



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

Sacramento Valley Chapter Newsletter

Volume 37 Issue 4

April 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
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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
April 6th @ 7 p.m.
The link will be
sent separately
via email.**

NATIONAL INFORMATION

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

I Am Spring

**I am the beginning.
I am budding promise.
I spill cleansing tears of life
from cloudy vessels
creating muddy puddles
where single cell creatures abide
and splashing children play.**

**I am new green growth.
I softly flow from winter's barren hand.
On gentle breeze I fly – embracing sorrow.
With compassion, we feather nests
where winged voices sing winter-spring duets.
As frozen ice transforms to playful stream
I whisper truth – life is change.**

**I am spring.
I bless long, dark wintry days.
I crown mankind's pain
with starry skies
in deepest night
lighting solitary paths from sorrow to joy
as the wheel of life turns 'round and 'round.**

Carol Clum

(written after attending a workshop presented by John Fox, author of 'Finding What You Didn't Lose' and 'Poetic Medicine'.)

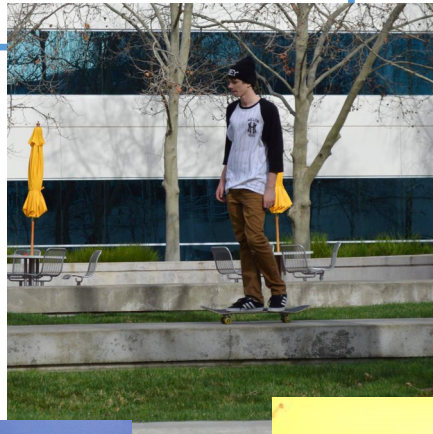
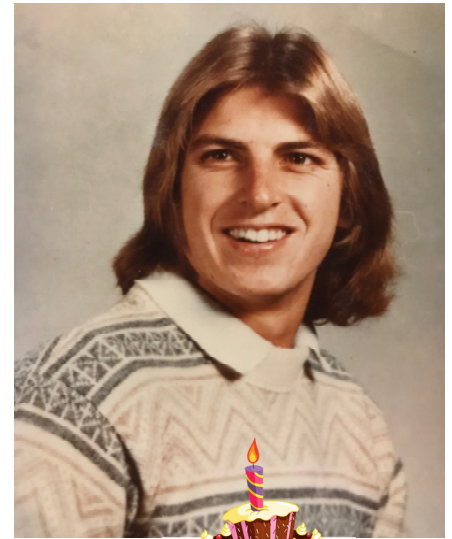
The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope and support to every family experiencing the death of a son or daughter, a brother or a sister,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

OUR LOVED ONES' APRIL BIRTHDAYS

REMEMBERING

PARENT (RELATIVE)

Mark Granroth	4/25/1957	Fran & Vern Skalisky
Carl Adams	4/16/1960	Alice & Lloyd Adams
Victoria Castle	4/06/1967	Connie Courtnier
Carol Leslie Alford	4/08/1970	Larry & Mildred Alford
Billy Giberson	4/19/1971	Patty Giberson
Troy Wheeler	4/19/1971	Helen Gregoria
Jeffrey Navarro	4/01/1979	Peggy Bryer & Blaine Snyder
Dale Funkhouser	4/07/1980	Steve & Susan Stewart
Clifford Owens	4/06/1983	Rhoda Owens
Michael Lane Jr.	4/00/1985	Michael & Theresa Lane
Adam Woy	4/21/1986	John & Tina Woy
Kala Franz	4/11/1990	Rick Franz
Jordan Simunich	4/28/1994	Sherri Blitstein
Michael Hallenbeck	4/12/1994	Toni & Kirby Hallenbeck
Jagger Lee Whisler	4/09/1995	Priscilla Valerio
Ryan Harris	4/30/1996	Kelly Weaver
Katie Wilson	4/28/1996	Carolyn Wilson
Jossim Aldelamy	4/16/1998	Leslie McCurry
Tanner Smith	4/09/1998	Kelly & Spencer Smith
Gabriel Goszulak	4/00/1999	Tavius Aiton & Amanda Goszulak
Caden Golden	4/16/2017	Monica Villarreal

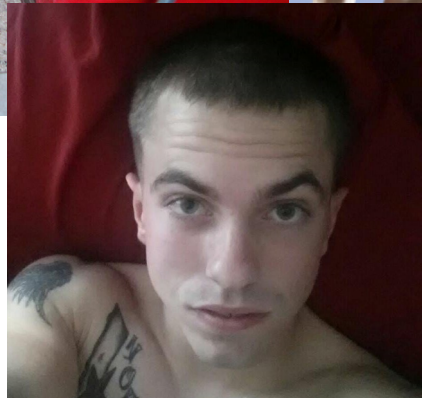
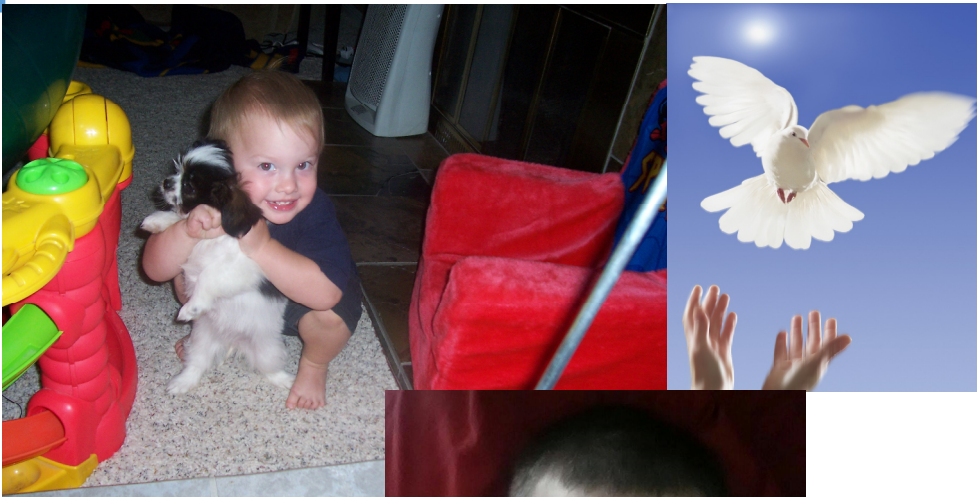
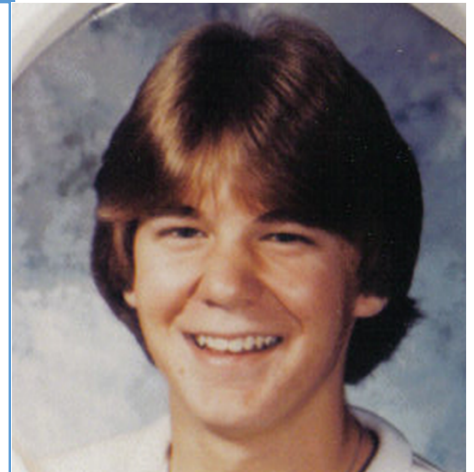


OUR LOVED ONES' APRIL REMEMBRANCES

REMEMBERING

PARENT (RELATIVE)

Jerry Oliver	4/22/11983	Beth Oliver
Adam Wales	4/00/1984	Lillian Adams
Cheryl Brinkley	4/10/2005	Joann Ware
Mica Marks	4/07/2009	Dave & Tracey Marks
Bradley Wyatt	4/12/2013	Bonnie Wyatt
Mikaela Alejandrez	4/24/2014	Catherine Alejandrez
Corey Chapman	4/29/2014	Maria Ausere
Alex Tervo	4/19/2014	Debbie & Don Tervo
Steven Shanks-Aney	4/16/2014	Pamela Thomson
Deanna Meloy	4/28/2015	Roseanna Ward
Jordan Anderson	4/30/2015	Pamela Anderson
Rory Stratton	4/07/2015	Angie Nergenah
Jared Marengo	4/17/2016	Beth & John Marengo
Sam Harrison	4/04/2017	Carol Meadows
Eli Drori	4/14/2018	Simone Savlov (Grandmother)
Jake Russell	4/16/2019	Henry & Robin Russell



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>

COVID-19 Information for Chapter Members

Personal and public safety is a priority as is the need to offer support to those who need us in the current environment. Please feel free to reach out – we are here to help you navigate this challenging time. Please check our Facebook page for updated information for groups resuming their meetings.

We understand isolation from others can be difficult on its own; however, throwing grief into the equation can make it worse.

Here are a couple options you can continue to help you through this time:

TCF Online Groups – The Compassionate Friends has many options for Facebook Groups and Online Support Groups. Copy and paste this link to the TCF website: <https://www.compassionatefriends.org/fi.../online-communities/>

Phone a Friend – Another option would be to phone a friend. Members are encouraged to reach out to one another for support when they might need it most. If you cannot meet as a group, members can still reach out to one another via phone.

Our Chapter's phone number is 916-282-4699. If you are in need of assistance, please call and leave a message and one of our members will return your call. Even if it is, just to talk.

We are The Compassionate Friends, and NO ONE needs to walk alone.

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 tcsacvalley@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.



VOLUNTEERS NEEDED

!!! We **STILL** need volunteers !!!

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 or Kathy Routt to discuss options.

Thank you.

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:

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Sacramento Valley Chapter

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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 MARCH LOVE GIFTS:

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 CHRISTENSON**

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



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