

# MARCH



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

## Local Chapter Notes



- ❖ VOLUNTEERS NEEDED
- ❖ Treasurer
- ❖ Meeting Facilitators
- ❖ Event Coordinator Assistant
- ❖ Website Editor
- ❖ Meeting Greeters
- ❖ 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. Our next SCM will be hear on March 19, 2014 at Panera Bread 7pm

**SAVE THE DATE  
WALK TO REMEMBER  
7/20/14**

### MEMORIAL QUILTS

If you are interested in having a quilt made from your loved one's clothing please contact Vicky Hobson 609-948-5860.

### DATE CHANGE

The steering Committee Meeting (SCM) scheduled for 3/12 has been moved to 3/19. We sincerely hope to see new faces so we can get new ideas. Hope to see you there! 7pm at Panera Bread in Hamilton Marketplace.

### 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](mailto:ccutcliff@optonline.net) or 908-872-7293.

## MEETING INFORMATION

### When:

March 3, 2014  
The first Monday of each



### Meeting Topic:

How to handle happy occasions while grieving

### Facilitators

Shannon Pope /  
Rich Narcini

### Where:

Capitol Health Systems in  
Hamilton



### Newsletter Mailings

Thanks to **Melinda Gallo** for mailing out the **March** 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](http://tcfmercer.org) about the cancellation of upcoming meetings.

# March Birthdays

|                                     |  |
|-------------------------------------|--|
| David Lewis                         | Son of Ellen and David                     |
| Ian Valverde                        | Son of Carolina and Brian                  |
| Julie Greener                       | Daughter of Sandy and Howard               |
| Ernest S. Leves, Jr.                | Son of Barbara & Stepson of Merrill        |
| Frank Jannotti                      | Son of Marcia and Jim                      |
| Frank Kopp                          | Son of Maryann & Frank                     |
| Charles William & Sadie Ann McGowan | Children of Faith & Charles                |
| Chad Flavin                         | Son of Dee                                 |
| Naren Raghuraman                    | Son of Usha and Krishnan                   |
| Jill Sisenwine-Berger               | Daughter of Phyliss and Samual             |
| Anthony Michael Stathis             | Son of Dawn and Michael; sister to Barbara |
| Jennifer Van Hise                   | Daughter of Joann and Carl                 |
| Megan Van Hise-Burgess              | Daughter of Joann and Carl                 |



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



# March 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

|                             |                               |
|-----------------------------|-------------------------------|
| Michael Archie              | Son of Gracie                 |
| Theodore Ellerbe            | Son of Debra                  |
| Frank Geraci, III           | Son of Susie and Frank        |
| Philip D. Haun              | Son of Glenn and Darci        |
| Christopher George Kimble   | Son of Sharon and Christopher |
| Charles & Sadie Ann McGowan | Children of Faith & Charles   |
| Michael Minar               | Son of Sally & John           |
| Qasim M. Muzaffar           | Son of Abroo and Basit        |
| Ahad M. Muzaffar            | Son of Abroo and Basit        |
| Amber Marian Gardener       | Daughter of Marian            |
| Barry William Hill          | Son of Michelle and Amantia   |

*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 Compasionate 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:<br>Meeting Facilitators:<br>Remembrance CardCoordinator:<br>Correspondence Secretary<br>Newsletter Editor:<br>Treasurer:<br>Event Coordinator<br>Librarian:<br>New Member Coordinator<br>Chapter Delegate:<br>SCM Minutes:<br>Web Master/Editor<br>Media Coordinator | OPEN<br>Various<br>Gwendolyn Karro<br>Toni Nowalinski<br>ReginaThomspon-Jenkins<br>Shannon Pope<br>Shannon Pope<br>Michael Stathis<br>Linda Silverstein<br>Rich Narcini<br>Rich Narcini<br>OPEN<br>Toni Nowalinski | Since April 2013<br>Since April 2012<br>Since March 2014<br>Since May 2013<br>Since February 2012<br>Since January 2013<br>Since October 2012<br>Since March 2014<br>Since February 2008<br><br>Since December 2012 |
|--|--|---|

*TCF Mercer Chapter Address:*  
 PO Box 3203, Mercerville, NJ 08619 **609-516-8047** [info@tcfmercer.org](mailto:info@tcfmercer.org) or  
 visit us online at [www.tcfmercer.org](http://www.tcfmercer.org)

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

There was one LOVE GIFT for the month of March. Also, I thought I would share this poem with you to help us along in our grieving process.

**Editor's Note**

This Love Gift was received in December and inadvertently missed for the newsletter. Our sincerest apologies.

**Love Gift from December**

In memory of my son  
Tommy "Tomcat" Carroll  
Aug 3 - Jan 1

**MARCH'S LOVE GIFT**

**Michael Minar  
Jun 22- Mar 21**

In Loving Memory of our son, Michael. The years have gone by and life has gone on, but you live in our hearts and memories forever.

Love,  
Mom and Dad

**"For Parents Who Have Lost Children"**

You never expected it-  
The loss of your child so dear  
oh, what you wouldn't give  
to have one hour with them near.  
Life did not prepare you  
to ever say "good-bye"  
to your own flesh and blood  
and you keep asking, "Why?"  
But there are no answers  
so you grieve with silent tears  
looking back on the moments  
of the past days, months, and years.  
Those times are your treasures  
that you keep inside your heart  
and you send your love up to heaven  
wishing that you never had to part.  
"Please keep them safe, Lord"  
That is fervent plea  
"Hold them in your arms"  
until they are reunited with me.  
Poem by Cindy Adkins



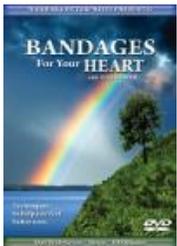
## Moving Forward, Connected Still

It is said that in order to heal from the pain of grief, we must grow beyond our loved one's presence in our life and that this means we leave behind the life we once had and move forward to create a new one. It's true that we find our lives have been changed and we will never be the same person we once were. However, we do not heal from leaving our loved ones behind. We heal from bringing them with us.

Some people are afraid that in moving forward, they will forget their loved one. They will not remember the sound of their voice or the way they laughed. They will no longer recall the smell of their cologne or the way their hugs felt when they wrapped their arms around them. So they continue to cling to these memories, replaying old tapes again and again just so that they won't forget. To these people moving on means forgetting, but how could you possibly forget these things? Healing from grief means you remember them with laughter and not always with tears. That the thought of times past are filled with love and the stories are cherished and passed along. We can never leave those we have loved behind. They are a part of us and, as Thomas Campbell wrote, "To live on in hearts we leave behind is not to die." They are not only a part of our past, but a part of our future as well.

They are present when we cook their recipes in the same way they taught us. We feel them near as we make decisions and remember what they told us about life and how to conduct ourselves. They are a part of every family gathering and of moments spent alone. We continue to try to make them proud of us and we may even do things in their honor. We may plant a special tree or garden, donate to a charity in their name, take part in a fundraising event or complete our education knowing how important that would have been to them. They guide us with an invisible hand and a still connected heart. We know that they accompany us wherever we go and our silent companions continue to urge us to laugh again, to live fully the life we still have and to cherish each moment. We can and we must do this in order to move through the journey of grief knowing they will be with us each step of the way.

Nancy Weil is a leading authority on humor and grief. She serves as Director of Grief Support for eleven cemeteries and is a Certified Funeral Celebrant and Grief Management Specialist. Through her company, The Laugh Academy, she offers products to ease the stress and pain that grief can bring. Bandages for Your Heart on DVD or CD, Laugh for the Health of It Laugh for the Health of It on CD and her new book, If Stress Doesn't Kill You, Your Family Might, can be ordered by clicking [here](#)



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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Mercer Area Chapter  
Supporting Family After a Child Dies

PO Box 3203  
Mercerville, NJ 08619

Upcoming Meeting Dates

3/3 4/7 5/6 6/2  
Meetings start at 7pm!