIM HALAWI**, brother of Lama Halawi  
9/29 **LAUREN MARIE NELSON**, sister of Mickey (Michelle) Nelson  
9/29 **PAMELA SUE CHAIKEN**, daughter of Sandy & Lionel Chaiken, sister of Stephanie  
9/30 **ANTHONY HELZER**, son of Donna Romer  
9/30 **JO ANNA BURRO**, daughter of Jeanette Burro



## OUR CHILDREN—LOVED AND REMEMBERED

### OCTOBER BIRTHDAYS



10/1	<b>AMBER ASHTON</b> , daughter of Tom & Eleanor Ashton	10/18	<b>RENEE THOMPSON</b> , daughter of Gregory & Joy Thompson
10/1	<b>PAX DESMORAIS</b> , son of Lian & Tim DesMorais	10/20	<b>ADAM FELDBERG</b> , son of Tsipi Taube
10/2	<b>NEILL PERRI</b> , son of Maddie & Cliff Kasden	10/21	<b>ALEXIS NICOLE NEGRON</b> , daughter of German (Herman) Negron
10/2	<b>ROBERT BANNON</b> , brother of Marybeth Bannon	10/21	<b>MELQUAIN JATELLE ANDERSON</b> , son of Michelle Barnes-Anderson
10/3	<b>JAKE GOLDBERG</b> , son of Gene Goldberg, brother of Ben Goldberg	10/21	<b>SHEMAYNE PARKS</b> , daughter of Beverly Fortson, sister of Hannah Fortson
10/3	<b>JASON MARKS</b> , son of Helena Marks	10/22	<b>LUKE LUEBKE</b> , son of Bine Luebke, brother of Jonas
10/3	<b>SKYLER CAGHLIN</b> , son of Seana Caghlín, brother of Cassandra Richardson	10/23	<b>CHARLOTTE KENLEY THOMPSON</b> , daughter of Jeannie Dalton & Paul Thompson
10/4	<b>JACOB MORGAN</b> , brother of Kelsey Morgan	10/23	<b>MARK COOKE</b> , son of Maureen Cooke, brother of Jamie
10/5	<b>ALAN MYL</b> , son of Joanne Myl	10/23	<b>PATRIC KARN</b> , brother of Lisa Kaye
10/5	<b>JULIANA ADORNO</b> , daughter of Jerica Adorno	10/23	<b>PATRICK CESARIO</b> , son of Sharon Cesario, brother of Frank Cesario
10/5	<b>NATHANIEL LOUIS RAND</b> , son of Jacob Rand	10/24	<b>CHRISTOPHER MALLIN</b> , son of Robert Mallin
10/5	<b>SCARLETT KAUFMAN</b> , daughter of Eileen Kaufman	10/24	<b>WILL GARRIGAN</b> , brother of Erin Garrigan
10/5	<b>TIM CARPENTER</b> , son of Donna Carpenter	10/25	<b>JASON SCHECHTER</b> , son of Leo Schechter
10/6	<b>BEN LOCKHART</b> , son of Kate Sanford	10/25	<b>MICAH DAWKINS-WILLIAMS</b> , son of Rhodina Williams
10/6	<b>BENJAMIN IMBROGNO</b> , son of Naomi Imbrogno	10/26	<b>DEREK GOMEZ</b> , son of Marta Freyre & Robert McManus, brother of Xiomara Gomez
10/7	<b>GIRBUN LAO</b> , brother of Ithreum Brown	10/26	<b>KRISTOFFER SALAVANTE</b> , son of Maria & Eliezer Salavante
10/7	<b>PETER TRAKIS</b> , son of Dolores & John Trakis	10/26	<b>SUZANNE PAGE</b> , daughter of Timmie Ross
10/7	<b>RYAN KENT JACKSON</b> , son of Toby Jackson	10/27	<b>AIDAN STEVENS</b> , son of Lilly Stevens
10/8	<b>DONALD BROWN</b> , son of Desiree Brown	10/27	<b>EMILY MACKEY</b> , sister of Lauren Minchen
10/8	<b>ZOIE BENNETT</b> , daughter of Zachary Bennet	10/27	<b>JUDAH BRYNDAL</b> , son of Dusty & David Bryndal
10/9	<b>CHRISTOPHER JOSEPH BAUMANN</b> , son of Maureen Mackey	10/28	<b>MICHAEL BARNES</b> , son of Jaqueline Warren
10/9	<b>ELIZABETH HANAU</b> , daughter of Marsha Hanau	10/29	<b>ADEDAYO ADEWALE</b> , son of Modesta Baltazar, brother of Phebe Ojomoses
10/9	<b>JOANNA ZWEIG</b> , Ben's aunt, sister of Daniel Zweig	10/29	<b>NATHANIEL HILL JR.</b> , son of Lynette & Nathaniel Hill, brother of Lenise
10/10	<b>CHRIS SANTIAGO</b> , son of Eve Ortega	10/30	<b>CHRISTOPHER KWIK</b> , brother of Sharon Kwik
10/10	<b>CHRISTOPHER PALMER</b> , son of Darlene and Douglas Palmer	10/30	<b>MYLES CHANDLER</b> , son of Marcia Chandler
10/10	<b>LAURA NAMIE</b> , sister of Matthew Namie	10/30	<b>ROBERT KISTENBERG</b> , son of Marilyn & Elliot Kistenberg, brother of Marni Nossel
10/11	<b>KIERNAN BLAKER</b> , brother of Darby Blaker	10/31	<b>KERRY STONE</b> , brother of Catherine Kells
10/11	<b>TIM MAGEE</b> , son of Mary & Tim Magee	10/31	<b>SAESHA KAYTAL</b> , daughter of Supriya & Sid Kaytal
10/12	<b>ARJUN VEER SHARMA</b> , son of Vikas & Priyanka Sharma		
10/13	<b>DANA FLAX</b> , sister of Casey Flax		
10/13	<b>DANDY PINNOCK</b> , son of Kaydeen Green		
10/15	<b>JONATHAN BUCAOTO</b> , son of Ruth Sowell		
10/15	<b>SARAH &amp; GRACE BADGER</b> , twin daughters of Madonna Badger		
10/16	<b>BATHSHEBA KOHN</b> , daughter of Yoel Kohn		
10/18	<b>CHRIS BALDWIN</b> , brother of Brooke Baldwin		

### 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](mailto: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 **KATHLEEN YANCHIS**, sister of Marybeth Bannon  
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 SHELTON**, 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 **DANDY PINNOCK**, son of Kaydeen Green  
10/25 **EBONY N. JACKSON**, daughter of Diana Jackson, cousin of  
Aaron Jackson-Kent  
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 **BRADLEY FRIEDMAN**, son of Jane Friedman  
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



THE COMPASSIONATE FRIENDS CHAT SCHEDULE. <a href="#">Click here to display exact times and to see entire schedule</a>				<b>The Compassionate Friends National Office</b> 48660 Pontiac Trail #930808, Wixom, MI 48393 Toll Free (877) 969-0010 www.compassionatefriends.org email:nationaloffice@compassionatefriends.org
ET	MORNING	EARLIER EVENING	LATER EVENING	
MON	Parents/Grandparents/Siblings	First time CHAT orientation	General Bereavement Parents/Grandparents/Siblings	<b>WE NEED NOT WALK ALONE</b> <b>TCF Online National Magazine</b> <a href="#">Click here for Information</a>
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	<b>MARK YOUR CALENDARS!</b> Our next Chapter meetings are the 3rd Tuesday of each month: <b>SEP 17 OCT 15 NOV 19 DEC 17</b>
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	<b>Newsletter article submissions are welcome.</b> Please email to <a href="mailto:marielevine2@verizon.net">marielevine2@verizon.net</a>
SAT			General Bereavement Parents/Grandparents/Siblings	
SUN		Suicide Loss	General Bereavement Issues Parents/Grandparents/Siblings	<b>MAKE A DONATION</b> <a href="#">Click here to Donate to the Manhattan Chapter</a>

### OUR COMPASSIONATE FRIENDLY NEIGHBORS

Babylon	1st Friday	(516) 795-8644	Medford	2nd Friday	(631) 738-0809
Bronx	2nd Tuesday	(914) 714-4885	Rockville Centre	2nd Friday	(516) 766-4682
Brookhaven	2nd Friday	(631) 738-0809	Rockland County	3rd Tuesday	(845) 398-9762
Brooklyn	3rd Wednesday	(917) 952-9751	SmithPoint/Mastic	2nd Thursday	(631) 281-9004
Flushing	3rd Friday	(718) 746-5010	Staten Island	2nd & 4th Thurs.	(718) 983-0377
Manhasset	3rd Tuesday	(516) 466-2480	Syosset (Plainview)	3rd Friday	(718) 767-0904
Marine Park, Bklyn	3rd Friday	(718) 605-1545	White Plains	1st Thursday	(914) 381-3389

### PRIVATE FACEBOOK GROUPS

Click below for National Website's Listing of groups.

#### 24/7 PRIVATE FACEBOOK GROUPS

[TCF – Loss of a Child](#)  
[TCF – Loss of a Stepchild](#)  
[TCF – Loss of an Only Child/All Your Children](#)  
[TCF – Multiple Losses](#)  
[TCF – Daughterless Mothers](#)  
[TCF – Men in Grief](#)  
[TCF – Bereaved LGBTQ Parents with Loss of a Child](#)  
[TCF – Bereaved Parents with Grandchild Visitation Issues](#)  
[TCF – Loss to Miscarriage or Stillbirth](#)  
[TCF – Infant and Toddler Loss](#)  
[TCF – Loss of a Child 4 -12 Years Old](#)  
[TCF – Loss of a Child 13-19 Years Old](#)  
[TCF – Loss of an Adult Child](#)  
[TCF – Loss of a Child with Special Needs](#)

[TCF – Loss of a Grandchild](#)  
[TCF – Grandparents Raising their Grandchildren](#)  
[TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild](#)  
[TCF – Loss to Long-term Illness](#)  
[TCF – Loss to Cancer](#)  
[TCF – Loss After Withdrawing Life Support](#)  
[TCF – Loss to Mental Illness](#)  
[TCF – Sudden Death](#)  
[TCF – Loss to Suicide](#)  
[TCF – Loss to Homicide](#)  
[TCF – Loss to Substance Related Causes](#)  
[TCF – Loss to a Drunk/Impaired Driver](#)  
[TCF – Grieving with Faith and Hope](#)  
[TCF – Reading Your Way Through Grief](#)

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](#)