



**The  
Compassionate  
Friends**  
Sacramento Valley Chapter  
Supporting Family After a Child Dies

# Sacramento Valley Chapter Newsletter

Volume 37 Issue 7 & 8

July August 2021

*A self-help organization offering friendship, understanding and hope to bereaved families that have experienced the death of a child.*

**Sacramento Valley Chapter**  
**P.O. Box 163294**  
**Sacramento, CA 95816**  
**916-282-4699**  
E-mail: [tcfsacvalley@gmail.com](mailto:tcfsacvalley@gmail.com)

**Social Media:**  
[tcfsacvalley.wixsite.com/tcfsv](https://tcfsacvalley.wixsite.com/tcfsv)  
[facebook.com/TCFSacValley](https://facebook.com/TCFSacValley)

#### **Co-Leaders/Facilitators**

Karen Meistas, Kathy Routt,  
Larry Miller, Roman Bitner

#### **Newsletter Editor**

Karen Meistas

#### **Meeting Schedule**

#### **NATIONAL INFORMATION**

#### **Regional Coordinator**

Nancy Juracka

[nancy\\_juracka@yahoo.com](mailto:nancy_juracka@yahoo.com)

<https://www.compassionatefriends.org>

Our first in-person meeting, since COVID, will be an open discussion/sharing time to catch up with existing and meet new members. Please come to share your journey and know you don't need to walk alone. Bring a picture of your child(ren) to share. We look forward to seeing you there.

## **MEETING UPDATES**

Our first in-person meeting is scheduled for the third Friday of September. That is **September 17th at 7 p.m.** Thank you to volunteer Kathy Routt for getting this set up. Due to the local (Sacramento) County Health Department ordinances, we are required to wear face coverings indoors, regardless of vaccination status. The meeting will be held at: (see map below for directions and info to the lower left )

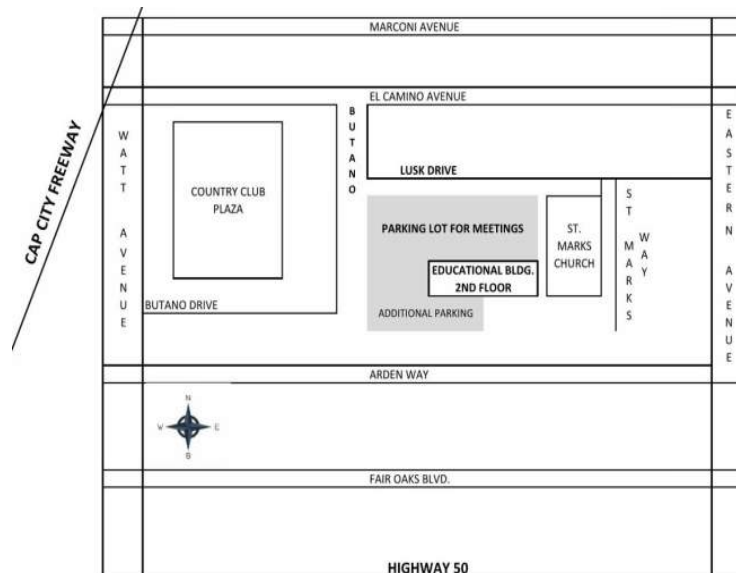
#### **St. Mark's United Methodist Church**

2391 St Marks Way, Rm E-26

Sacramento, CA 95864

2nd Floor, Education Building

(Park in lot facing Lusk Dr.)



***The mission of The Compassionate Friends: 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 a sister, or a grandchild, and helps others better assist the grieving family.***

## July Birthday's

### Remembering

Ed Callahan	7/02/1938
Lorena Bredy	7/04/1957
Blaine Canfield	7/20/1974
Christopher "Buddah" Miller	7/11/1975
Sam Harrison	7/02/1977
Sarah Sydejko	7/02/1978
Richard Luther Diaz	7/05/1980
Richie Pearman	7/25/1982
Frank de Mola	7/21/1984
Russell Sink	7/03/1984
Sheri Vagle	7/08/1984
Jonathon Jorgensen	7/27/1985
Giselle Renee Ortiz	7/30/1985
Kelsey Lupien	7/10/1989
Mica Marks	7/30/1989
Sahar Hormoz	7/18/1990
Dale Shillington	7/12/1991
David Andrew Wallin	7/14/1991
Lauren Michelle Gile	7/03/1993
Evan McDonald	7/23/1995
Clinton Jonis	7/16/1996
Eli Drori	7/27/1997
Kelly Minghui Zhang	7/29/1997
Caleb Texler	7/20/1998
Dante (friends son)	7/--/2000
Mary Murray	7/25/2002

### Parent/Relative/Friend

Patrick Callahan
Delores Johnson
Noel Canfield
Linda Orozco
Carol Meadows
Kathy Furan-Burba
Luella Diaz
Terry & Sue Pearman
Jackie Loret de Mola
Joanne Sink
Savie Shambaugh
John Henry Jorgensen
Robin Ortiz
Jeanne & Guy Lupien
David & Tracey Marks
Moslehj Hormoz
Kevin & Sue Shillington
Diane Wallin & Susan Jerome
Mike & Kathy Gile
Greg Marshall
Michelle Howard-Jones
Simone Savlov
Pamela Liu & David Zhang
Dan Texler
Lisa Sherrod
Janet Murray



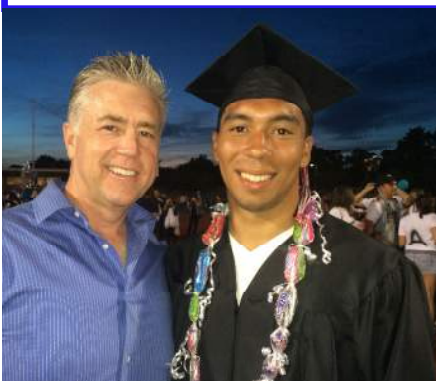
## JULY REMEMBRANCES

### REMEMBERING

Carl Adams  
 Lyle Dwayne Johnson  
 Clifford Owens  
 Derick Ryan Semore  
 Jonathan Matthew Jorgensen  
 Jason Peterson  
 Troy Wheeler  
 Lauren Michelle Gile  
 Blaine Canfield  
 Katie Wilson  
 Giselle Renee Ortiz  
 Adam Parker  
 Kendall Walker  
 William Hoge  
 Roman Biegluk  
 Christopher Pierce  
 Averil Morgan  
 Sarah Sydejko  
 Madysen Middleton  
 Dale Funnkhouser  
 Dale Shillington  
 Oscar Martinez Jr.  
 Tim Simonsen  
 Scott Walker  
 Marissa Martinez  
 Rebecca Vargas  
 Gordon Austin  
 Haley E. Hackett  
 Vernon Dewayne Lane Sr.  
 Kurtis Simmons  
 Sheri Vagle

### PARENT/RELATIVE/FRIEND

7/27/1961 Alice & Lloyd Adams  
 7/20/1981 Darlene Johnson  
 7/26/2005 Rhoda Owens  
 7/29/2006 Marchelle Meyer  
 7/26/2007 John Henry Jorgensen  
 7/16/2009 Jan Peterson  
 7/05/2010 Helen Gregorio  
 7/12/2010 Mike & Kathy Gile  
 7/26/2010 Noel Canfield  
 7/03/2011 Carolyn Wilson  
 7/31/2011 Robin Ortiz  
 7/01/2013 Cathy Parker  
 7/18/2013 Leslie Molera  
 7/21/2013 Dee Detzel  
 7/13/2014 Helen Bai  
 7/17/2014 Michael Pierce  
 7/01/2015 Patty Morgan  
 7/29/2015 Kathy Furan-Burba  
 7/26/2015 Bruce Jordan  
 7/16/2016 Steve & Susan Stewart  
 7/21/2016 Kevin & Sue Shillington  
 7/24/2016 April & Ruben Ibarra  
 7/01/2017 Keith Parker  
 7/20/2017 Jim and Ann Kitz  
 7/28/2017 Carol Roschewski  
 7/04/2018 Maria Vargas  
 7/05/2018 Frank Austin  
 7/24/2018 Stuart W. Hackett  
 7/30/2018 Jeri Lane  
 7/09/2019 Bryan Simmons  
 7/22/2019 Savie Shambaugh





## August Birthdays

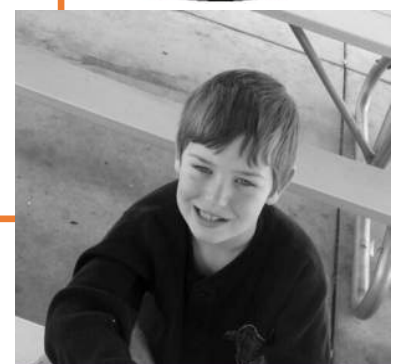
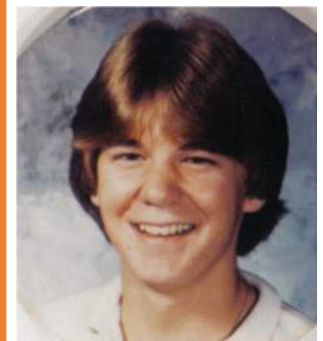
### Remembering

Jan Granroth  
 Carlson Lira  
 Jerry Oliver  
 Natalie Rosas  
 Nicole Vanderpool  
 Jennifer Trulin  
 Tyler Nathaniel Routt  
 Anthony Roca  
 Antwan Forbes  
 Corey Chapman  
 Jeremy Casebolt  
 Jason Freeland  
 Nicholas Horn  
 Joe Downing  
 Ernie Adams  
 William Albrecht  
 Chris Pierce  
 Jared Marengo  
 Janessa Wright  
 Christian O'Keefe  
 Ryan Christenson  
 Arianna Foggio  
 Samantha Hall  
 Martin Harley Floegel  
 Lane Esser  
 Ethan James Bachnett  
 Douglas Thomas Flores

8/11/1958  
 8/05/1963  
 8/25/1968  
 8/31/1970  
 8/27/1971  
 8/07/1974  
 8/13/1976  
 8/16/1979  
 8/08/1980  
 8/14/1981  
 8/07/1981  
 8/30/1982  
 8/11/1985  
 8/04/1987  
 8/03/1989  
 8/27/1989  
 8/07/1990  
 8/19/1992  
 8/13/1992  
 8/08/1994  
 8/17/1999  
 8/23/2004  
 8/05/2013  
 8/10/2013  
 8/23/2013  
 8/22/2017  
 8/04/2018

### Parent/Relative/Friend

Fran & Vern Skalisky  
 Evelyn Lira  
 Beth Oliver  
 Carol & Bob Rosas  
 Stella Vanderpool  
 Peggy Harbart  
 David & Kathy Routt  
 Pam Amo  
 Voress Franklin  
 Maria Ausere  
 Rob & Stephanie Casebolt  
 Angela Freeland  
 Sheila Armstrong  
 Brian & Lisa Downing  
 Alice & Lloyd Adams  
 Melissa Lyans & Andy Albrecht  
 Michael Pierce  
 Beth & John Marengo  
 Alexis Wright (sister)  
 Michael & Jennifer O'Keefe  
 Karen & Joe Meistas  
 Jacqueline Turner  
 Lesley & Michael Hall  
 Keely Floegel  
 Ariana Esser  
 Carissa LaMore  
 Sean & Kristin Flores

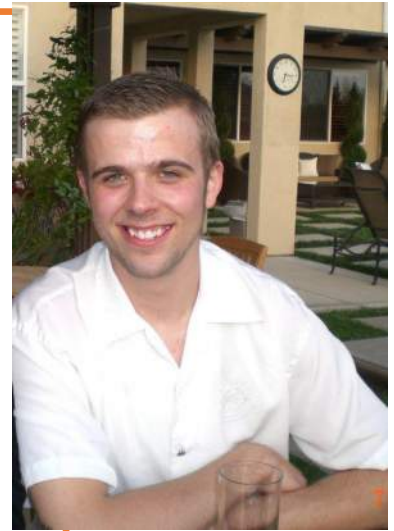


## August Remembrances

### Remembering

### Parent/Relative/Friend

Jan Granroth	8/11/1958	Fran & Vern Skalisky
Carlson Lira	8/05/1963	Evelyn Lira
Jerry Oliver	8/25/1968	Beth Oliver
Natalie Rosas	8/31/1970	Carol & Bob Rosas
Nicole Vanderpool	8/27/1971	Stella Vanderpool
Jennifer Trulin	8/07/1974	Peggy Harbart
Tyler Nathaniel Routt	8/13/1976	David & Kathy Routt
Anthony Roca	8/16/1979	Pam Amo
Antwan Forbes	8/08/1980	Voress Franklin
Corey Chapman	8/14/1981	Maria Ausere
Jeremy Casebolt	8/07/1981	Rob & Stephanie Casebolt
Jason Freeland	8/30/1982	Angela Freeland
Nicholas Horn	8/11/1985	Sheila Armstrong
Joe Downing	8/04/1987	Brian & Lisa Downing
Ernie Adams	8/03/1989	Alice & Lloyd Adams
William Albrecht	8/27/1989	Melissa Lyans & Andy Albrecht



Forever in our Hearts - Never Forgotten





**TYLER ROUTT**

8/13/76 - 3/14/98

OUR FUNNY, LOVING TYLER

SHARING MEMORIES OF PRECIOUS TIMES WITH TYLER  
FOR HIS 45TH BIRTHDAY.

WE CAN ONLY IMAGINE WHAT HIS LIFE WOULD HAVE BEEN LIKE.

HE PASSED AT 21 YRS.

LOVING HIM ALWAYS - MISSING HIM STILL

♥ FAMILIES ARE FOREVER ♥

DAVE (DAD) , KATHY (MOM) AND JASON (OLDER BROTHER)



## Looking for ways to donate?

*At TCF Sacramento Valley, we rely on our members support and contributions to manage the needs of our chapter such as the cost of our meeting rooms, printing, and phone costs to name a few. We are 501(c)(3) organization. Your donations are tax deductible. Please consult with your tax accountant for rules.*

### DONATE VIA VENMO

Would you like a more convenient way to donate? Do you use Venmo? Log in to your existing account or create an account at <https://venmo.com/signup> Find us @TCFSV

### DONATE VIA PAYPAL

You can now donate using your PayPal account. Log in to your existing account or create an account at <https://www.paypal.com/us/signin> You can donate by finding us on PayPal at [TCFSacValley@gmail.com](mailto:TCFSacValley@gmail.com) or [paypal.me/TCFSacValley](https://paypal.me/TCFSacValley)

### DONATE WHEN YOU BUY ONLINE AT AMAZON

Are you an Amazon shopper? Consider choosing The Sacramento Valley Chapter of The Compassionate Friends to receive donations when you purchase items that are eligible. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases to our chapter. Please use [smile.amazon.com](https://smile.amazon.com) all year to support us.

There are several Compassionate Friends Chapters so please be sure to find Sacramento Valley. <https://smile.amazon.com/ch/94-2688376>

If you are newly bereaved, we do **not** suggest you volunteer until you give your heart some time to do some healing.



**If you are able and willing to help our chapter, please contact me or Kathy Routt to discuss options. Thank you.**

TCF Sac Valley makes every reasonable effort to ensure the accuracy and validity of the information provided in our Newsletter, Articles, Meetings and Social Media presence. Please contact us by phone at 916-282-4699 or by email at [tcfsacvalley@gmail.com](mailto:tcfsacvalley@gmail.com) for any corrections, redactions, errors, omissions and concerns. We will publish a correction in the next month's newsletter. We welcome your feedback and comments.

The **NEWSLETTER** of The Compassionate Friends, Sacramento Valley Chapter is published monthly. We welcome your original articles, photos and poetry. All submissions must be received by the **20th** of the month to be included in the next issue.

E-mail: [tcfsacvalley@gmail.com](mailto:tcfsacvalley@gmail.com)  
or mail to:

The Compassionate Friends  
Sacramento Valley Chapter  
P.O. Box 163294  
Sacramento, CA 95816

Our chapter survives solely on donations.

### ADDITIONAL SUPPORT

#### Bereavement Outreach Meetings

(916) 557-5882

[www.griefhelpsacramento.com](http://www.griefhelpsacramento.com)

**Bereaved Parents-Sacramento-South Placer**  
County Chapter: Contact Chris Harder

(916) 768-3891 [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

#### Suicide Loss- Friends for Survival

Contact Marilyn Koenig at (916) 392- 0664  
[www.friendsforsurvival.org](http://www.friendsforsurvival.org)

#### NAMI National Alliance on Mental Illness

(916) 397-7831 ~ [www.namisacramento.org](http://www.namisacramento.org)

#### Homicide Loss—Sacramento County

District Attorney's Office ~ (916) 874-5701

#### Infant Loss—Sharing Parents

Listening Line (916) 424-5150

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

#### Alive Alone [www.AliveAlone.org](http://www.AliveAlone.org)

[alivalon@bright.net](mailto:alivalon@bright.net)

#### SIDS Alliance of Northern California

1-877-938-7437 ~ [www.sidsnc.org](http://www.sidsnc.org)

**Healing All Together (HAT)** for children and  
teens experiencing a loss 916-817-2338  
<https://www.snowlinehospice.org/>

**TAPS**—Tragedy Assistance Program for Survivors. Compassionate care for those grieving the loss of a military loved one.

800-959-8277 <https://www.taps.org/>

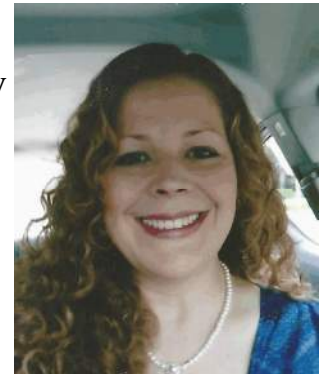
### LOVE GIFTS

**A love gift is a donation to TCF in memory of a child who has died or in honor of a special person or event. With your support, we are able to provide this newsletter, books, brochures and special events for bereaved families. A love gift can be for any amount.**

#### OUR JULY AUGUST LOVE GIFTS WERE:

In Loving Memory of my  
daughter **DOREEN**

*With Love from Mom,  
Beth Oliver*



In Loving Memory of **JOSHUA MOORE**  
*Sending our love to you now and forever.*

*Dad & Mom Proud parents Kenny and Summer Moore.*

In Loving Memory of **JOSHUA MOORE**

*"See you later alligator." Love you forever,  
Grandmother Rita Moore*



Thank you to all who choose our local  
chapter for your smile. [Amazon.com](http://Amazon.com)  
We appreciate your donations!

If you have questions, please feel free to call  
our message line at **916-282-4699** and one of  
our volunteers will return your call.