

# Sacramento Valley Chapter Newsletter

Volume 37 Issue 3 March 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

### Social Media:

tcfsacvalley.wixsite.com/tcfsv facebook.com/TCFSacValley

### Co-Leaders/Facilitators

Karen Meistas, Kathy Routt, Larry Miller, Roman Bitner

### **Newsletter Editor**

Karen Meistas

### **Meeting Schedule**

Next Zoom Meeting will be Tuesday March 9th @ 7 p.m. The link will be sent via email.

### **NATIONAL INFORMATION**

Regional Coordinator
Nancy Juracka
nancy\_juracka @yahoo.com
https://www.compassionatefriends.org

Members of The Compassionate Friends Sacramento Valley Chapter,

A lot has happened over the past year. With COVID in our way of meeting in person, it has been extremely challenging to get to know some of you. Especially the newly bereaved in our group. When we hold in-person meetings, we offer grief packets with information on TCF, our chapter, other available resources in our area. We include a contact card that requests your information as well as the name, birthday, and angel day for your loved one(s). Unfortunately I have not been able to obtain this information for our directory which means your child's name and photo (if you provide one) is not listed in the newsletters. It is very important to us that we have this information so we can celebrate your child with you...even in sadness.

I am asking for anyone who reads these newsletters and does not see your child's name and/or photo on their birthday and/or angel day to please provide me with this information. You can email it to us at <a href="mailto:TCFSacValley@gmail.com">TCFSacValley@gmail.com</a>. Some months I struggle with not having pictures of children and turn to search the internet and social media platforms. This is a difficult task and look for obituaries to help complete the newsletter. Please, please, please, send pictures of your child(ren) for the newsletter. If you provide photo(s), they are also used in the yearly candle lighting video.

Thank you for your help and contributions to the newsletter. If you'd like to submit art, poems, articles, book suggestions, etc to our chapter they are always welcome.

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.

## **OUR LOVED ONES' MARCH BIRTHDAYS**

#### REMEMBERING PARENT (RELATIVE) 03/14/1973 Molley Fuller Jeanne & Guy Fuller Robert Roy Radon Jr. 03/03/1975 Debra Radon Renee Zwinge 03/25/1976 Cheryl Zwinge Kelly Hendershot 03/23/1979 Connie Lann Lance John Sankovich 03/04/1984 Steve & Cindy Sankovich Mathew Griffin 03/09/1984 Susan Kersey Delores Johnson (Grandmother) Don Bredy 03/16/1984 Jacob Foust 03/24/1985 Carmen Hernandez Peter Greitzer 03/02/1987 Ann Greitzer **Emily Haskin** 03/28/1988 Chris Mejia Alex Tervo 03/17/1991 Debbie & Don Tervo Maxwell 03/19/1992 **Sherry Smith** Randy Taysom 03/08/1994 Janine & Dan Taysom Lenon David Padilla 03/05/1999 Charmaine & Patrick Padilla 03/27/1999 Sunny and Mona Desai Richele Cooley 03/16/2008

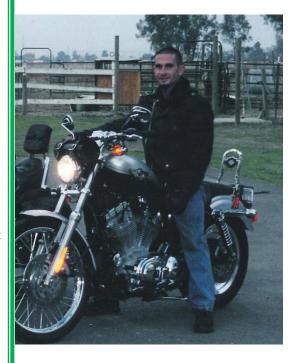


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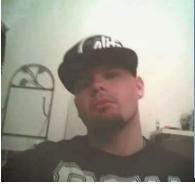
## OUR LOVED ONES' MARCH REMEMBRANCES

REMEMBERING	PARENT (RELATIVE)	
Jason Landcaster	03/13/1988	Marian Shanks
Tyler Nathaniel Routt	03/14/1998	Kathy & David Routt
Jill Nakawatase	03/08/2004	Eileen & Ken Nakawatase
Kevin K. Tarkington	03/05/2005	Sharon Tarkington
Kelly Zhang	03/07/2005	Pamela Liu & David Zhang
Lance John Sankovich	03/01/2008	Steve & Cindy Sankovich
Padma Priya	03/06/2008	N. Rao Palagummi
Barbara Griffin	03/11/2008	Theresa Cobb
Barbara Griffin	03/11/2008	Sharon Tarkington(sister)Brian
Concepcion	03/14/2008	Tinah Concepcion
Jordan Cooley	03/16/2008	Richele Cooley
Clinton Jonis	03/20/2009	Michele Howard-Jones
Lawrence James McDonald	03/23/2009	Millie and Bill Costa
Jagger Lee Whisler	03/25/2010	Priscilla Crawford
Jackson Marsh	03/27/2012	Prudence & Jonathan Marsh
Chris "Buddha" Miller	03/03/2013	Linda Orozco
Nathaniel Jamal Khan	03/06/2013	Eliset Gomez
Brittney Lynch	03/15/2013	Kimberly Gibson
James Whitley	03/19/2013	Mike Whitley
John Nimrick	03/13/2014	Debby Nimrick
Bill Lloret	03/10/2015	Melinda & Mark Lloret
Bill Lloret	03/10/2015	Nicole Lapanja & Taylor Lloret
Jeff Goldberg	03/17/2015	Manny & Barbara Goldberg
Deanna Meloy	03/09/2016	Colleen Warren
Russell Meechan	03/25/2016	Melinda Collins
Janessa Wright	03/08/2017	Alexis Wright (sister)
Joe (Joey) Strickland	03/16/2017	Charmain Riggs
Jacob Foust	03/30/2017	Carmen Hernandez
Billy Halloran	03/02/2018	Bill & Pam Halloran
Basilio J. Cervantes	03/03/2018	Elaine C. Cervantes
Caden Golden	03/07/2018	Monica Villarreal
Ali Youssefi	03/10/2018	Fetneh & Lyrus Youssefi
Austin Eide	03/12/2018	Sarah Eide
Kala Franz	03/16/2018	Rick Franz
Maxwell	03/29/2018	Sherry Smith
Ryan T. Clark	03/12/2019	John & Tana Clark
Isaiah Thomas	03/15/2019	Danea & Chris Thomas
Michael Baratta	03/31/2019	Vicki Baratta
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## **Tyler Routt**

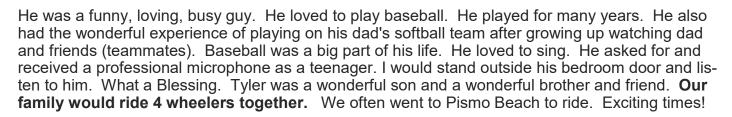
8/13/76 - 3/14/98

23 years since our Tyler passed. It is so hard to believe. We still speak of him almost everyday. We definitely think of him everyday. I know I talk to him everyday.

Let me introduce him to you.

We have so many memories of Tyler. He was 21 years old when he passed

as a passenger in an auto accident near our home.



Tyler loved to go to Lee Vining by Mono Lake. We would take quite a few boys and they would play a type of baseball game they created called felt ball. (used a tennis ball). They would fish and explore the rivers, lakes and mountains. Great memories!

Tyler also loved his home. He would say that often. He lived in the same house all of his life. Our home was the place the kids hung out.

Tyler dearly loved all of his family and friends.

We have shared a little bit of Tyler with you, our compassionate friends. It is hard to know what to say after so many years. We hope some of you will share what your child was like.

Tyler missing you still, loving you always.

Families are Forever

Dad (Dave), Mom (Kathy) and Big Brother (Jason)









## VOLUNTEERS NEEDED

## We need volunteers this year

If you are newly bereaved, we do **not** suggest you volunteer until you give your heart some time to do some healing. We have openings for the following:

**Phones/Email for newly bereaved:** A week long commitment each month. Training is offered

Monthly Newsletter Creator/Editor. Recognize our children's birthdays and angel days, articles, poems, monthly love gifts, chapter news

**Social Media and Public Outreach:** We have a website and Facebook page that needs frequent updates

**Fundraising ideas/Opportunities**: i.e. a Cookbook (everyone donate a favorite recipe or two that reminds them of their child, their child's favorite food, pictures of your child eating that special meal); Virtual Silent Auctions **Speakers for meetings:** even if they are via Zoom. We may get more attendance if we have speakers at meetings. These can be grief counselors, medical providers, motivational speakers, etc.

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

Thank you.

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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 or mail to: The Compassionate Friends Sacramento Valley Chapter P.O. Box 163294 Sacramento, CA 95816

There is no charge to receive our newsletter. Our chapter survives solely on donations.

### ADDITIONAL SUPPORT

### **Bereavement Outreach Meetings**

(916) 557-5882

www.griefhelpsacramento.com

Bereaved Parents-Sacramento-South Placer

County Chapter: Contact Chris Harder

(916) 768-3891 www.bereavedparentsusa.org

### Suicide Loss-Friends for Survival

Contact Marilyn Koenig at (916) 392-0664 www.friendsforsurvival.org

### **NAMI National Alliance on Mental Illness**

(916) 397-7831 ~ 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

Alive Alone www.AliveAlone.org alivalon@bright.net

### SIDS Alliance of Northern California

1-877-938-7437 ~ 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 or type of support.

### **OUR FEBRUARY LOVE GIFTS:**

In Loving Memory of **DENNY COCHRANE L**ove Dad, Dennis Coharane



In loving Memory of **TYLER ROUTT** *Love, Mom & Dad Kathy and David Routt* 

In Loving Memory of **JOSHUA MOORE**Dad & Mom Proud parents *Kenny and Summer Moore* 

In Loving Memory of JOSHUA MOORE

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

In Loving Memory of AUBREY MEISTAS & RYAN CHRISTEN-SON

We Love You! Dad & Mom, Joe and Karen Meistas

Thank you to all who have chosen our Chapter to receive donations through smile.amazon.com

Thanks to those who used Facebook to donate. I don't get notices or a report of who you are but you are appreciated very much!

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 promptly, or call one of our chapter members.

Karen Meistas, at (916) 997-0306