

FEBRUARY



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

Local Chapter Notes



- ❖ VOLUNTEERS NEEDED
- ❖ **Event Coordinator**
- ❖ **New Member Facilitator**
- ❖ This is a non-profit group run by bereaved parents. The only way for it to run smoothly is by having volunteers. Call or email if interested. Also, please consider joining us for our quarterly Steering Committee Meeting.

LOVE GIFTS ARE DUE BY 12TH OF EACH MONTH

❖ **WELCOME NEW MEMBERS**
We welcome all of our new members for the month of January

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!

MEMORIAL EVENTS
If you doing something in memory of your loved one. Please share it with us so we can list it in the newsletter.

NATIONAL CHAPTER INFORMATION
The Compassionate Friends, Inc.
P. O. Box 3696
Oak Brook, IL 60522-3696
TEL: 877-969-0010
FAX: 630-990-0246
Regional Coordinator Cindy Cutcliff will be taking over the duties of the Regional Coordinator for NJ. You can reach her at ccutcliff@optonline.net or 908-872-7293.

MEETING INFORMATION

When:
February 3, 2015
The first Monday of each

Meeting Topic:
Open Discussion

Facilitators
Shannon Pope

Where:
Capitol Health Systems in Hamilton




Newsletter Mailings
Thanks to **Yvonne LaEzza** for mailing out the **February** newsletters.

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

Inclement Weather
In the event of bad weather – please call the hotline at 609-516-8047 or visit the website at tcfmercer.org about the cancellation of upcoming meetings.

February Birthdays

Edward John Anderson
 Samuel Phillips Esposito
 Michael A. Festa
 Elizabeth LaRosa
 Aaron LeComte
 Owen Michael O'Brien
 Adrian Davis
 Craig Robinson
 Edison Ruef
 Sarah Townsend
 Peter Bruce Warren

Son of Irene
 Son of Kathleen and John
 Son of Donna and Joe
 Daughter of Judith and Joseph
 Son of Norman
 Son of Carla and Jim
 Son of Carolyn
 Son of Marjorie and Ronald
 Son of Jennifer and Martin
 Daughter of Laurie and Roy
 Son of Elizabeth and Perry



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



February Anniversaries

REMEMBRANCE TABLE

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

Richard J. Riley, Jr.	Son of Helene Augustyn and Richard
Bill Harkanson	Son Linda and ken
Tyler Donovan Kramer	Son of Rita
Matthew Aaron Kraus	Son of Michael
Aaron LeComte	Son of Norman
Donna Marie Dreher	Daughter of Linda

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
 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 CardCoordinator: Correspondence Secretary Newsletter Editor: Treasurer: Event Coordinator Librarian: New Member Coordinator Chapter Delegate: SCM Minutes: Web Master/Editor Media Coordinator	Shannon Pope Various Gwendolyn Karro Toni Nowalinski ReginaThomspen-Jenkins Yvonne LaEzza OPEN Michael Stathis Linda Silverstein Rich Narcini Rich Narcini Len Pope Toni Nowalinski	Since June 2014 Since April 2013 Since April 2012 Since March 2014 Since September 2014 Since January 2013 Since October 2012 Since March 2014 Since February 2008 Since September 2014 Since December 2012

We want to thank and acknowledge the following for their generous support of our chapter and especially, our newsletter:

Love Gift for February

In Loving Memory of
Craig Robinson

February 26-August 9

*Dearest Craig,
Those we love don't go
away; they walk beside us
everyday, unseen,
unheard, but always near.
Still loved, still missed,
and forever dear.*

*Love you,
Mom & Dad*

*For every moment
You lose a little hope,
Your loved one is
Whispering...
I am with you.*

Unknown author



How Did GRIEF Get an Expiration Date?

By Lynne B. Hughes

<http://www.hellogrief.org/how-did-grief-get-an-expiration-date/>

Certain things need an expiration date. Milk, eggs, mayonnaise, meat, fish... there is a time we need to be done with them, and throw them away... I get all that. But does grief have an expiration date? For some reason, there seems to be an acceptable shelf life – 6-12 months – and then grief should be off the shelf, out of the home and permanently removed with the weekly trash service. If it was only that simple...

The “grief expiration date” myth must come from people who have never experienced a close death—otherwise they would know the truth. Everyone fears facing such a loss. They are hopeful that should death touch their world, it will only take 6-12 months to recover. No one wants someone they love to die. So, until faced with the reality, it’s easier to think ‘this won’t happen to me, AND if it does it will only be bad for a finite, short amount of time and then...there’s an expiration date and it is magically all gone.’

What a wonderful world that would be.

I’ve heard time and time again there is a societal expectation to “get over” grief in 6 months, and at the longest, a year. Those who aren’t grieving believe it, and often those who are also believe it—this sets grieving people up for false, and ultimately disappointing, expectations.

The one year mark looms like some golden carrot over the heads of those who are grieving. It is a symbol of hope that if they make it to the one year mark they will be in a much happier and pain free place.

The reality is they won’t be over it, nor should they be. If someone spent years loving another person, the pain of that person’s death simply will not be removed due to a date on the calendar.

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.



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PO Box 3203
Mercerville, NJ 08619

Upcoming Meeting Dates

3/9 4/7 5/5
Meetings start at 7pm!