



**Monthly Meetings**

**2nd Tuesday of each month**

6:00pm-7:30pm

Stittville United Methodist Church

9066 Main Street Stittville, NY

**4th Tuesday of each month**

6:00pm-7:30pm

The Good News Center

10475 Cosby Manor Road

Utica, NY



Walk to  
*Remember*



*The Compassionate Friends*  
Supporting Family After a Child Dies

**The Compassionate Friends**

**Walk To Remember**

**September 14th, 2019-12pm**

**Spresso's, 160 Brooks Rd. Rome, NY**

**Online Registration:**

**<https://bit.ly/2LSJTUn>**

*Walk To Remember Continued...*

There is no charge for the walk but donations will be accepted at the time of the walk or can be mailed to:

The Compassionate Friends of the Mohawk Valley. P.O. Box 493, Whitesboro, New York 13492

In the spirit of friendship and as a way of honoring the memories of our children, siblings, and grandchildren, our chapter will be holding a memorial walk on Saturday, September 14, 2019 noon, at Griffis Park, in Rome, NY. We hope not only that you will join us, but that you will also invite your friends and family members to participate. Our event is open to the public.

**Here are the details:**

Sign-in for the event will be from 10:00am-11:45am at Spresso's, 160 Brooks Rd., Rome, NY. Spresso's will also be open and has great coffee, pastries, and breakfast sandwiches.

There will be a short ceremony at 12 noon and then the walk will begin.

The walk route will be 2 miles starting from Spresso's, participants may walk any portion of the route.

There will be no charge for the walk, but we ask that you consider making a donation, which will go towards our future outreach efforts to families who have experienced the death of a child.

Cost per photo button is \$5.00 or 3 for \$10.00. If you wish to have buttons made, email JPEG picture of your child by 9/12/19 to: [tcfmohawkvalley@gmail.com](mailto:tcfmohawkvalley@gmail.com) and tell us how many buttons you would like made. Payment can be made at the event.

Hope to see you there.

*Dave Roberts, Chapter Leader*

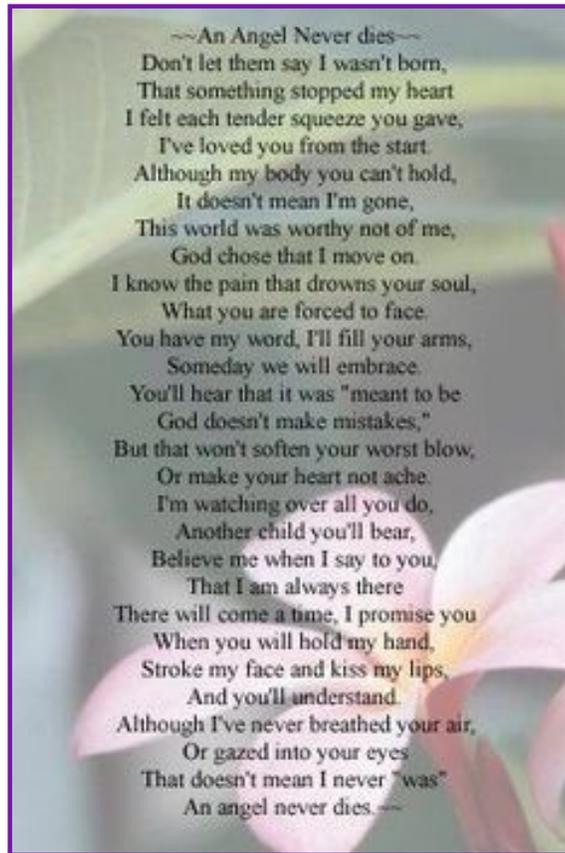
PO BOX 493

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[www.tcfmohawkvalley.org](http://www.tcfmohawkvalley.org)



## **I've Had Multiple Miscarriages—Here's What I Wish People Knew About Supporting a Friend Going Through One' By Charlotte Hilton Anderson**

### **1. Help her talk about it.**

One of the kindest things anyone ever did was say “Tell me about her” at my stillborn daughter’s funeral. At first it seemed a little silly—how much can you talk about a baby that never even drew a breath?—but I found I had a lot I wanted to say, and acknowledging her existence in that way was so freeing for me.

Don’t worry about figuring out the “right” thing to say, either. Just ask her how she’s doing and let her do the talking. If she doesn’t feel up to it, that’s okay too. Speaking is only one way of communicating: journaling, writing letters to the baby, listening to music, and art are all other ways of expressing emotions that feel too difficult to verbalize. So in whatever way she wants to “speak,” just let her know you’re there to listen.

### **2. Don't seek to explain it.**

I found that a lot of people wanted a reason, either biological or existential, for my pregnancy losses. I did too, but more often than not there isn’t a reason. So avoid saying things like “It’s God’s will” or “You’re lucky, the baby probably had genetic problems” or “It’s because you didn’t rest enough.” You’re not their doctor or their priest, and saying these things is never helpful. Want to know what to say? “I’m so sorry for your loss” and “I love you and I’m here for you” were my personal favorites.

### **3. Do be mindful of anniversaries.**

Milestone dates like the original due date, the one-year anniversary of the loss, or even birthdays of other babies born around the time of her child’s supposed-to-be birthday can be incredibly painful. I’m not saying you need to calendar all these and tiptoe around her, but if she seems particularly sad or angry, consider that it might be an anniversary and she might be struggling.

#### 4. Don't expect her to feel a certain way.

For some women, the pain of having a miscarriage can feel unbearable. But I've known other women who felt no real attachment to the baby, or who were even relieved when the pregnancy ended—and then they were made to feel guilty because they weren't sad about it. There's no "right" way to feel about a miscarriage and many women have conflicting feelings. If you're not sure what page she's on, straight-up ask her. A simple, "How are you feeling?" can lead to a pretty enlightening answer, so long as you give her the space and comfort to feel like she can honestly express herself.

#### 5. Do be aware of the medical stuff.

A miscarriage can be nothing more than a slightly-heavier-than-normal period, or it can be a major medical event that includes full-blown labor. If it's closer to the latter, then she will be suffering all the blood loss, pain, nausea, hemorrhoids, and other indignities of childbirth. Her breast milk might come in. She may still look slightly pregnant. If everything doesn't come out properly, she might need a surgery called a D&C; (or dilation and curettage). Not only may she still get hormone-induced "baby blues," but she's also at a higher risk for postpartum depression. All these physical problems can feel magnified because we feel like we're not "supposed to" have them, or even that we deserve to feel awful because we "failed" our baby. So bring her dinner, help her with chores, and if she is having a hard time physically recovering, help her get the medical care she needs.

#### 6. Don't make future predictions.

Saying things like "Time heals all wounds" or "You can always have more children" or "It's time you move on" aren't helpful. These things may actually be true, but unless you're a licensed professional, you don't know that. And in that moment neither does she. There's no set timeframe for grief, and focusing on the future in this way can make her feel guilty for being sad.

#### 7. Do include her.

I know it may seem like the kind thing to not invite her to baby showers or christenings or park play dates, but the truth is that she will see babies everywhere she goes. It may be *all* she sees for a while. And it does hurt—but being isolated won't fix that. Offer her the invitation while letting her know that if she doesn't feel up to it, you totally understand. For me, getting out played a huge role in helping me heal. I knew that other people were having babies and I wanted to be happy with them! And it made me feel better knowing that the people who were close with me before still wanted to spend time with me. It was the difference in them letting me make the decision for myself, rather than them making it for me.

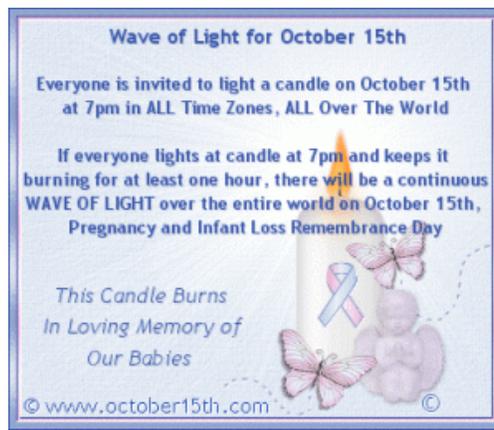
#### 8. Don't forget her partner.

Husbands, boyfriends, girlfriends, and other significant others grieve too, but all too often they're supposed to be "the strong one." People assume that because they didn't carry the baby they don't feel the loss. Many of them do, so give them a hug and kind word as well.

#### 9. Do give her a memento of the baby.

Infant death is horrible, but most people will allow you to mourn as that baby "was real." That's not always the case with miscarriages. Help reassure her by offering her a small token that acknowledges the "realness" of her child. This may be as simple as a card with the baby's name, or it could be a piece of birthstone jewelry, a donation to a children's charity in the baby's name, or planting a tree. Some worry that by acknowledging a miscarriage in this way, you're only helping the mother wallow in her grief. But in my experience, these things help facilitate the grieving process.





## 27 Quotes To Help You Heal From Grief After Losing Your Child

- 1) Your body's reaction to grief is normal. "It's a kind of tired that sleep can't fix"
- 2) Give yourself permission to cry when you're saddest. "Tears are words that need to be written." —Paulo Coelho
- 3) Baby steps, and you will be okay in the end. "You cannot stop the birds of sorrow from flying over your head, but you can stop them nesting in your hair." —Eva Ibbotson
- 4) Denial is a normal part of the grieving process, and then there's also acceptance. "The song is ended but the melody lingers on..." —Irving Berlin
- 5) The bond between a parent and their child is eternal. "Those we love and lose are always connected by heartstrings into infinity." —Terri Guillemets
- 6) Believe in miracles. "Don't grieve. Anything you lose comes round in another form." —Rumi
- 7) Your child would want you to be happy. "The weird, weird thing about devastating loss is that life actually goes on. When you're faced with a tragedy, a loss so huge that you have no idea how you can live through it, somehow, the world keeps turning, the seconds keep ticking." —James Patterson
- 8) You're not alone. "We bereaved are not alone. We belong to the largest company in all the world — the company of those who have known suffering." —Helen Keller
- 9) Let your heart be open. "It is the capacity to feel consuming grief and pain and despair that also allows me to embrace love and joy and beauty with my whole heart. I must let it all in." —Anna White
- 10) Life is a circle. "The few certainties in our existences are pain, death and bereavement." —Jane Wilson-Howarth
- 11) It's normal to feel sad and lost when you're grieving a child. "We never truly get over a loss, but we can move forward and evolve from it." —Elizabeth Berrien



Lord, at the moment nothing seems to be able to help the loss I  
 feel.

My heart is broken and my spirit mourns.  
 All I know is that Your grace is sufficient.  
 This day, this hour  
 Moment by moment  
 I choose to lean on You,  
 For when I am at my weakest Your strength is strongest.  
 I pour out my grief to You  
 And praise You that on one glorious day  
 When all suffering is extinguished and love has conquered  
 We shall walk together again.

**I AM THE GENTLE AUTUMN'S  
 RAIN**

Do not stand at my grave and weep  
 I am not there, I do not sleep.  
 I am a thousand winds that blow,  
 I am the diamond glint on the snow.  
 I am the sunlight on ripened grain,  
 I am the gentle autumn rain.  
 When you wake in the morning hush  
 I am the swift, uplifting rush  
 Of quiet birds in circling flight,  
 I am the soft starlight at night,  
 Do not stand at my grave and weep  
 I am not there – I do not sleep.

*Anonymous*

## Birthdays

Ethan Bush	August 5th
Alyssa K. Findlay	August 5th
Makhi Gillman	August 7th
Kyle Riedman	August 7th
Jeff Forber	August 13th
Kimberly Russo	August 18th
Nicholas Iannotti	August 18th
Joseph Pocchiari	August 18th
Kimberly Russo	August 18th
Alexa Nowak	August 23rd
Lisa Sylvester	August 31st
Austin Dee	September 1st
Amanda Wilkinson	September 4th
Patrick Morreale	September 10th
Julie Attridge	September 11th
Dillon Chafee	September 11th
Adam Rhoades	September 20th
Christopher Tine	September 26th
Roasalee Bristol	September 27th
Jason Goss	September 28th
Angelo Flemings	October 4th
Jason Southwick	October 4th
William Pope	October 6th
Richard Jones	October 9th
Stephen J. Robinson	October 13th
Robert Burke	October 14th
Michael Litz	October 15th
Kenneth Warner	October 16th
Jenny Bradfield	October 16th
Jennifer Moore	October 20th
Jordan Wiater	October 27th
Ryan Putrlo-Gazdik	October 30th

## Angelversaries

Abigail Bohstedt	August 1st
Corinne Smith	August 4th
Ethan Bush	August 5th
Gordon Holtzer	August 5th
Melissa Brewer	August 6th
Makhi Gillman	August 12th
Jason Goss	August 29th
Barnett Garguilo	September 4th
Alyssa K. Findlay	September 5th
Tommy Fort	September 8th
Ryan Putrlo-Gazdik	September 10th
Christopher Keisel	September 12th
Kenneth Warner	September 13th
Ryan Braunlich	September 18th
Jessica Keib	September 19th
Robert Burke	September 22nd
Michael Scavo	October 2nd
Sean Jewett	October 3rd
Dillon Chafee	October 8th
Matt Girouard	October 11th
Julie Attridge	October 17th
Avery Demarsh	October 17th
Joseph Stack, Jr.	October 24th
Dawn Peck	October 24th



### Chapter Steering Committee

David Roberts, Chapter Leader	Brandi Flemings, Community Advocate
Cheri Roberts, Chapter Treasurer	Bill Flemings, Newsletter Editor
Stacey Borst, Community Advocate	Stacy Alamond, Website Administrator
Debbie Cathey, Special Projects	
Kelly Colbert, Community Advocate	

Al Visconti, Regional Coordinator

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### Mission

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or daughter, a brother or sister, or a grandchild, and helps others better assist the grieving family.

### Vision Statement

The vision statement of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

### Acknowledgements

The Compassionate Friends of The Mohawk Valley wish to thank The Stittville United Methodist Church, The Good News Center, First United Methodist Church of New Hartford, and Spresso's in Rome for the support of our mission in 2019.

TCF of The Mohawk Valley

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