

**April 2012**



## Tampa Bay Chapter

P.O. Box 3226  
Tampa, Florida  
33601-3226

www.bpusatampabay.com

*This month's newsletter lovingly sponsored by  
the family of:*

*Joseph "Joe" D. Martinez*

### MEETING INFORMATION

#### **Regular Monthly SUNDAY Meeting**

(held the second Sunday of the month)

**April 8, 2012**

**6:30 pm**

**St. Joseph's Hospital  
Medical Arts Building, Auditorium**

*3001 Martin Luther King Jr. Blvd.*

*Call Linda Delk at 813-661-0680*

*for directions or information. There will be a meeting on Easter  
Sunday*

#### **Regular Monthly DAYTIME Meeting**

**Riverview/Gibson/Brandon areas** (held the second  
Friday each month)

**Friday, April 13, 2012**

**10:00 a.m. to Noon**

**The Greater Brandon Chamber of Commerce**

*330 Pauls Drive, Brandon, Florida 33511*

*Please call Linda Delk at 813-661-0680*

*for directions or information.*

#### **Regular Monthly PLANT CITY Meeting**

(Normally held the first Wednesday of each month)

**Wednesday, April 4, 2012**

**7:00 to 9:00 p.m.**

**South Florida Baptist Hospital**

*301 N. Alexander Street, Plant City*

*in the Community Conference Room*

*Call Janice Falcon at 813-997-1709*

*for directions or information.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	<b>APRIL 2012</b>		

### April Showers Bring May Flowers by Traci Cooley

When Malena died, the pain of her death was so overwhelming I did not think I could bear the pain. When I would attend monthly meetings and people would tell me that over time my grief would change into something different, it was so hard to imagine and wrap my mind around. I could not believe there would ever be a time when my heart would not be just broken and a total mess over my baby dying. Then one day, I realized that I had not cried at random moments. I felt guilt over this but thankfully I knew from my friends it was ok to let that guilt go I was healing; slowly but I was healing. Another day came when I realized it was not necessary to always have tissues in the car right next to me because I was not crying every time I was alone in the car. Another stage of healing had come. Each of these stages in the grieving process has been a bittersweet time for me. I have learned a lot about myself and my family during this process; I would only trade it for Malena. Otherwise the lessons are worth keeping. I will never forget my lovely Malena Rose, but I also know moving forward in my grief is so important to being healthy for my husband and my surviving children. I feel as if the April showers of these years of grief have brought a surprise of May flowers for us to enjoy, but we had to look for them.

**Bereaved Parents/USA National Office**  
**Post Office Box 95, Park Forest, IL 60466**  
**Phone/Fax: (708) 748-7866**  
**www.bereavedparentsusa.org**



## Chapter News

### Angel of Hope Information

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

#### Located at:

*Riverside Park  
201 Riverhills Drive,  
Temple Terrace*

#### Mailing Address:

*P. O. Box 2573, Lutz, FL 33548  
813.495.7539*

### *Angel of Hope Brick Dedication*

*April 21, 2012*

*RSVP to Jackie Loadholtz*

*By April 11, 2012*

*813-625-1468*

Check the website for more information:

[www.angelofhopetampabay.com/index.html](http://www.angelofhopetampabay.com/index.html)

### Telephone Friends

Need to talk? Having a bad day? Call one of our Telephone Friends. They're here to lend a knowing ear because they've been there. Don't hesitate to call, we understand.

Linda Delk (General Information)	(813) 661-0680
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Sue Bowditch (Adult Child)	(813) 390-9734
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Theresa Farmer (Homicide)	(813) 994-0707
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Traci Cooley (Drowning)	(813) 464-4525
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Ron Ellington (Suicide/Grandparent)	(727) 410-2308
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Charles L'Homme (Accidental Death)	(813) 335-7628
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Debbie Nemitz (Long Term Illness)	(813) 907-1441
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Barbara or Tommy Dietrich (Death of an Only Child)	(813) 340-9120
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Serena Graves (Sibling Contact)	(813) 810-7169
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Violeta "Cookie" Fernandez (Se Habla Espanol)	(813) 996-4281
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<b>CRISIS CENTER</b>	<b>211</b>
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## Love Gifts

Brenda Dixon in Memory of her son  
Anthony Dixon

### **Love Gifts-A Thoughtful Way to Remember**

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. Our Chapter work is done by volunteers and these donations help us reach out in many ways, including the preparation and mailing of the newsletter.

### **Refreshments**

Some of us like to remember our child's birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child. Thank you!

### **Sponsor A Newsletter Page**

Anyone can sponsor a page in this newsletter in memory of their child. The price for a full page is \$55 which includes one black and white scan of one photograph and your tribute to your child, which can include poems, stories or whatever you like. Your contribution supports the chapter and helps pay for the printing of the newsletter.

To sponsor a newsletter page, contact Traci Cooley at 813-464-4525 or [coolfamily6@verizon.net](mailto:coolfamily6@verizon.net). Please note that sponsorship pages are due by the 15th of the month BEFORE the publication month.

### **Address Change**

If you have an address change, the Postal Service will NOT forward! They return to us—FOR A FEE, SO **PLEASE** LET US KNOW IF YOU HAVE A NEW ADDRESS.

# IN LOVING MEMORY OF

*Joseph D. Martinez*  
*"Joe"*

*April 23, 1972 - October 13, 2007*



*Joseph, It's been four long years.*  
*Happy Birthday.*

## *On Angel Wings*

On angel wings, my prayers ascend beyond the darkest night  
Transformed by the radiance of Heaven's golden light.  
Beyond the moon and countless stars, The smallest prayers are heard,  
And in time, each one is answered according to His word.  
On angels wings, the answers come in unexpected ways,  
Bearing fruit in human hearts through work and deeds and praise.  
And even when the answer's "No!" we know we have been blessed,  
For in the world of "might have been" He surely knows what's best.  
On angel wings, I'm lifted up from the depths of despair  
And taken to the mountain top because God heard my prayer!  
On angel wings, our lives are changed and nothing is the same  
When prayers are heard and answered and people praise His name.

*Love, Mom*  
*We miss and love you.*  
*Your loving family,*

*Mom, Patty, Mike, Brittany & Michael*



## Our Children . . . Remembered

*So long as we live, they too shall live ... For they are a part of us as we remember them.*

### April Birthdays

Alvarez, Dean 4/28/1965 - 6/12/2000 M-Diana Stenglein B-Nadie Alvarez S-Athena & Lynette Alvarez	Hines, Heather 4/28/1975 - 11/25/1998 M - Sue Hines	Nadir, Peter 4/6/1971 - 2/8/2003 M-Barbar Nadir S-Sue McFowan	Roark, Kelli Colin 4/30/1990 - 8/30/1998 P - Joe & Angel Roark B - Kyle & Kaleb Roark GF - Ron Ellington
Bliss, Lindsay Rebecca 4/26/1977 - 12/1/1991 P - Jim & Mary Beth Bliss S - Shannon Bliss	Holdren, Scott 4/10/1986-5/31/2007 M-Donna Henry	Nelson, Bella 2/4/2004-4/26/2010 M-Cyndi Nelson	Rusnack, Tamara 4/6/1972 - 7/23/2004 M-Donna Johnson
Buckley, Deja' 4/26/2001 - 4/26/2001 P - Lisa John & Wade Buckley	Horst, Trey 4/16/1974 - 9/8/2000 P - Art & Linda Horst B-Todd & Thad S-Trisha & Tammy	Noriega, Aiden 4/4/2001 - 6/18/2001 P - Rick & Ethal Noriega	Rutkowski, Eric John 4/11/1981 - 7/16/2003 P-Linda & Ron Rutkowski GP-Ray & Doris Pomorski
DeRoche, Cameron Gaines 04/11/89 - 01/25/95 P - Peggy & Karl DeRoche S - Mary Amber DeRoche	Jakenbowski, John 4/18/1968-1/15/2008 M-Marsha Shemela B-Jason Jakenbowski	O'Connor, Ashley Lauren 4/12/1991 - 4/8/1996 M-Pamela Hite-Bocchino B-John O'Connor GM-Victoria Hite	Sluder, Keith Joseph 4/25/1964 - 5/11/2006 P-Tom & Judy Sluder Children-Keith II and Miranda Grandaughters-Kali & Ella Mae S-Theresa & Kathryn B-Tom III N/N-Israel, Brandon & Brandy
Geiger, Jacob 4/9/2003 - 4/9/2003 M-Darla Geiger B-Jared Geiger S-Brooke Geiger GP-Kenneth & Barbara Dykes	L'Homme, Ryan 4/16 /81 - 3/23/00 P - Charles & Teresa L'Homme S - Courtney L'Homme	Pegram, Baby Boy 4/1976 - 4/1976 P - Earl & Susan Pegram S - Jodi & Robin Pegram B - Scooter & Craig Pegram GP - Betty Jennings	Spellman, Xavier Lane 4/17/2006 - 4/17/2006 M-Veronica Lane
Gladen, Renee' Rose 4/21/1961-11/17/1999 Sister- Diana Gladen	Littlechild, Will 4/6/1979-7/4/2008 M-Lula Richardson S-Patricia Littlechild	Pegram, Jodi E. 04/06/70 - 07/22/01 P - Earl & Susan Pegram S - Robin Sue Pegram B - Scooter & Craig Pegram GM-Betty Jennings	Todd, Joan 4/22/1960 - 3/12/2004 M-Mary McCord
Hamm, Rusty 4/23/1960 - 4/2/2004 P-Ramon & Rita Hamm Spouse-Joy St. Martin Daughter-Sydney Hamm	Martinez, Joseph D. 4/23/1972 - 10/13/2007 M-Josie Martinez S-Patty Camunas	Rardin, Kelly Rose 04/17/1993 - 04/17/1993 M - Lori Rardin	Wilson, Lisa A. 4/14/1978-7/5/2010 P-David & Patti Wilson
Heath, Austin Noah 4/6/2000 - 7/4/2000 P - Isaac Heath & Regina Jacobs GM - Gigi Schools	Mohammed, Ian Roger 04/19/73 - 08/02/92 P - Judy & Rick Mohammed S - Alison Mohammed B - Cameron Mohammed	Regis, Chad 4/7/1971 - 3/22/2005 P-Ray & LaRae Regis GP-Bea Forbes	

I give you this one thought to keep - I am with you still - I do not sleep. I am a thousand winds that blow, I am the diamond glints on snow, I am the sunlight on ripened grain, I am the gentle autumn rain. When you awaken in the morning's hush, I am the swift, uplifting rush of quiet birds in circled flight. I am the soft stars that shine at night. Do not think of me as gone - I am with you still - in each new dawn.

*If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and contact Traci Cooley at [coolfamily6@verizon.net](mailto:coolfamily6@verizon.net) or 813-464-4525 to correct the information.*

*Please bear with us as we are transitioning the newsletter. Any errors are unintentional and we sincerely apologize in advance.*

*Call any of our telephone friends if you are having a hard time on these days. We truly understand your pain; for we, too, remember our own children.*



## Our Children . . . Remembered

*So long as we live, they too shall live ... For they are a part of us as we remember them.*

### April Anniversaries

Baker-Dixon, Lori Kathleen  
10/29/1975 - 4/12/2001  
Mother to Ryan & Wife of Rusty Dixon  
P - Donna & Ron Budd and Marie & Bill Baker  
S - Tracy Goodson & Phylcia Baker  
B - Jamey Baker

Berry, Michelle  
3/8/1967 - 4/2/2003  
P-Joanne & Lawrence Ouellette  
B-Russ, David, Scott & Joe  
S-Denise Volo  
Son-Bobby

Blazowich, Anthony Michael  
2/20/1984-4/5/2006  
P-Daniel & Marianne Blazowich

Buckley, Deja'  
4/26/2001 - 4/26/2001  
P - Lisa John & Wade Buckley

Burger, Jeffrey Robin  
02/05/61 - 04/20/97  
M - Cecelia Burger  
B - Hal & Curt Burger

Cason, Todd  
10/28/1968 - 4/12/2003  
P-Earl and Kay Cason

Clark, Kellen William  
3/16/82 - 4/15/02  
F - Bill Clark

Corbett, Shaun  
7/8/1985 - 4/23/2003  
M-Ellen Corbett

Daniel, Michael John  
8/19/1990-4/1/2010  
P-Paul & Nadine Daniel  
B-James Daniel  
GP-Lewis John Daniel and Steve & Margaret James

Decosta, Brittany  
11/19/87 - 04/07/91  
M - Kay Decosta

Dixon Jr., Anthony Howard  
11/27/1978 - 4/1/1996  
M - Brenda & Toney Dixon  
B - David Dixon

Geiger, Jacob  
4/9/2003 - 4/9/2003  
M-Darla Geiger  
B-Jared Geiger  
S-Brooke Geiger  
GP-Kenneth & Barbara Dykes

Hafford, Lauren Elizabeth  
2/17/1977 - 4/13/1999  
P - Gwen & John Hafford  
S - Lindsay & Lesley Hafford

Hamm, Rusty  
4/23/1960 - 4/2/2004  
P-Ramon & Rita Hamm  
Spouse-Joy St. Martin  
Daughter-Sydney Hamm

Jones, Sherry  
1/18/1971 - 4/27/2000  
M - Brenda Copeland

Langford, Todd Allen  
01/05/78 - 04/27/01  
P - Fred & Janice Langford  
B - Robbie Langford  
S - Kathy Peterson  
G/P - Betty Williams & H.P. & Ruby Langford

Leyde, Darek  
7/17/1967 - 4/23/2003  
P-Vern & Julie Leyde  
S-Traci Gainforth

Makowski, Anthony  
5/20/1983 - 4/24/2005  
M-Cathy Makowski

Muse, Jennifer Lee  
08/07/71 - 04/04/92  
M - Gretchen Muse  
F - Robert Muse, Jr.  
GP - Bob & Gladys Muse  
GM - Dorothy Deisch

Nelson, Bella  
2/4/2004-4/26/2010  
GM-Cyndi Nelson

O'Connor, Ashley Lauren  
4/12/1991 - 4/8/1996  
M-Pamela Hite-Bocchino  
B-John O'Connor

Pegram, Baby Boy  
4/1976 - 4/1976  
P - Earl & Susan Pegram  
S - Jodi & Robin Pegram  
B - Scooter & Craig Pegram  
GP - Betty Jennings

Rardin, Kelly Rose  
04/17/1993 - 04/17/1993  
M - Lori Rardin

Shockey, Ann  
11/08/56 - 04/26/70  
P - Dick & Connie Shockey

Spellman, Xavier Lane  
4/17/2006 - 4/17/2006  
M-Veronica Lane

Stallard, Judy Lynn  
02/28/1981 - 04/24/1981  
M-Patricia (Stallard) Bass  
F-Joe Stallard

Thomas, Destiny Jean  
10/1/1990 - 4/24/1998  
F-Craig Thomas  
B-Braxton and Justin  
GP-Betty Thatcher and Marty & Carol Thomas

Thornton, Jeremiah  
8/29/84 - 4/13/01  
M - Tim & Sue Thornton  
B - Jason  
S - Amanda

Tucker, Vince  
3/8/1972 - 4/26/2005  
M-Glenda Tucker  
A-Judith Gude

Valdez, Joseph Martin  
6/3/1974 - 4/24/2007  
M-Carolyn Aviles

Waller, Lauren Marie  
12/12/1990 - 4/16/2000  
M - Kristine Colding & Bryan Strahan  
B-Christopher  
S-Faith  
GP-Joyce & Gene Waller

Wallowicz, Michael (Mikey) Kevin  
10/23/1981 - 4/28/1990  
P - Jim & Judy Wallowicz  
B - Jimi Wallowicz  
GM-Josie Varselona

Webb, Eric Richard  
7/1/1985 - 4/2/1999  
P - William & Kathleen Webb  
B - David Webb

Williams, Travis Aaron  
9/11/1979 - 4/19/2000  
P - Bill & Linda Williams  
GP - Loretta Ayers, Raymond Ayers & Edna Williams

Wynne, Adam Charles  
10/13/1971 - 4/24/1993  
P-Chuck & Gloria Judson  
S-Lori Wynne  
Father to Morgan Wynne

Young, Billy  
7/14/2003 - 4/17/2006  
P-Bill & Sandy Young



### A BRIDGE CALLED LOVE

It takes us back to brighter years, to happier sunlit days and to precious moments that will be with us always. And these fond recollections are treasured in the heart to bring us always close to those from whom we had to part. There is a bridge of memories from earth to Heaven above . . . It keeps our dear ones near us, It's the bridge that we call love.

## VOYAGE TO STRENGTH ON SUNNY SHORES

2012 NATIONAL GATHERING - TAMPA, FL - JUNE 29 - JULY 1, 2012



### WYNDHAM WESTSHORE TAMPA

REGISTRATION 30.00 PER PERSON

7 MEAL PACKAGE \$125.00 (AFTER APRIL 30TH PRICE INCREASES TO \$145.00)

INCLUDES: 3 BREAKFASTS, 2 LUNCHES & 2 DINNERS

### KEYNOTE SPEAKER: BRUCE MURAKAMI

In 1998 Bruce's wife and daughter were leaving the Publix Grocery Store on Hillsborough Ave in Tampa, FL, when two teenage boys who were drag racing hit their van. Both were killed. The Hallmark Movie "Crossroads: A Story of Forgiveness" is Bruce's story about how he forgave the teenage driver who killed his wife and daughter. Since the trial, they have been traveling together across the country, talking to teens about safe driving.

### *Additional Speakers:*

**Darcie Sims**, PH.D, CHT, CT, GMS, Bereaved Parent. She Co-founded and is the President of Grief, Inc. She is also the author of many books. Darcie is featured in the award-winning video series "Good Grief" produced by Iowa Public Television and has been featured in several other videos as well.

**Jan Howard**, She experienced two infant deaths, a son killed in Vietnam, and a son who died through suicide. Grand Ole Opry Star and Author of the book "Sunshine and Shadow".

**Alice Wisler**, -Alice has four children – Daniel died on February 2, 1997, at the age of four, from cancer treatment. Founded Daniel's House Publications in her son's memory. Published two memorial cookbooks, "Slices of Sunlight" and "Down the Cereal Aisle".

**Becky Russell, MARN**, She and her husband are the parents of three girls. Mar. 2004, Jae Lynn, her oldest daughter was killed in a tragic car accident. She was the keynote speaker in 2007 and has presented many workshops at Bereaved Parents of the USA National Gatherings.

**Donna Corrigan**, Donna's son Matt was killed in an auto accident – his five sisters and Donna survived. She has been on the BP/USA national board of directors and served for many years as the leader of the Hinsdale, IL Chapter of BP/USA. She was the Chair of the 2007 Bereaved Parents of the USA National Gathering in Chicago.

## BP/USA 2012 National Gathering

### Hosted by the Tampa Bay Chapter

### *"Voyage to Strength on Sunny Shores"*

To make reservations call the hotel at 813-289-8200. Tell the reservation agent you are with the Bereaved Parents of the USA Group. The BP/USA discounted room rate is \$94.00 plus tax for a double or king size room for up to four people per room. This discounted rate is available for any night from Friday June 22nd through Tuesday July 3rd. Reservations at this rate must be made by **June 12th, 2012**.

**We are still in need of workshop presenters applications are available at:**

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



## How Long Does It Take to Mend a Broken Heart?

by Karyl Chastain Beal

Julian Austin, Canadian country singer, released a song called "Should Be Over You." He sings, How long does it take to mend a broken heart? After the heartache and tears, lonely and hurting, one night stands and drinking ain't working, and missing you has near killed me a time or two, then after that I should be over you."

Austin's explanation of how long it takes to get over a broken heart refers to a romantic love that ended, but his words could apply to hearts that break when someone we love dies, also.

Broken hearts are not like broken legs. If I fall down the steps and break my leg, it will hurt, but a doctor can prescribe medicine to take away the pain. The medical staff can set my leg so that the bones will grow back together. Within a few months, I should be able to run as well as I did before the fall. Our bodies have a wonderful way of healing themselves.

On the other hand, if we experience a broken heart, it's a whole different story! As Austin sings, drinkin' won't work, and there's no medicine that will take away the pain. And if there are doctors that can fix our broken hearts back, they must be hiding in Tazmania because I can't find them in south Georgia or on the World Wide Web.

In spite of the bleak picture, our hearts do have the capability of healing, in due time. They may never work as they did before the tragedy, but they should be able to attain a level of functioning that we can be comfortable with. The key words are in due time.

bereavement-poems-articles.com

### SELF CARE FOR THE BEREAVED *By Maureen Kramlinger* (A Three Part Series)

#### Physical Care /Nutrition

- ◆ Eat healthy foods: Avoid junk foods.
- ◆ Drink plenty of fluids: water and juices
- ◆ Avoid alcohol and caffeine.

**Exercise** -works best when done out of doors, and early in the evening, if possible

- ◆ Can help clear your mind and improve concentration.
- ◆ Generates a feeling of accomplishment and control.
- ◆ Releases chemicals to promote a sense of well-being.
- ◆ Increases energy and enhances the body's ability to fight disease.
- ◆ Strengthens the heart muscle and improves flexibility.
- ◆ Helps control weight and improves muscle tone and appearance, which helps to improve self image.
- ◆ Promotes better sleep at night, as muscles relax after exercise.
- ◆ Reorganizes and redirects static energy to help you feel calmer.

The tears streamed  
down and I let  
them flow as freely  
as they would,  
making of them a  
pillow for my heart.  
On them it rested.  
~St. Augustine



# Our Credo

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys.

We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our tears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible.

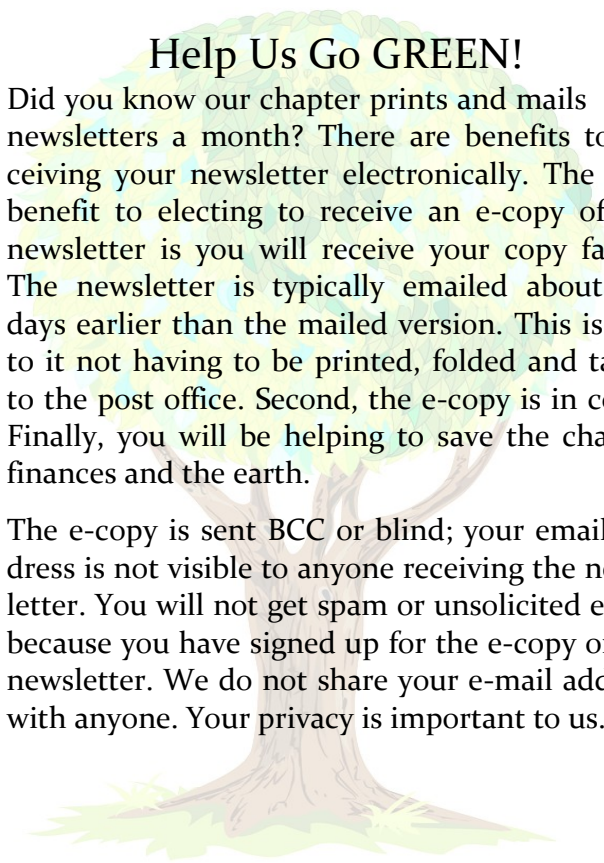
Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, our color, our affluence, or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family.

We are the Bereaved Parents of the USA.  
We Welcome You.

## Help Us Go GREEN!

Did you know our chapter prints and mails 600 newsletters a month? There are benefits to receiving your newsletter electronically. The best benefit to electing to receive an e-copy of the newsletter is you will receive your copy faster. The newsletter is typically emailed about 5-8 days earlier than the mailed version. This is due to it not having to be printed, folded and taken to the post office. Second, the e-copy is in color! Finally, you will be helping to save the chapter finances and the earth.

The e-copy is sent BCC or blind; your email address is not visible to anyone receiving the newsletter. You will not get spam or unsolicited email because you have signed up for the e-copy of the newsletter. We do not share your e-mail address with anyone. Your privacy is important to us.



## Address Correction Requested

Please do not delay.

**April 2012**  
POSTMASTER - Dated Material

The Bereaved Parents of the USA  
3805 San Juan Street  
Tampa, FL 33629



Non-Profit Organization  
U.S. Postage Paid  
Permit #3415  
Tampa, FL 33634

