



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

Sacramento Valley Chapter Newsletter

Volume 37 Issue 9 & 10

September/October 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

Third Friday of every Month
At 7:30 p.m.

St. Mark's United Methodist Church
2391 St. Marks Way Rm E-26
Sacramento CA 95864
2nd Floor—Elevator available
Park in lot facing Lusk Drive

NATIONAL INFORMATION

Regional Coordinator
Nancy Juracka
nancy_juracka@yahoo.com
<https://www.compassionatefriends.org>

MEETING UPDATES

Our next in-person meeting is scheduled for **November 19th @ 7:30 p.m.** This month's meeting is our "Flowers and Thanks" meeting. If you can, we ask those that attend to bring flowers that make them smile, maybe remind you of your child/ren. As you share about your child and the association of the flowers, our volunteers will place them in various vases to be taken home by members to reflect how beautiful our children are. This is a beautiful meeting. We hope to see you then. Address information is to the left of this update.

Face Coverings are required regardless of vaccination status.

Thank you

The Woodland Reveille Lions Club made a very generous donation to our chapter last month. The Lions have been a big part of our chapter, helping with fundraisers, providing space for large events like our annual Candle lighting, and for their support and donations through the years. Thank you member, Larry (Kathy) Miller, who is an intricate part of the Lions Club, to ask the board for support. And they never disappoint! The Woodland Lions Club suffered a major fire in April 2018 where we held our larger functions, fundraisers, dinners, etc. **Thank you Woodland Lions for your support!**

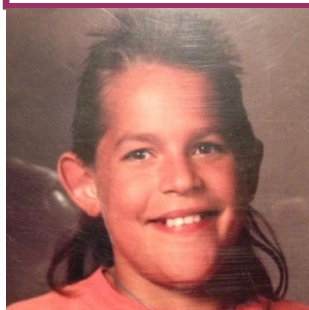
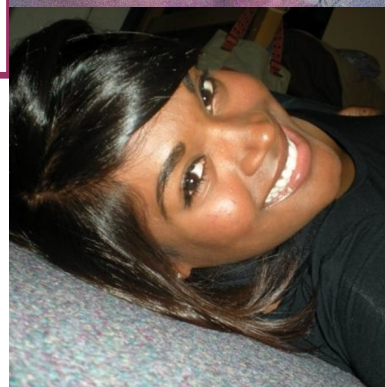
The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope and support to every family experiencing the death of a son or daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

September Birthday's

Remembering

Parents/Relatives

Deborah Lisnik	9/19/1967	Judy Chapman
Rich Toni	9/26/1970	Christine Toni
Eric Miller	9//26/1972	Larry & Kathy Miller
Keely Flogel	09/10/1973	Ron Flogel
Jason Peterson	9/10/1974	Jan Peterson
Randy Zanze	9/26/1974	Pam Zanze
Padma Pryia	9/07/1978	N. Rao Palagummi
Lawrence J. McDonald	9/04/1979	Millie & Bill Costa
Brian Kennedy	9/16/1979	Joanne Kennedy
Brian Kennedy	9/16/1979	Teala Price
Jill Nakawatase	9/29/1979	Eileen & Ken Nakawatase
Mark Martinez Jr.	9/15/1982	Mark Martinez
Russell Meechan	9/28/1983	Melinda Collins
Beth Kizere	9/10/1984	Lynn Lane
Brittney Lynch	9/25/1985	Kimberly Gibson
Raina Chanda	9/12/1989	Theresa Chand
Rory Stratton	9/09/1991	Angie Nergenah
Cheryl Brinkley	9/14/1981	Joann Ware
Brittany LaFountain	9/11/1992	Joe LaFountain
Matthew Martinez	9/03/1993	Alex Shy
Haley E. Hackett	9/10/1996	Stuart Hackett
Alex Halford	9/05/1998	Margaret Halford
Nicholas DiSandro	9/15/1998	Michele Torres
Danika Cline	9/09/1999	Rita Cline
Parker Chaddock	9/10/1999	Don Chaddock
Jake Russell	9/04/2004	Henry & Robin Russell
Voxie Beckett	9/30/2008	Chesshuwa Beckett
Nathaniel Jamal Khan	9/05/2009	Eliset Gomez
Teagan Marsh	9/03/2011	Prudence & Jonathan Marsh
Mah'Ziah		

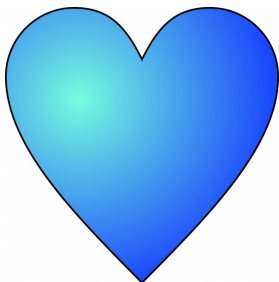
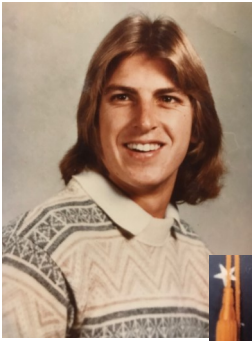


September Remembrances

Remembering

Parents/Relatives

Mark Granroth	9/09/1978	Fran Granroth Skalisky
Jan Granroth	9/09/1978	Fran Granroth Skalisky
Daryl Lee Johnson	9/05/1987	Darlene Johnson
Don Bred	9/07/2006	Delores Johnson
Nicole Elisa Climenti	9/14/2010	Tom Climenti
Kelsey Lupien	9/01/2010	Jeanne & Guy Lupien
Marcie Aguilar	9/02/2012	Rachel Aguilar
Kyle Samuel Frenzen	9/20/2013	Shannon Frenzen
Alicia Rainbolt	9/24/2013	Thomas Rainbolt
Matthew Garcia	9/20/2015	Annette Andrade
Trager Rowe	9/27/2014	Shari Rowe
Raina Chand	9/18/2015	Theresa Chand
Robert Roy Radon, Jr.	9/21/2016	Debra Radon
Frank De Mola	9/22/2017	Jackie Loret De Mola
Frank Rutledge	9/03/2017	Joyce La Rossa
Alexis Keramasis	9/03/2017	Terry & Tom Panages
Kaya Peterson	9/17/2017	Nichole Caffey
Jordan Simunich	9/24/2017	Sherri Blitstein
William Walder, III	9/10/2018	Bill Walder
Lenon Padilla	9/14/2019	Patrick & Charmain Padilla
Douglas Flores	9/20/2019	Sean & Kristen Flores
Julian Henderson	9/15/2021	Susan Henderson
David Rodriguez	9/05/2021	Laura Austria



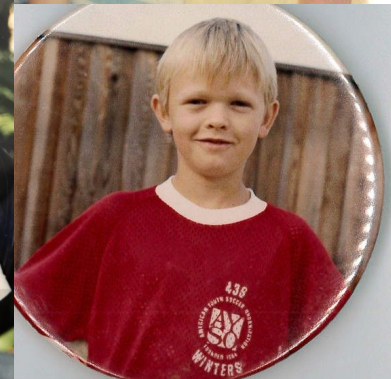
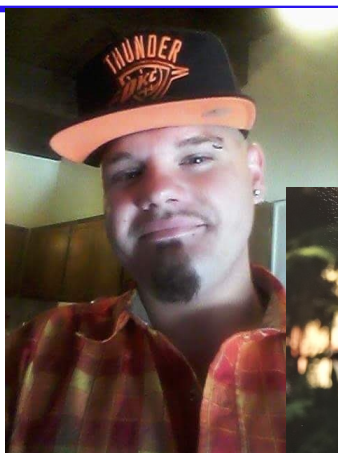
OCTOBER BIRTHDAYS

Remembering

Michael Reyna	10/02/1967
Matthew Christian Zook	10/06/1976
Jason Lancaster	10/03/1977
David Rodriguez	10/18/1977
Tim Riehl	10/28/1977
Christopher Palmer	10/10/1981
Melissa Clements	10/06/1983
Aubrey Meistas	10/21/1985
Calvin Feder	10/07/1986
Kristen Owens	10/25/1987
Ryan T. Clark	10/01/1988
Monica Zupp	10/09/1988
Joseph James Strickland	10/22/1988
Alexis Keramaris	10/20/1991
Isaiah Williams	10/30/1995
Ryan Rockey	10/07/2000
Katie Good	10/17/2000
Quiara Gomes	10/15/2001
Austin Eide	10/25/2011
Trager Rowe	10/29/2011
Alexander Bustamante	10/02/2011
Luke Whitten	10/01/2014
Kaya Kenneth Peterson	10/07/2016
Iris Harley Kirk Narlesky	10/21/2018

Parents/Relatives

Sandy Heitz
Vicky Rasser
Marian Shanks
Laura Austria
Steve & Mary Jo Riehl
Doug & Darlene Palmer
Bryan & Cary Joynes
Joe & Karen Meistas
David & Liz Feder
Rhoda Owens
John & Tana Clark
Ron Zupp
Charmain Riggs
Terry & Tom Panages
Amber Martin
Alan & Tracy Rockey
Rustina Good
Andrea Gomes
Sarah Eide
Shari Rowe
JP Bustamante
Mark & Megan Whitten
Nichole Caffey
Marc Narlesky



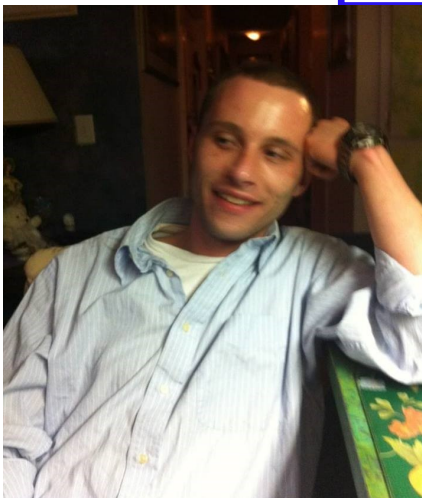
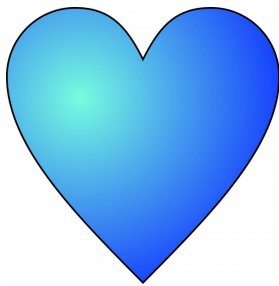
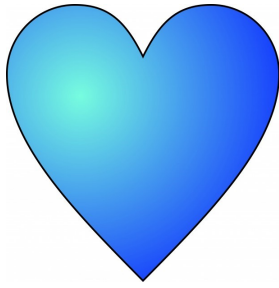
OCTOBER REMEMBRANCES

Remembering

Adam Woy	10/05/2002
Denny Cochran	10/06/2006
Joshua Moore	10/10/2006
Joshua Moore	10/10/2006
Jeremy Casebolt	10/03/2009
Gabriel Olivas	10/01/2010
Megan Sutton	10/30/2011
Ameen Merchant	10/05/2012
Jeffrey Allen Berry	10/06/2012
Niki Jones	10/11/2013
Nicole Vanderpool	10/14/2013
Danielle Hahn	10/17/2013
Danielle Hahn	10/17/2013
Joshua Owens	10/21/2013
Jack Sipes	10/28/2015
Caleb Texler	10/29/2015
Neal Desai	10/22/2016
Adam Davis	10/31/2016
Jasha Sanford	10/08/2017
David Nicol	10/21/2017
Dominic "Nico" Genduso	10/23/2017
Matthew Martinez	10/24/2017
James E. Burnett, Jr.	10/15/2018
Peter Greitzer	10/21/2018
Iris Harley Kirk Narlesky	10/21/2018
Christopher Palmer	10/11/2019
Gabby Welch	10/26/2020

Parents/Relatives

John & Tina Woy
Dennis Cochran
Kenny & Summer Moore
Rita Moore
Rob & Stephanie Casebolt
Margaret Olivas
Lori Sutton
Najma Merchant
Margie Larian
Terri & Lawrence Littleton
Stella Vanderpool
Holly Miller
Debbie Wilmoth
Tracy Wayland
Melody Sipes
Dan Texler
Sunny & Mona Desai
Michael Kuehn
Emily Sanford
Carla Nicol
Christine Bosley
Alexandra Shy
Dee Moreno
Ann Greitzer
Marc Narlesky
Darlene & Doug Palmer
Ryan & Sharon Welch



Grief Share Information

All,

Member Kathy Routt shared this web page with me and I believe a new member introduced it to Kathy. This is just one of many online resources for grief support.

https://www.griefshare.org/s?center=&date_range=&day=&distance=&location_type=&query=&sort_by=&type=

Thank you to all who shared.

The screenshot shows the GriefShare website's search page. At the top, there's a navigation bar with links: Find a Group, About, Healing, MyGriefShare, Start a Group, LeaderZone, and Holidays. Below this is a search bar with the placeholder text "Postal code or city/state" and a "Search" button. Under the search bar, there's a "Filter your search" section with five dropdown menus: MEETING TYPE (All Groups & Events), TIMEFRAME (Oct 2021-Jan 2022), DAY OF WEEK (All Days), LOCATION TYPE (All Types), and DISTANCE (Within 30 Miles). Below the filters, there's a paragraph of text: "There are thousands of GriefShare groups meeting weekly at locations around the world. There's probably one near you! The program is designed so that you can join the group at any time. You will be welcomed and encouraged." Below this is a "Search tips" box with two bullet points: "United States & Canada: try searching by zip or postal code" and "Beyond North America: try searching by city and country". At the bottom, there's a list of countries and regions where GriefShare groups are active, including Australia, Austria, Bahamas, Belize, Canada, Cayman Islands, China, Colombia, Denmark, Germany, Greece, Guam, Hong Kong, India, Ireland, Jamaica, Japan, Kenya, Malaysia, Mexico, New Zealand, Nigeria, Panama, Philippines, Singapore, South Africa, Spain, Taiwan, Province of China, Thailand, Trinidad and Tobago, Tunisia, United Arab Emirates, United Kingdom of Great Britain and Northern Ireland, United States Minor Outlying Islands, United States of America, and Zimbabwe.

A Reminder for all Members

December is the month for Candle Lighting. Last year it was virtual due to COVID. We are hoping to do this event in person this year, however, we are looking for a space that can accommodate space for up to 80-100 people in a seated environment. Preferable with a kitchen, tables, and chairs. 80-100 people is on the high side but we don't know what to expect this year. If anyone has suggestions for space located in the Central Sacramento area, please email the chapter. The event is scheduled for Sunday, December 12th. More details will come in separate emails and we navigate this event. Thank you.

PLEASE SUBMIT PICTURES OF YOUR CHILD/REN to be included in the video with their name as you want shown. Cut off is November 30th. Send to TCFSacValley@gmail.com. Thank you.

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 or 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 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 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.

Autumn and the Season of Grief

Autumn is one of my favorite times of the year. The air is getting cooler, the leaves are changing colors, and there are so many activities that bring my family together. There have been many writings about Spring and starting new, re-birth, and a fresh start. But if Spring is all about newness, then where does that leave Fall? It seems that Autumn is about coming to a close. We are leaving the summer behind and preparing for the cold Winter months. Animals prepare for hibernation, the days get shorter, and the leaves, which are so pretty early on, eventually turn brown and fall to the ground. In Chinese Medicine, Autumn is considered the season of Grief and I think that is very fitting.

What is Grief?

Grief is a strong and, at times, overwhelming emotion that comes about due to a loss of something important. It is typically associated with bereavement (the loss of a loved one through death) but it doesn't have to be. Grief can be felt due to the loss of a relationship, the loss of a job, the loss of identity, or a multitude of other important things in our lives. It is important to remember that grief is both natural and universal. It is not a sign of weakness and not something to ignore or try to push away. It is also highly unique, so one shouldn't try to fit grief into how it "should be" or how others have experienced it. Some people experience grief as extreme sadness and go through crying spells, while others experience it as numbness and feel as if they are in a cloud or outside of their own body just observing.

Seasons of life

I believe that the seasons are a very good analogy for life and death. They are out of our control and through the seasons one sees a pattern of birth, growth, closure, and death, only to repeat the cycle over again. "A thing isn't beautiful because it lasts." I found this to be a surprisingly profound and touching quote to come from a Marvel movie of all places (Avengers: Age of Ultron). This quote touches on the beauty of the cycle of life. Without Autumn we wouldn't have the newness of Spring or the continual growth of generations.

Waves of Grief

Many people talk about the stages of grief, as if it is a set number of items to check off and once completed you have graduated from the grief stage, never to return. This is not only inaccurate, but hurtful to those whose experience may be different. Many clients who I've worked with as a grief counselor express it more as waves. In the beginning the waves are strong and constant, beating down on you, making you feel like you will drown at any moment. As time goes on the waves get less powerful and are spread farther apart. But the grief never fully goes away and small waves of sadness may always be lapping at the shore. We get to a point where it is no longer preventing us from living our lives. But the memory is still there, as is the occasional sadness of what was lost. What people find as they progress through grief, is that the emotions become more diverse. Where early on the memory might bring only sadness, later the memory can bring smiles and laughter. But just as seasons come and go, there are times that we can slip back into the sadness of grief, and that isn't a bad thing. It is a reminder of how important this person or thing was in our lives, and the impact it made in our lives.

Autumn as a reminder

Take this opportunity to appreciate the wonder of Fall and to remember the seasons that have come and gone in your life. Appreciate the newness that came from loss, while remembering fully the things that made the life you have now possible.

By James McMillian, MA, LCPC, NCC
Resolve - Counseling and Wellness Center
8340 Mission Rd. #230
Prairie Village, KS 66206

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

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.

SEPTEMBER/OCTOBER LOVE GIFTS

Woodland Reveille Lions Club made a large donation to our chapter.

IN HONOR OF:

DUANE BAYLOR Love *Conde and Anna*

ALONDRA PIÑON HERNANDEZ Love Mom
~ *Violet Hernandez*

RACHEL ~ Momma Loves You! *Janet Barri-*
man

MAX Love Mom ~ *Sherry Smith*

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

Dad & Mom ~ 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
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.