

**Tampa Bay, FL**

**2026 Jan/Feb**



# NEWS letter

**“MISSION**

**Helping grieving parents and families rebuild their lives following the death of a child.**

This month's  
newsletter is  
sponsored by  
the families  
of:  
Sean Reber  
&  
Destiny Bailey

# Tampa Bay Chapter

## Chapter leader

c/o Lori Scragg

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## Newsletter Editor

Blanka Roundtree

[news.bptampabay@gmail.com](mailto:news.bptampabay@gmail.com)

## Contact us to

- Contribute a Story, Article, Poem or Artwork
- Share Your Thoughts and Feelings with Our Chapter
- Share Helpful Links

## TELEPHONE FRIENDS

**Need to talk? Having a bad day? Call one of our Telephone Friends. They're here to lend a knowing ear because they've been there. Don't hesitate to call, we understand.**

Long term illness - Debbie Nemitz	813-501-9567
Adult child & Accident - Lori Scragg	813-361-2946
Death of only child - Barbara Dietrich	813-340-9120
Death of young child - Gregg Lalis	813-778-2605
Suicide - Julie Woofter	813-754-4848
Sibling & Overdose - Sherry Reber	813-598-2285
Se Habla Espanol - Rita Zvada	813-961-1011
Crisis Center	211

# Meeting Information

Call Lori Scragg at 813- 361-2946 for information or directions

## SUNDAY

Regular Monthly **SUNDAY** Meeting  
(held second Sunday of each month)

Please note that February meeting will be held on third Sunday.

### Tampa area

Jan 11 / Feb 15 / March 8

6:30 PM to 8:30 PM

St. Joseph's Hospital  
Medical Arts, Auditorium  
3001 M L K Jr. Blvd., Tampa, FL.

# 01

## JANUARY 2026

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# 02

## FEBRUARY 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

# 03

## MARCH 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## THURSDAY

Regular Monthly **THURSDAY** Meeting  
(held last Thursday of each month)

Riverview/Gibson/Brandon areas

Jan 29 / Feb 26 / March 26

6:30 PM to 8:30 PM

HCA Florida Brandon Hospital  
Cafeteria - Oak Room I  
119 Oakfield Drive, Brandon, FL

“

# BPUSA

Where grief meets hope and healing for parents, siblings and grandparents.

# Chapter Activities

## January Activities

### January 11 and 29, 2026

- Navigating the winter blues
- Honor Mental Wellness in Grief and Mourning



## February Activities

### February 8 and 26, 2026

- Taking care of Grieving Heart
- Potluck get-together



## March Activities

### March 8 and 26, 2026

- From Winter to Spring with Grief
- Grief Books for Women



*Angel  
of Hope*  
MEMORIAL GARDEN

### Angel of Hope Memorial Garden

[angelofhopetampabay.com](http://angelofhopetampabay.com)

Riverside Park

201 S. Riverhills Drive, Temple Terrace, Florida

Parking lot is across the street and up a hill on the left as you turn onto S. Riverhills Drive from 56th. Street. Follow either path to the back to the ANGEL!



# Sponsorship, Contribution and Charitable Donations

## Sponsor a Newsletter Page

**Anyone can sponsor a page in this newsletter in memory of a child to support our chapter.**

**Full Page:** The price for a full page is \$30 which includes photographs and your tribute to your child (poems, stories or whatever you like).

**Half Page:** The price for a half page is \$15.

As an incentive to have more help to run the chapter, we are giving all of the steering committee members one free page each year.

To sponsor a newsletter page, contact Newsletter Editor at:  
news.bptampabay@gmail.com

Please note that sponsorship pages are due by the 25th of the month before the publication month. We publish every 2 months.

## Charitable Donation / Love Gift

### A Thoughtful Way to Remember

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well

as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. **Our Chapter work is done by volunteers and these donations help us reach out in many ways.**

## Newsletter Contributions

Have you written a poem or article about your bereavement process? Would you like to share it in the newsletter? We are looking for article submissions every month from members of our chapter. Articles will be edited if needed. If you have any questions, contact the Editor at news.bptampabay@gmail.com .

# 2025 Candlelight Ceremony



We held our Candle Lighting on December 14, 2025. Thanks to all of you who attended.

Special thanks to all who helped us to set up and to clean up after the event.

We appreciate all of you who made financial donations, donated poinsettias and gift baskets

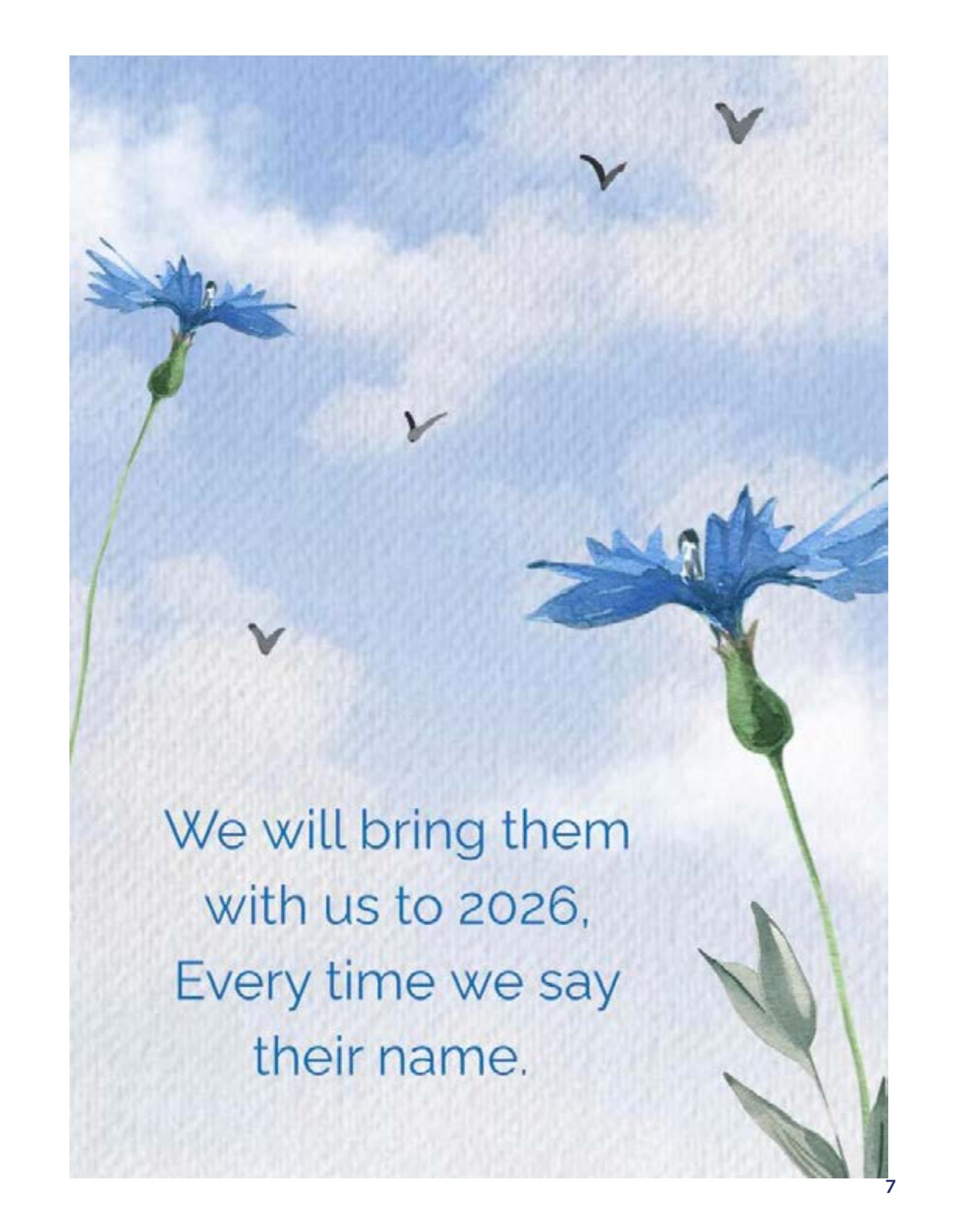
It was a great event, and enjoyed by all.

With 2026 we have hopes for a better tomorrow.

We wish all of you a happy, healthy, and prosperous new year and hope that your bad memories will be replaced by good ones.

Watch out for our upcoming monthly meetings, events, and Butterfly Release in May.



A blue sky with white clouds, two blue flowers, and four birds flying. The flowers are on green stems and have multiple blue petals. The birds are small, dark silhouettes in flight.

We will bring them  
with us to 2026,  
Every time we say  
their name.

# Grief After the Holidays

Grief after the holidays often involves navigating a mix of emotions as the festive distractions end, bringing a return to the reality of loss, but it also creates space for finding deeper peace through self-compassion, honoring memories with new or adapted traditions, maintaining gentle connections, setting boundaries, and focusing on self-care like rest, nutrition, and quiet reflection. Acknowledging feelings, creating rituals to remember loved ones, and allowing for small moments of joy are key to moving from holiday intensity to a more sustainable, peaceful presence with grief.

## Acknowledging and Processing Emotions

**Allow the feelings:** Give yourself permission to feel sadness, anger, or even guilt, as well as moments of joy, without judgment; it's all part of the process.

**Debrief and Reflect:** Journal, talk with supportive friends, or use resources to process holiday experiences and emotions.

**Be gentle:** Recognize that the post-holiday period is a time for recovery; don't expect to "get over it" quickly.

## Finding Peace Through Ritual & Memory

**Create new traditions:** Adapt old ones or create new, meaningful rituals, like lighting a candle, making a favorite dish, or sharing stories.

**Honor your loved one:** Find ways to keep their memory alive, which can bring comfort and a sense of closeness.

**Set boundaries:** Decide which traditions are

too painful and which bring comfort; it's okay to say no to overwhelming events.

## Self-Care & Support

**Prioritize self-care:** Ensure adequate rest, nourishment, and gentle movement (like walks) to care for your body and mind.

**Seek connection:** Lean on friends, family, or support groups to feel less isolated.

**Simplify:** Give yourself permission to do the bare minimum and reduce obligations.

**Find quiet moments:** Incorporate meditation, deep breathing, or just quiet solitude for reflection.



## Moving Forward

**Notice small joys:** Allow for and appreciate small moments of peace, like a sunset or a favorite song, as signs of healing.

**Seek professional help:** If grief feels overwhelming, a counselor can provide essential support.

## January Birthdays

Baker, Brendolyn Joyce Butterfly  
1/1/1948 - 11/9/1990  
M - Rebeckah Mitchell  
SF - Daniel Mitchell  
S - Sharolyn Mitchell, Rhondolyn Shedrick,  
Lerolyn Capehart, Angelyn Capehart &  
Daniel Leroy Mitchell

Bailey, Destiny Taylor  
1/7/1999 - 12/26/2014  
M- Stacey Bravick  
S - Lena, Amber & William

Clark, Deborah Denise  
1/19/1969 - 3/23/2002  
M-Ethel Helms  
S-Valencia Clark, James Jr. & Jerel  
GP-Luella Buford & John L.Clark

Cotto, Joseph  
1/20/2003-8/8/2024  
P-Balaan and Amanda Cotto  
S-Ladarin, Nabiah, Journey, Emanuel

DeLosSantos, Ailen  
1/6/1975-5/5/2009  
M-Elena Franklin  
B-Orlando DeLosSantos Jr.  
Diaz, Alexandra  
01/28/1998 - 01/28/1998  
P - Llz & Joaquin Diaz

Durcan, Andrea Lynn  
01/15/1991 - 03/31/1991  
P - David & Dixie Durcan  
S - Lindsey & Lauren Durcan  
GP-Marie B. Corcoran

Ellis, Douglas William  
01/09/1962 - 12/17/1983  
M - Alicia Ellis West  
B-Harry Jr. & Edward Ellis

Feierstadt, Keith  
01/13/1975 - 01/16/1994  
P - Donna & Sy Feierstadt  
B - Robert Feierstadt

Gonzalez, Tarik C.  
1/16/1976 - 10/12/2007  
M-Susan Zapata  
GM-Jacqueline Rodriguez

Harrill, Jason  
1/23/1984 - 6/12/2006  
P-Bonnie & David Harrill  
S-Michelle "MiMi"  
Harris, Charlotte Marie  
1/23/2004 - 2/3/2004  
P-Tony & Debra Harris

Hughes, Jessica Alexis  
1/13/1986 - 5/11/1902  
F - Michael Hughes

Jones, Sherry  
1/18/1971 - 4/27/2000  
M - Brenda Copeland

Your eyes were blue as the open sky,  
Soft with kindness, warm and true,  
A gentle soul, a loving heart,  
The family felt happier knowing you.

A caring son, so thoughtful and kind,  
An uncle whose love knew no end,  
Always listening, always there,  
A helper, a guardian, a friend.

Handsome in ways far deeper than your face,  
Loyal in word, in deeds, in love to those you touched,  
You walked this life with quiet grace,  
Leaving love and light wherever you trod.

Today we mark your earthly birthday here (January 30, 1986),  
Not with sorrow alone, but for our son with loving pride,  
For though your 32 years on earth were brief,  
Your goodness still walks by our family's side.

Sean we celebrate the life you lived,  
The love you gave so freely still,  
Forever held in your family's grateful hearts,  
Forever missed, forever our loving son -

With love, your Mom, Dad, Brothers, Nephews and Nieces

*Eyes as Blue  
as the Sky*



*Sean Richard Reber*  
1/30/1986 - 5/28/2018

# Spiritually, January

inspired by Janus, the Roman deity of doors and gates, embodies transitions and new beginnings, reflecting the duality of gazing back at the past while also looking ahead to the future. Often bare scenery represents a time of stillness and rest in nature, offers valuable insights and motivation as we embark on a new year. Embarking on a journey within, to reconnect with our true selves, and to align our intentions and actions with our deepest values.

## January Birthdays

Kent, Jesse David  
1/6/1981-1/7/2001  
P - Bonita & Greg Kent  
Child-Zoe  
S-Lali & Daniele  
GP-Mimi & Grandpa Jim & Grandma Susie

Langford, Todd Allen  
01/05/1978 - 04/27/2001  
P - Fred & Janice Langford  
S - Robbie & Kathy Peterson  
G/P - Betty Williams & H.P & Ruby  
Langford

Miulli, Matthew Michael  
11/27/1987-1/19/2005  
P-Jim & Kathy Miulli  
GP-Rudy Prehnal and Mike & Sue Miulli

Morris, Zachary Ian "Zack"  
1/6/2001 - 5/25/2019  
P - Laura and Kevin

Pispitsos, Richard John  
01/23/1972 - 09/14/1998  
P - Catherine Webb & Philip Finkelstein  
S - Michelle Webb  
GP-Anne & Owen Beglane

Pittman, Cynthia Marie  
1/25/1978 - 2/23/2003  
P-Charles & Joan Pittman

Popkin, Kalyn  
1/23/2009 -7/11/2013  
P - Stacy & Robert Popkin

Powers, Geoffrey A.  
1/23/1983 - 7/1/2005  
M-Diane Tower  
S - Lana & Nikki Powers

Reber, Sean  
1/30/1986 - 5/28/2018  
P - Rick & Sherry Reber  
B - Derek, Ethan, Jared, and Seth  
GP - Robert & Leila Runyon

Rodriguez, Edwin (Eddy) Jr.  
1/11/1971 - 7/28/1993  
M-Bertha Dominquez

Rogers, Jason R.  
01/08/1978 - 03/21/1990  
P-James Roy & Elaine Rogers  
B-Justin & Jacob Rogers  
GP-Arthur & Ethel Fernandez

Russell, Karron Michelle  
1/20/1967 - 9/12/2000  
P - Ben & Sue Bowditch  
Ch - Brytani, Derak & Melody  
S - Catherine, Roben , Laurie, Bobby Jr.&  
Scott  
GP-Cathren Dickerson and Jimmy & Kay Senseney

Schneider, Adam  
01/29/1971 - 10/23/1975  
P - Bill & Georgia Schneider  
S-Brayden Castillo, Siobhan Castillo  
M-Joy St. Martin & the late Rusty Hamm  
GP-Ramon & Rita Hamm

Stoeltzing, William (Bill) W.  
01/02/1957 - 05/09/2002  
P - Bill & Elvira Stoeltzing  
Ch-Eaton & Brent  
S - Cecille Parido

Thornton, Teresa E.  
01/12/1966 - 09/24/1981  
P - Ken & Mirta Thornton  
S-Lisa Buckner, Nick Thornton  
GP-Tony & Berneda Pino

Wilds, Matthew Leland  
01/12/1974 - 01/13/1995  
P - Steven and Karen Catlin  
B - Daniel Scott Wilds

# Destiny Taylor Bailey

1/7/1999 - 12/26/2014

Destiny, a name so bright,  
Born '99, the seventh of January's light.

She loved the creatures, big and small,  
A gentle heart embracing all.

With brush in hand, a vibrant hue,  
Sunsets painted, skies of blue.

The music soared, a gothic strain,  
Evanescence, easing every pain.



Fourteen years, a fleeting grace,  
December's chill, she left this place.

Two thousand fourteen, a silent tear,  
But memories live, and hold her dear

A life too short, a spirit free,  
Destiny's light, for all to see.

*Love.*

*Mom, Lena Will, and Amber*

## January Anniversaries

Brady, Mark A.  
09/27/1957 - 01/03/1989  
M - Margaret Brady  
S -Margaret J. Bruner  
B - Hayward L. "Bubba" Brady, Jr.  
GP-Wallace & Josephine Bagley &  
Wm. & Cinderalla Brady

DeRoche, Cameron Gaines  
04/11/1989 - 01/25/1995  
P - Peggy & Karl DeRoche  
S - Mary Amber DeRoche

Diaz, Alexandra  
01/28/1998 - 01/28/1998  
P - Liz & Joaquin Diaz

Feierstadt, Keith  
01/13/1975 - 01/16/1994  
P - Donna & Sy Feierstadt  
B - Robert Feierstadt

Garcia, Larry D.  
11/8/1983 - 1/10/2007  
M-Consuelo Rios

Gray, Finn  
4/10/2013 - 1/20/2020  
P - Christen and Jim Gray  
B - Declan Gray

Harris, Joshua  
1/22/2004  
P-Charles & Debra Harris

Hernandez, Rebecca  
02/10/1989 - 01/28/1991  
P - Regla & Pedro Hernandez

Horton, Ryan  
12/21/1980 - 1/23/2005  
M-Sue Horton

Jakenbowski, John  
4/18/1968-1/15/2008  
M-Marsha Shemela  
B-Jason Jakenbowski

Kent, Jesse David  
1/6/1981-1/7/2001  
P-Bonita & Greg Kent  
Ch-Zoe  
S-Lali & Daniele  
GP-Mimi& Grandpa Jim & Grandma Susie

Lane, Jim  
9/7/1966 - 1/2/2005  
M-Carol Lane

Martini, Michael Gerard  
6/18/1964 - 1/26/2009  
P-Dianne Ezell & Michael  
B-Pamela Martini  
Niece - Destiny Martin

May, Philip  
8/1/1975 - 1/1/2000  
P-Deryl & Jennifer May

Montagano, Anthony J. "Tony"  
12/02/1991 - 01/02/2001  
P-Luli and Jim Montagano  
S-Alessandra Montagano  
GP-Henry and Eloisa Valenzuela

Miulli, Matthew Michael  
11/27/1987-1/19/2005  
P-Jim & Kathy Miulli  
GP-Rudy Prehnal and Mike & Sue Miulli

Parrish, Scott Douglas  
8/9/1979 - 1/1/2002  
P-Doug Parrish and  
P-Karla & Rick Brown  
S-Sabbrina Lee Shannon  
GP-Juanita Bodiford & Ada Smith

Rivera, Damian Elijah  
11/19/2001 - 01/10/2002  
M-Nicole Rivera

Robinson, Ashley Lauren  
05/20/1994 - 01/16/1996  
P-Sara & Tim Robinson  
S-Morgan Ashley Robinson

Rucys, Elliott Joseph  
12/19/2007-1/18/2008  
P-Pete & Libbie Rucys  
S-Sydney & Aiden Rucys  
GP-Wynn,Cheryl,Jodi  
Elliott and Joe & Sandra Rucys, Nancy  
Alvis

Sampson, Lois Kathleen  
5/4/2001 -1/24/2014  
P-Cindy & Brad Sampson  
GP-Lucy Sampson, Earl & Darlene  
Coleman,  
Irma Harris, & Meemaw "Yvonne"Hendrix  
U - Wally Stewart

Thompson, Timothy A.  
10/27/1970 - 01/07/1993  
P- Bettie & Richard Thompson

Troxell, Dakota  
11/28/1988 - 1/19/2018  
M-Beth Troxell

Walker, Nick  
11/12/1983 - 1/11/2001  
M-Denise Walker  
GM-Shirley Walker

Wheeler, Clifford Denmark  
11/1/1979 - 1 /18/1996  
M-Donna Wheeler  
B-John, James & Duane  
GP-Lynn & Marcel Baker

## February Birthdays

Baker, Holly K.  
2/11/1984 - 11/15/1996  
M - Evonne M. Baker

Blanchard, Eric Anthony  
2/19/1976 - 8/3/1998  
P - Barbara & Wayne Blanchard  
Ch - Samantha  
S - Lisa, Tammy, Dawn , Chris & Michael

Blazowich, Anthony "Tony" Michael  
2/20/1984 - 4/5/2006  
M - Marianne & Daniel Sr. Blazowich  
S - Jennifer, Daniel, Jr.

Matt Bridgmon  
2/11/1978 - 11/4/1996  
M - Jean Bridgmon

Brown, Joshua Aaron  
2/3/1982 - 5/8/2008  
M - Tami Porter

Burger, Jeffrey Robin  
2/05/1961 - 4/20/1997  
M - Cecelia Burger  
B - Hal & Curt Burger

Caldwell - Faight,Thomas  
2/9/1997 - 5/24/2003  
M - Shannon Caldwell

Cintron, Bella  
2/5/2013 - 12/8/2018  
P - N. Manuel & Angela Cintron  
S - Rotsen, Dawson, Jackson, Nahomy &  
Christopher

Clark, Emily  
2/28/1989 - 11/9/2019  
M - Sarah Clark

Feanny, Jonathan  
2/22/2005-2/22/2005  
M-Elham Feanny

Ferlita, Vincent  
2/25/2011-8/23/2011  
P-Russ & Lisa Ferlita

Forcke, Emily  
2/28/1989 - 11/9/2019  
M - Sarah Clark  
S - Ashley Forcke

**Spiritually, February** is connected with the heart, symbolizes resilience, balance between the inner emotional world and external realities. Love and compassion collectively encourages nurturing relationships, self-acceptance, and the expansion of emotional intelligence. Embrace Love in all forms, not just romantic, but also self-love and kindness.

Gochenaur, Laci  
2/15/1991 - 3/23/1998  
P - Kelli & Chris Gochenaur  
S - Jacee & Riley Gochenaur  
GP - Ronald & Clarine Barton  
M - Pat Dukes

Hafford, Lauren Elizabeth  
2/17/1977 - 4/13/1999  
P - Gwen & John Hafford  
S - Lindsay & Lesley Hafford

Harris, Eric Michael  
2/4/1984 - 9/12/2003  
P - Mike & Pam Harris  
B - Mark  
GM - Joan Matthews & Verna Harris

Head, Tyler Wade  
2/21/1995 - 7/15/2004  
M - Tammy Hill  
F - Jerry Toloff  
GF - German Toloff

Hernandez, Rebecca  
2/10/1989 - 1/28/1991  
P - Regla & Pedro Hernandez

Jackson Soraya  
2/26/1997-8/17/2006  
M - Catherine Creen

Kelley, Emmanuel  
2/27/-10/25/2006  
M - Cynthia Kelley  
A - Deitra Luropler  
C - Angel Kelley

Kenefick, Aaron Michael  
2/5/1979-9/8/2009  
M - Susan Price  
B - Jacque & Jade  
GM - Carol Price

Kowall, Spec. Corey J.  
2/1/1989-9/20/2009  
M - Kelly Kowall  
S - Kyla Tackett & Kristen Kowall  
GP - Marshall & Marty Schoeff

Lakhani, Nadeem  
2/9/1976 - 7/21/2014  
F- Ameer Lakhani

Masters, Chad  
2/3/1991 - 5/25/2025  
M- Sheri Masters-Delaney  
S - Alec, Aiden, Tyler Delaney

Petrelis, Marcle  
2/28/2009-11/02/2010  
P - Matthew & Shavonn Petrelis

Robertson, Ty Kristan  
2/4/1979 - 3/29/2003  
P - Jim & Teresa Farmer  
Ch - Taylor Morris, Trystan & Jordan Robertson  
S - Toni Danielle Robertson , Chris Farmer  
GM - Wanda Warren

St. Peter, Alexis (Gibson)  
2/2/1980-4/28/2008  
P - Karyl St.Peter

Schlechty, Michael  
2/5/1959 - 12/4/2001  
P - Nancy & Vernon Schlechty  
Ch - Michael Leann & Morgan Lynn  
S - Amy , Mark and Julie

Castillo, Schyler  
2/5/2012 - 9/1/2022  
F - Randall Castillo  
S - Brayden, Siobhan Castillo

Stallard, Judy Lynn  
2/28/1981 - 4/24/1981  
M - Patricia (Stallard) Bass  
F - Joe Stallard

Thompson, Scott  
2/18/1985-5/12/2006  
M - Martha Thompson

Widoff, Craig  
2/2/1951-4/27/2002  
M - Lucille Widoff  
Ch- A ndrea Widoff  
S - Preston & Pamela

Wisner, James R.  
2/20/1982 2/24/1999  
P - Wayne & Sharen Wisner  
S - Crystal Wisner

Woofter, Kimberly Ann "Kimie"  
2/24/1970 -12/25/2006  
P - Julie & Steve Woofter  
S - Angela Huntley, Donny Killian

Asci, Jason  
8/19/1979 - 2/7/2008  
F - Brian Asci  
Ch - AJ & Adriana

Bowman, Vonda  
8/30/1969 - 2/10/2021  
M - Bernie Howard  
Ch - Questin Harvey  
B - David Turner

Castellano, Lina  
9/15/1966 - 2/20/2004  
P - Sam & Jean Castellano

Engdahl, Andrew  
7/15/1987 - 2/05/1994  
P - Rick & Vicky Engdahl  
S - Stephanie and Joey

Feanny, Jonathan  
2/22/2005 - 2/22/2005  
M - Elham Feanny

Hadley, Katrina  
11/17/1961 - 2/4/2006  
M - Grace Therman

Harris, Charlotte Marie  
1/23/2004 - 2/3/2004  
P - Tony & Debra Harris

Hassan, Gabe  
5/10/2006 - 2/10/2024  
P - Mac & Lily Hassan  
S - Sophia

Jacobson, Nathan  
11/8/1994 - 2/16/2008  
P - Amy & Pete Jacobson

Joseph III, Andrew  
3/30/1999 - 2/7/2014  
P - Deanna & Andrew Joseph Jr

Kaplan, Jonathan  
10/13/1986-2/23/2025  
M - Cheryl Kaplan

## February Anniversaries

## February Anniversaries

Lane, Matthew Alexander  
6/22/2001 - 2/13/2003  
M - Mary Ann Muschick  
S - Nikol, Devvin  
GP - Hieu & David Muschick

Loadholtz, Glenn Edward  
11/25/1969 - 2/15/2005  
P - George & Jackie Loadholtz  
S - Gwen Walkowiak

Murphy, Mark Lawrence  
12/22/1968 - 2/21/2000  
M - Rosalie Baum  
B - John Murphy

Nadir, Peter  
4/6/1971 - 2/8/2003  
M - Barbar Nadir  
S - Sue McFowan

Owens, Kenny Dwayne  
6/27/1961 - 2/25/2005  
P - Jimmy & Sylvia Mingo  
S - Tina Jernigan & Donna

Parrish, Randy  
8/22/1957 - 2/10/1997  
M - Juanita Bodiford  
B - Dough Parrish

Pittman, Cynthia Marie  
1/25/1978 - 2/23/2003  
P - Charles & Joan Pittman

Rodriguez, Jaytee  
8/25/1978 - 2/27/2014  
P - Angel & Maria Rodriguez

Ross, Johnathan  
10/13/1986 - 2/23/2025  
M - Cheryl Kaplan

Shemela, Kenneth  
6/24/1964 - 2/19/2009  
P - Bill & Barbara Shemela  
B - Bill Jr.

Short, Kimberley  
10/21/1969 - 2/11/1993  
P - Terrance & Sue Short

Supple, Bart Patrick  
07/25/59 - 02/14/94  
P - Bart & Toni Supple

Thomas, Carol  
12/16/1955 - 2/16/2003  
M - Betty Thatcher  
S - Deb Waldfoege, Ellen Williams, Fran Thatcher, Gerri Huston

Willis, Melody  
8/10/1971 - 2/27/2010  
F - Martin Willis

Wisner, James R.  
2/20/1982 - 2/24/1999  
P - Wayne & Sharen Wisner  
S - Crystal

# Mental Wellness for Grieving

Grief isn't just sadness—it's fear, anger, numbness, guilt, anxiety, and longing, all wrapped into a mental fog that doesn't lift easily. Tending to your mental well-being is just as essential as physical healing. Your brain is working overtime to process loss while trying to maintain basic functions. This takes years.

## Schedule "Grief Windows"

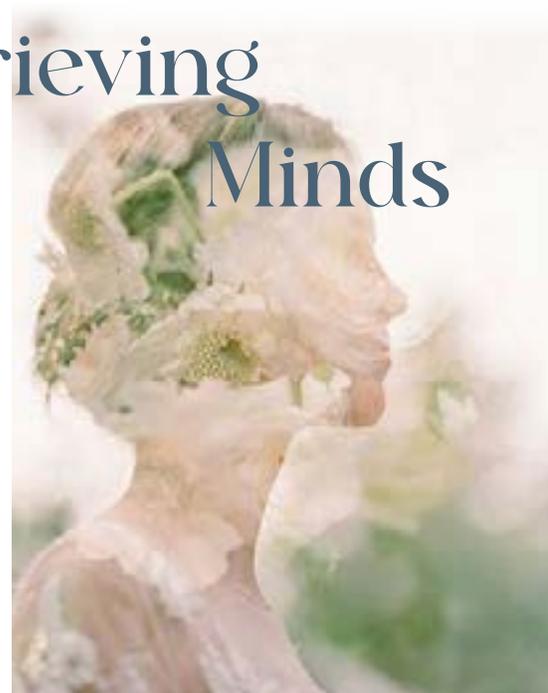
Give yourself permission to grieve on purpose. Set a timer — 15 or 30 minutes — to cry, write a letter, or look at old photos. This healthy containment keeps grief from overwhelming your entire day while still giving it space to breathe.

## Find a "Grief Buddy"

(See page 2 - our Telephone Friends) This isn't just any friend—it's someone who understands loss firsthand. Text them during grief surges. There's power in not having to explain why you're crying over a song or avoiding the grocery store aisle. They get it without explanation.

## Use the 5-4-3-2-1 Grounding Technique

When overwhelmed, name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste. This pulls you back to the present moment when grief feels all-consuming and too intense to bear.



## Move Your Body to Move Your Mood

Even five minutes of gentle movement, can shift brain chemistry and provide temporary relief from intense emotions. Movement releases endorphins, which are natural mood lifters.

# Your Grieving Heart



Someone you have given life, love to and received love from has died. You are in mourning. You are bereft. To be “bereaved” literally means to be “torn apart” and “to have special needs.” I am truly sorry for your loss.

Perhaps your most important “special need” right now is to be compassionate with yourself. The word compassion literally means “with passion.” So, self-compassion means caring for oneself “with passion.” While I hope you have excellent outside support, this little book is intended to help you be kind to yourself. Over my years of walking with people in grief, I have discovered that many of us are hard on ourselves when we are in mourning. We often have inappropriate expectations of how “well” we should be doing with our grief.

These expectations result from common societal messages that tell us to be strong in the face of grief. We are told to “carry on,” to “keep your chin up,” and to “keep busy.”

In actuality, when we are in grief we need to slow down, to turn inward, to embrace our feelings of loss and to seek and accept support. It’s not easy to be self-compassionate in our mourning-avoiding culture.

You have a broken heart. I truly believe that acknowledging your heart is broken is the beginning of your healing. As you experience the pain of your loss—gently opening, acknowledging and allowing—, the suffering it has wrought diminishes, but never completely vanishes. In fact, the resistance to the pain can potentially be more painful than the pain itself. Running from the pain of loss closes down our hearts and spirits. As difficult as it is, we must relinquish ourselves to the pain of grief. As Helen Keller said, “The only way to the other side is through.”

Source:

Excerpted from *Healing Your Grieving Heart - 100 Practical Ideas* by Alan D. Wolfelt, Ph.D.



# “WELCOME

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grand children. We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives. We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle. Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

We are the Bereaved Parents of the USA.

We welcome you.