

# AUGUST 2016



**The  
Compassionate  
Friends**  
Mercer Area Chapter  
Supporting Family After a Child Dies

## Local Chapter Notes



Join us for  
❖ **MOVIE NIGHT**  
  
“Rabbit Hole”

❖ **WELCOME NEW MEMBER**

We thank you for welcoming us into your lives during such a difficult time. We look forward to seeing you at the next meeting so we can get to know you and your family. Please remember that you are not alone!

Extra T-Shirts still available in limited sizes from this year’s walk (Bright Blue).

Email me at [info@tcfmercer.org](mailto:info@tcfmercer.org)

If you are interested.

### Meeting information

**When:**

August 1, 2016  
The first Monday of each



**Meeting Topic:**

**MOVIE NIGHT**

Facilitators

Capitol Health Systems in  
Hamilton



**Refreshments**

Thanks to all of our members that bring refreshments to the meetings each month.

# August Birthdays

Tristan Tyler Lancaster	Son of Marcia
Sarah Ashley Ferguson	Daughter of Cathy and Charlie
Cynthia Ann Frankel	Daughter of MaryAnn
	Daughter of Roger and Stepdaughter to Jeanne
Sara Elizabeth Weakly	Son of Barry
Brian Matthew Wood	Son of Barbara
Eugene Anderson Newkirk	Son of Olga and Sergio
Sergio A. Bunda Shevlyakov	Daughter of Jonathan and Debbie
Stella Rosina Paduano	Son of Rose and Nicholas
Vincent Mecca	Son of Amanda
James Schuyler Huff-Miller	Son of Sandra and Carlos
Carlos Sandra Villalobos	Son of Jennifer and Michael
Joseph Michael	Daughter of Jennifer and Andrew
Amber Lynn Mohr	Daughter of Maryellen and William
Lori Anne Montieth	Son of Patti
Richard W. Jauss, Jr.	Son of Roger
Tommy "Tomcat" Carroll	
Jason Mark Engelman	Son of Joann & Jacob



**Please let us know if you encounter an error in your child's listing and a correction will be made immediately.**

# August Anniversaries



Be sure to bring in a photo or special memento each month so that we can celebrate the memory of your son or daughter.

George Norman Redner III	Son of Jacqui and George
Thomas Joseph (TJ) Manoy	Son of Patty and Thomas
Sarah Nowalinski	Daughter of Toni & Paul
Andrew Alston	Son of Lois
Francis William Chaney Turton	Son of Sandy & Pastor Bob
Edward John Anderson	Son of Irene
	Daughter of Brian and Stepdaughter of Rhea
Carleigh Marie Jones	Son of Betty and Ray
Michael E. Wheeler	Son of Barbara & Ray
Peter Raymond Chiste	Daughter of Tiffany and Luis
Taylor Nicole Novatkoski	Sister of Melynda
Brittany Berrios	Son of Marjorie & Ronald
Craig Robinson	Son of Carole
Steven "Sonny" Bleicher	

*With loving remembrance of our children not here but always in our hearts*

A LOVE GIFT is a donation given in memory of a child who has died. It can also be in honor of a happy event that you would like to acknowledge. Your contributions can be in any amount, are tax deductible and are a source of income for our non-profit chapter. Checks can be made out to TCF Mercer and sent to: The Compassionate Friends, PO Box 3203, Mercerville, NJ 08619.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Child's Name \_\_\_\_\_ Relationship to child \_\_\_\_\_  
 Birthdate \_\_\_\_\_ Anniversary Date \_\_\_\_\_  
 Amount \$ \_\_\_\_\_ Dedicate the newsletter in the month of \_\_\_\_\_

If you would like a picture of your child in the newsletter please email it to [info@tcfmercer.org](mailto:info@tcfmercer.org)  
 Please fill out the following for a two-line message that will be printed in the newsletter:

\_\_\_\_\_  
 \_\_\_\_\_

Every effort will be made to include your dedication in the month that you specify - please be sure to mail your information before the newsletter mailing. The newsletter is typically mailed one week prior to the monthly meeting.

**STEERING COMMITTEE MEMBERS**

Chapter Leader: Meeting Facilitators: Remembrance Card Coordinator: Correspondence Newsletter Coordinator Treasurer: Event Coordinator Librarian: New Member Coordinator Chapter Delegate: SCM Minutes: Web Master/Editor	Shannon Pope Various Gwendolyn Karro Shannon Pope Yvonne LaEzza Shannon Pope Michael Stathis Linda Silverstein Rich Narcini Rich Narcini Rich Narcini	Since June 2014  Since April 2013 Since July 2016 Since January 2015 Since February 2012 Since January 2013 Since October 2012 Since March 2014 Since February 2008 Since January 2015
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TCF Mercer Chapter Address:  
 PO Box 10119, Hamilton, NJ 08650 **609-516-8047** [info@tcfmercer.org](mailto:info@tcfmercer.org) or  
 visit us online at [www.tcfmercer.org](http://www.tcfmercer.org)

PROGRAMS OFFERED THROUGH THE COMPASSIONATE FRIENDS NATIONAL OFFICE.

### **Returning to Work After Loss**

[Watch now](#)

*Guests: Tim Meadows and Terri O'Rourke*

On this show Dr. Gloria Horsley and Alan Pedersen, Executive Director of The Compassionate Friends, talk with bereaved parents Terri O'Rourke and Tim Meadows about the challenges of returning to work after the deaths of their son's, both name Christopher. A video clip is played regarding *Grief in the Workplace* produced by psychologist and bereaved parent Carol Kerns. The show closes with Alan singing and Mitch Carmody signing to *It's My Life* words and music by Alan Pedersen.

### **Substance Related Loss**

[Watch now](#)

*Guests: Dianna Lynn and Nancy Juracka*

On this show Dr. Gloria Horsley and Alan Pedersen, Executive Director of the Compassionate Friends, interview Dianna Lynn bereaved mother of both Josh and Logan and Nancy Juracka bereaved mother of Lance regarding how they found hope after their children's death by substance abuse. The show closes with Alan singing *A Little Farther Down the Road* and Mitch Carmody signing to words and music by Alan Pedersen.

### **Proactive Grieving**

[Watch now](#)

*Guest: Mitch Carmody, Meagan Carmody, and Gwen Oliver*

On this show Dr. Gloria Horsley and Alan Petersen, Executive Director of The Compassionate Friends, interview Megan Carmody, bereaved sibling of Kelly and Gwen Oliver, bereaved daughter of Marlene, on finding hope after the death of a sibling/parent. Megan's father Mitch, author of *Letters To My Son*, and is founder of *Proactive Grieving*®, joins the conversation. Alan and Mitch close the show singing and signing to *Thanks For the Little While*. Words and music by Alan Petersen.

### **Sudden Death Versus Anticipated Grief**

[Watch now](#)

*Guests: Ann Khadalia, Denise Pedersen, and Mitch Carmody*

On this show Dr. Gloria Horsley and Alan Petersen, Executive Director of The Compassionate Friends, discuss the challenges of sudden versus anticipated loss with bereaved mother's Ann Khadalia and Denise Pedersen whose children died in vehicle related accidents. Joining the group is Mitch Carmody whose son died of cancer. Alan Pedersen closes the show singing *Love Lives On*. Words and music by Alan Pedersen.

**For more information, visit [www.opentohope.com](http://www.opentohope.com).**



The walk was a fantastic success!  
Special thanks to all of the members and family/friends and their  
hard work especially:

**Shannon Pope** for running this event Everyone  
who helped to set up for the walk Everyone who  
helped to clean up after the walk Everyone who  
brought dessert and water Everyone who brought  
personal items for the walk Everyone who  
attended to honor our children over 100 people  
walked this year.

**Graphic FX** for providing us t-shirts in such a quick turnaround time

**Buzzetta's** for the catering the event this year.

**We thank all of the area businesses and individuals that helped to make the  
Walk to Remember a wonderful success.**

We apologize for any omissions – if your name is not mentioned please know that we  
greatly  
appreciate all of your help and dedication to the group.



**Capital Health System of Hamilton, 1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619**

From the North (New Brunswick and Princeton):

Follow Route 1 South to Quakerbridge Rd. Take the Quakerbridge Rd. Exit East. Go through approximately seven lights before you come to Route 33. Go through the intersection of Route 33 (Applebee's Restaurant will be on left corner). Street name changes to Whitehorse-Mercerville Rd. Go through three lights. CHS in Hamilton is on the left, immediately following third light.

From South Jersey:

Take Route 295 North to Exit 61 (Arena Drive). At the third light, make a left onto Whitehorse Avenue. Whitehorse Avenue changes to Whitehorse-Mercerville Road. Proceed on road for three lights. CHS in Hamilton is located on the right after the fourth light (#1445).

From the East (Freehold/Jackson):

Take Route 195 West towards Trenton. Exit at Hamilton Square. At the traffic light, make a left onto Kuser Rd. Follow Kuser Rd. for approximately two miles. The K-Mart Shopping Center will be on your left. Make a right onto Whitehorse-Mercerville Road. Proceed on Whitehorse-Mercerville Rd. through one more traffic light. CHS in Hamilton is on the right.

From the West (Ewing/Trenton):

Follow Olden Ave. East to Whitehorse Ave. Make a left onto Whitehorse Ave. Proceed on Whitehorse Ave. to Kuser Rd. (K-Mart Shopping Center). Go through the intersection of Whitehorse Ave. and Kuser Rd. The name of the road will change to Whitehorse-Mercerville Rd. Proceed on Whitehorse-Mercerville Rd. through one more traffic light. CHS in Hamilton is on the right.

From Pennsylvania (Route 95):

Take Route 95 North to Route 295 South to Route 33 East (Mercerville Exit). Follow to traffic light. Make a left onto Nottingham Way. You will need to be in right lane on Nottingham Way Make a right onto Quakerbridge Rd. Go through traffic light at Route 33 (Applebee's Restaurant will be on left corner). Street name changes to Whitehorse-Mercerville Rd. Go through three lights. CHS in Hamilton is on the left, immediately following third light.

***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 a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.***



**The Compassionate Friends**

Mercer Area Chapter  
Supporting Family After a Child Dies

PO Box 10119  
Hamilton, NJ 08650

**Upcoming Meeting Dates**

8/1 9/12 (2<sup>nd</sup> Monday) 10/3 11/7  
*Meetings start at 7pm!*