



The Compassionate Friends

Supporting Family After a Child Dies

Lubbock, Texas Chapter

FEBRUARY/MARCH 2015

VOL. 2, NO. 4



The Compassionate Friends recommends **The Open to Hope Show** as a grief/loss resource for families going through the natural grieving process after the death of a child. The ongoing series is dedicated to Dr. Gloria Horsley's and Dr. Heidi Horsley's son and brother, Scott Preston Horsley. It keys on issues of importance to families that have experienced the death of a child.

Hosts of **The Open to Hope Show** are: Dr. Gloria Horsley, bereaved parent with 23 years in family therapy; and Dr. Heidi Horsley, bereaved sibling and an adjunct professor teaching graduate courses at Columbia University's School of Social Work, including Intervention for Grief, Loss, and Bereavement.

Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family, the show can be heard Thursdays at noon ET (9 a.m. PST) by going to www.opentohope.com. All archives of shows can be heard at www.opentohope.com

Shows cover such topics as: A Child Dies--What to Expect and How Long Does it Take?; Grief in the Workplace; Where Does Sadness End and Depression Begin After the Death of a Child?; Faith, Brokenness, and Healing After the Death of a Child.

For more information and to listen to the live broadcasts, visit www.opentohope.com. Dr. Gloria and Dr. Heidi previously hosted the popular show, Healing the Grieving Heart.

Remembering Our Children



Birthdays

Davey Rowser	Feb. 5th
Chad Hayden	Feb. 8th
Felicia Smith	Feb. 22nd
David Wragg	Feb. 24th
Heidi Hunt	March 1st

Remembrance Dates

Keith Hayes	Feb. 20th
Elijah Urrutia	March 14th



TCF LUBBOCK CHAPTER MEETING INFORMATION

NEXT MEETINGS: **March 3, 2015**
April 7, 2015

TIME: 7:00 - 8:30 p.m.

DATE: First Tuesday of each month

LOCATION: 2092 Dover Ave.
Lubbock, TX; Behavioral Sciences Bldg.
Room 105, East side of LCU Campus



CONTACT INFORMATION:

Isabel Villa, Chapter Leader:
806-218-2397
Deneis Arriaga, Co-Chapter Leader
Sharon Kohout, Newsletter Editor
TCFLubbock@gmail.com

TCF Chapter Meetings are open to anyone who has lost a child - at whatever age, from any cause.

SUPPORT GROUP FOR PREGNANCY AND INFANT LOSS

NEXT MEETINGS: **Feb. 18, 2015**
March 18, 2015

TIME: 7:00 - 8:30 p.m.

DATE: 3rd Wed. of each month

Contact: Suzy Emre, 806-441-3612
suzylanotte@sbcglobal.net

Location: Same as Compassionate Friends
(see above)

www.compassionatefriendslubbock.org



How very softly you tiptoed into our world, almost silently, only a moment you stayed. But what an imprint your footsteps have left upon our hearts.

- Dorothy Ferguson



*Elijiab Urrutia,
son of Tiffany and Pat Urrutia*

Valentine Message

I send this message to my child
Who no longer walks this plane,
A message filled with love
Yet also filled with pain.

My heart continues to skip a beat
When I ponder your early death
As I think of times we'll never share
I must stop to catch my breath.

Valentine's Day is for those who love
And for those who receive love, too
For a parent the perfect love in life
Is the love I've given you.

I'm thinking of you this day, my child,
With a sadness that is unspoken
As I mark another Valentine's Day
With a heart that is forever broken.

*-Annette Mennen Baldwin
TCF Katy, TX
In Memory of my son, Todd Mennen*

Broken Heart Syndrome

One afternoon, I was channel surfing looking for something to watch when I came across the Oprah Winfrey Channel. She was interviewing a woman named Madonna Badger. On Christmas Day, 2011, Madonna's 7 year old twins, a boy and a girl, her 9 year old daughter and her parents all died in a horrific house fire. She spoke of the unrelenting grief and sorrow she has suffered in the years since. I was riveted to the television screen as she recanted her story. As she talked, she coined a phrase that I had never heard of before to describe her pain, "Broken Heart Syndrome." It is a temporary condition that is brought on by extreme stressful situations, such as the death of someone deeply loved.

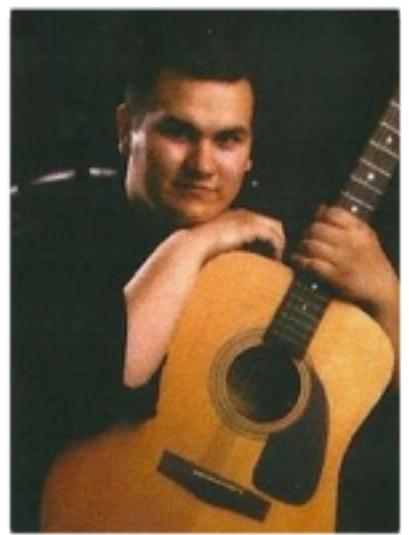
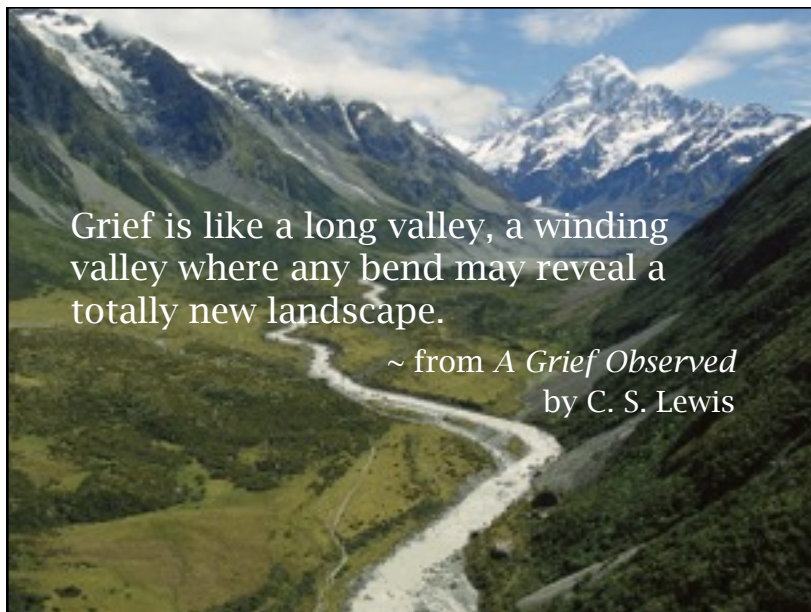
I thought, finally there is a label for the intense pain and suffering that those who grieve feel! Broken Heart Syndrome is an identifiable condition brought on by stressful situations, such as the death of a loved one. Broken Heart Syndrome is also called *takotsubo cardiomyopathy*. Broken Heart Syndrome manifests as a temporary disruption of the heart's normal pumping function or with even more forceful contractions, while the remainder of the heart functions normally. Symptoms can include chest pain and shortness of breath. It affects more women than men. It is attributed to a reaction to a surge of stress hormones.

After my daughter died, I suffered with intense bouts of pain on the outer left muscular wall of my upper torso. An EKG revealed no abnormalities. Seven years later, I still never know when this pain might reoccur. I have however connected my episodes with certain stressors, such as: my child's birth and death dates, holidays and special occasions.

Although doctors are just now learning about this condition, the good news is that broken heart syndrome is treatable and the discomfort should abate with time. If you think you might be suffering from broken heart syndrome, you should discuss it with your physician.

Let us all take care of our own hearts this Valentine's Day

*-Janet Reyes
TCF Alamo Area Chapter, TX*



*Keith Hayes, son of
Tim and Clarissa Hayes*

TCF NATIONAL CONFERENCE UPDATE

DATE: JULY 10-12, 2015

HOTEL INFORMATION

Hyatt Regency Dallas (downtown) is now accepting reservations for the 2015 National Conference in Dallas, TX, July 10-12, 2015. You may book your room(s) online via their reservations portal at: <https://resweb.passkey.com/go/CompassionateFriends2015>

You must mention the TCF Conference to receive the discounted rate of \$129/night (July 7-13). We anticipate a large attendance at the conference this year, so please make your reservations as soon as you can. Parking is also discounted for both self-park and valet.

Make plans NOW to attend

Save the dates July 10-12, 2015 for the conference, but come early and stay long. There is a LOT to see and do in Dallas and Fort Worth! And as always, we love to have volunteers who can help with setup prior to and take down after the conference.

The planning committee is working very hard to make certain that this conference is a healing experience for all who attend. Our hope is that it will feel like a family reunion (with LOTS of cousins!) and that everyone leaves feeling like they have been away on retreat. While we are keeping the traditions and basic schedule, we are also providing many new options for your healing journey. Come and experience it all!

Watch the TCF website and Facebook pages for the announcement that online registration has begun. Let all your chapter members, family and friends know!

For additional Conference Updates see the "What's New" Section on the [Compassionate Friends-Lubbock Chapter Website](#).

TRAIL TO TREASURE: Hope Shines Bright After Substance Related Loss

**A Special Pre-Conference Event Thursday,
July 9, 2015 1:00 – 4:00 p.m.
Hyatt Regency Dallas
Cost: \$25**

The Compassionate Friends is pleased to announce this very special pre-conference workshop, held in conjunction with our 38th annual National Conference in Dallas, Texas. This event is for parents, grandparents and siblings who have experienced the loss of a loved one due to any substance related cause. With the epidemic today of loss due to overdose, related health issues – cirrhosis, heart, blood - suicide, these losses are complicated by social stigma, shame and ignorance.

Along the trail of our grief journey, we search for the means to make a difference in honor of our loved one(s). If you are ready to find your treasure on the trail from despair to hope, this is for you. The idea grew from traditional conference workshops where attendees asked for ideas on how to make a difference in honor of their loved one(s). Often the first thought is to become an activist. Yet there are other roles that might better suit: the nomad, the normalizer, the memorialist, or the seeker. Join us to discover your path.



RESOURCES

American Foundation for Suicide Prevention

www.afsp.org

888-333-2377

CONTACT LUBBOCK'S Heartbeat: Support Group for survivors of suicide victims

806-765-8393

MISS Foundation (pregnancy/infant loss support)

www.missfoundation.org

National Suicide Prevention Lifeline

800-273-8255 (TALK)

Parents of Murdered Children

www.pomc.com

888-818-7662

SHARE (pregnancy & infant loss support)

www.nationalshare.org

800-821-6819

Suicide Grief (online support forum)

www.suicidegrief.com

Other helpful websites:

- ❖ www.opentohope.com
- ❖ www.griefnet.org
- ❖ www.thebereavementjourney.com
- ❖ www.griefwatch.com
- ❖ www.journeyofhearts.org
- ❖ www.bereavedparentsusa.org
- ❖ www.healingheart.net
- ❖ www.childrenofdome.com
- ❖ www.spacebetweenbreaths.com
- ❖ www.holdingontolove.com
- ❖ www.griefhaven.com
- ❖ www.centerforloss.com
- ❖ www.survivorsofsuicide.com

COMPASSIONATE LISTENERS

Should you need to speak with someone and cannot wait until the next meeting, please feel free to contact one of the following volunteers.

Cause of Death	Name	Phone	Email
Motor Vehicle	Isabel Espinoza	806-218-2397	villagirlso4@yahoo.com
	Deneis Arriaga	806-549-6476	deneis.arriaga@yahoo.com
Suicide	Beverly Colbert	806-773-1375	bevcolbert@aol.com
	Sharon Kohout	806-392-1886	sharon.kohout@gmail.com
Sudden Death	Yolonda Moore	806-535-6551	yomoore@yahoo.com
*Father to Father (support for grieving fathers)	Charles Peek	806-698-1803	JPeek91474@aol.com
Miscarriage/Infant Loss	Suzy Emre	806-441-3612	suzylanotte@sbcglobal.net

The Compassionate Friends National Office

PO Box 3696
Oak Brook, IL 60522-3696
877-969-0010

www.compassionatefriends.org

Regional Coordinator:

Bill Campbell

972-935-0673

willied53@sbcglobal.net

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We Need Not Walk Alone.

We are The Compassionate Friends.

TCF Mission Statement

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.

Calendar

Feb. 18, 2015 7:00 p.m.

Pregnancy and Infant Loss Support Group

March 3, 2015 7:00 p.m.

TCF Lubbock Chapter Support Group

March 18, 2015 7:00 p.m.

Pregnancy and Infant Loss Support Group

April 7, 2015 7:00 p.m.

TCF Lubbock Chapter Support Group

**TCF National Conference,
Dallas, TX**

July 10-12, 2015

From the Editor:

I don't know about you but the winter months start to drag around this time of year. The holiday decorations are finally packed away (well, mostly) and things seem to be on hold...awaiting those first buds on the trees and the arrival of those first daffodils popping up. I tuck my holiday memories of Shayne away, take a deep breath and await the upcoming spring and summer anniversaries of her death and birthday.

We all understand this cycle. For some of us, the days of remembrance follow in close succession. For others the days are spread out over the year. Some are going through this cycle for the first time; others are further along on their grief journeys. Regardless....we hurt. We hurt A LOT! As I approach the end of my fifth year without Shayne (can it be?!) I am in awe of the courage of every grieving parent I know. Only those of us who have experienced such pain can understand what it takes to survive. You are my heroes and inspire me to get up and face each day.

I hope this Valentine's Day you will savor the love between you and the child, sibling, or grandchild you are mourning. As my favorite author Willa Cather wrote, "Where there is great love, there are always miracles."

Sending love,
Sharon K.
(Shayne's mom)

WE NEED NOT WALK ALONE

The Compassionate Friends (TCF), Lubbock Chapter has no individual membership fees or dues, and all bereaved family members are welcomed. However, donations are encouraged to support the monthly chapter meetings, the monthly newsletter, and outreach activities to families on the South Plains who have lost a child.

Please consider a love gift to continue the work of TCF Lubbock.
All donations are tax-deductible.

Name_____

Address_____

City_____State_____Zip_____

Email_____

Phone_____

In memory of:

_____Relationship_____

Make check payable to: The Compassionate Friends, Lubbock Chapter

Mail check to: Joe Froelich, Treasurer, TCF Lubbock
3505 77th Drive
Lubbock, TX 79423