



## Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions.

Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

by Pat Akery, TCF, Medford, OR



### What, Why, How?

All three questions still linger, but  
change as time goes along.

At first it was; How could this happen?

Why our child?

What didn't I do?

Then as the shock of our loss fades,

but the grief stays and stays, the questions change;

What am I going to do?

How am I to go on?

Why? still.... Why?

Time goes on, we continue on with the pain and grief.

The grief grows some days,

fading others.

The pain stays.

The hole in our hearts never mends,

Our thoughts are still with our lost loved one.

Questions are still here;

Why don't they move the child back from the edge?

What is that driver thinking?

How can they do that?

Don't they know how fragile, and precious their lives are?

Don't let it happen to you, like it has to us.

Cherish your children, protect them.

The way we see things,

feel things,

has changed.

Our feelings and emotions are different, than before our loss.

*Cont'd on p. 3*

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*To receive this newsletter via e-mail please contact Steve Haupt at [shaupt1@rochester.rr.com](mailto:shaupt1@rochester.rr.com)*

#### ***TCF Rochester Donations:***

***If you would like to contribute to our Compassionate Friends Chapter please forward your Love Gifts and Donations to The Compassionate Friends of Rochester at 130 Portview Circle, Rochester, NY 14617. Please make checks payable to The Compassionate Friends of Rochester, NY. Sincerest Thanks.***

*Cont'd from p. 3*

Our lives have changed,  
Our reactions have changed,  
and the questions, have changed too,  
But the old ones still remain unanswered,  
they may never have an answer.

We still ask ourselves: Why, What, and How.  
They are always there, with our grief.  
Sometimes on the surface, or hidden below for a while.  
Covered by a laugh, a smile, but never forgotten.

How could this happen?  
Why our child?  
What didn't I do?

Like our children never forgotten.

Our child always loved....

Always in our Hearts.



*By George Carafos*

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***Welcome New Friends***

At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief.

Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.



## Upcoming Planned Events— Mark Your Calendars:

*January 11, 2011—Break-out session: Yoga-Plus ( Barb Silverstein)*

*January 22, 2011 at 6pm—Dinner Out at the Cheesecake Factory at Pittsford Plaza (3349 Monroe Ave.). Call Colleen Kohl at 388-0376 or email to colleenkohl@hotmail.com. RSVP by Jan. 18th!*

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### How Many Children Do You Have?

Yesterday someone asked how many children I have. Without hesitation I answered *four*. The friend I was with kept quiet, not sure how I was going to respond.

I gave birth to four children, three girls and a baby boy. I named, diapered, powdered, and bathed four children. I kissed boo-boos, smacked hands and bottoms, and nursed four children through chickenpox. I went to softball games and soccer games for four children. I went to doctor and dentist appointments, orthodontist appointments, and eye exams for all children. I went to teacher's meetings, PTA meetings, and principal's meetings for four children. I bought school supplies, book bags, and lost library books for four children. I washed the clothes of four children, waited up for curfews for four children, and screened the friends of four children. I cooked for four children, grocery shopped and chased four children into bed. I have answered phone calls from four children, hung ornaments on the tree with four children's names, and hung four stockings on the mantel for four children.

This year I will still have those same four children's names on my tree, and four stockings will still be hung, the fourth containing things only a goofy adoring uncle Jamie would buy his nieces.

I raised, loved, worried, and fussed over four children. I will always be the mother of four children. I know I am fortunate to watch my three girls grow and unfortunate not to finish watching my baby boy grow into the man he would have been. But make no mistake. I am and always will be the mother of *four* children.

*By Sandra Brown in memory of James M Young III, who died August 6, 2009*

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### Chapter Information:

#### *Meeting Location:*

Lifetime Care Care  
3111 Winton Road South  
(across from Valley Cadillac)

#### *Meeting Days for January 2011:*

Tuesday the 11<sup>th</sup> and Tuesday the 25<sup>th</sup>  
7:00 P.M. to 7:15 P.M. - social  
7:15 P.M. to 9:00 P.M. - meeting

#### *Contacts:*

Brenda Schmidt— 585-370-6095  
Becky Price—585-346-2441  
Cathy Spoto - 585-254-6983  
TCF Regional Coordinator:  
Jacquie Edwards-Mitchell 718-451-0814  
TCF National 877-969-0010

or [www.compassionatefriends.org](http://www.compassionatefriends.org)

Send news letter inputs or web comments to:  
[colleenkohl@hotmail.com](mailto:colleenkohl@hotmail.com)

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### December Donations and Love Gifts

*Linda & Ed Bohrer in memory of Shawn*

*Rev. Hugh & Barbara Outterson in memory of David & Douglas*

*Cynthia & Nicholas Oliva in memory of Stephanie Oliva*



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See Linda for TCF Bracelets (\$2.00) and Memorial votive candle holders (\$5.00)

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### *Rochester Chapter TCF Mission:*

*The MISSION of the Rochester Chapter of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.*



# ***Our Children Remembered*** ***January, 2011*** ***Birthdays and Remembrance Days***

## ***Birthdays***

***Teddy S. Piendel***  
***Jeffrey Bracker***  
***Noah Jacob Passero***  
***Larry Jay Lyons***  
***Jim Rague***  
***Michael Sebastian Spoto***  
***Jillian Flagg***  
***Nora E. McMahon***  
***Gregory Ray Stephens***  
***Damon A. Seeber***  
***Chiya Elice Rubin***  
***David George Carafos***  
***Laura Anne Collins***  
***Pat Helen Klehr***  
***Joshua Daniel Price***  
***Christa Ann Mertz***

***January 1, 1991***  
***January 1, 1953***  
***January 5, 2000***  
***January 12, 1961***  
***January 6, 1961***  
***January 8, 1972***  
***January 14, 1983***  
***January 15, 1979***  
***January 16, 1962***  
***January, 19, 1989***  
***January 21, 1983***  
***January 24, 1981***  
***January 25, 1967***  
***January 30, 1974***  
***January 30, 1981***  
***January 31, 1986***

## ***Remembrance Days***

***Bruce Zoltan Curtis***  
***Shawn Patrick Viola***  
***Christa Ann Mertz***  
***Emma Nolan***  
***Michael Sebastian Spoto***  
***Owen William Jeroy***  
***Matthew J. Hall***  
***Adam V. Marano***  
***Julie Beth Kaseman***  
***Katelyn Jade Brewer***  
***Christopher Thomas Miceli***  
***Laura Catherine Mix***

***January 1, 2005***  
***January 1, 2006***  
***January 5, 2010***  
***January 8, 1998***  
***January 8, 1972***  
***January 12, 2005***  
***January 14, 2008***  
***January 18, 2009***  
***January 19, 2007***  
***January 21, 2006***  
***January 23, 2007***  
***January 25, 1980***

