



Tampa Bay Chapter

P.O. Box 3226
Tampa, Florida
33601-3226
www.bpusatampabay.com

April 2011

This month's newsletter lovingly sponsored by the families of:
Eric John Rutkowski

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

April 10, 6:30 p.m. See below for a scheduled special program

*St. Joseph's Hospital
Medical Arts Building, Auditorium
3001 Martin Luther King Jr. Blvd.
Call Beverley Hurley at 813-832-3175
for directions or information.*

Regular Monthly DAYTIME Meeting

Riverview/Gibsonton/Brandon areas

(held the second Friday each month)

Friday, April 8, 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 fourth Monday each month)

Monday, April 25, 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 813-779-9353
for directions or information.

UPCOMING EVENTS

YOU DO NOT WANT TO MISS!!

Angel of Hope Annual Spring Tea

Saturday, April 30, 2011

9 a.m. - Noon

*Doors open at 8:30am.

*Wyndham at Westshore
(formerly Quorum Hotel)*

700 N. Westshore Blvd. in Tampa.



Join us for a celebrity MC, fun entertainment, great food & fantastic raffles!

Seats are \$35 per person.

Table of eight may be hosted for \$280.

Corporate Sponsorships (table of 8)

Silver Tea Set Sponsor- \$3,000; Fine China Tea

Set Sponsor- \$2,000; Crystal Tea Set Sponsor- \$1,000;

Linen Sponsor- \$350.

Please contact Lourdes Arenas to register in advance and **before April 9th** (813) 416-2536

Hurry and get your tickets!!

Call Gina Casal (813) 495-7539 to donate raffle items!

Tickets may be purchased on line at

www.angelofhopetampabay.org

We now accept Paypal on line!

NOTE: The next AOH Brick Dedication will be Saturday, May 14, at 10 am.

| 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 |
| | | | | APRIL 2011 | | |

"Hope for the Day" from SilentGrief.com
<http://www.silentgrief.com>



April 19, 2010

Spring is a time when all of the world awakens from the long sleep of winter. New life can be found everywhere- flowers blooming, green grass growing, the sunshine warming the soil to make way for planting of our gardens. But, when we are fighting the fears, sadness, and loneliness of a loss, spring doesn't seem very near to us at all! All of our life still feels like the cold ache of winter is holding onto us with its harsh, icy grip.

When will "our spring" arrive? That's a question that every person walking the difficult path of grief asks. When? When will I feel the new energy and life of spring once again?

That answer is different for every person who is striving to find spring in the midst of winter. Hidden deep within the soul is a seed of hope waiting to be nurtured just enough to begin growing. Do you believe in spring? Of course you do! That tiny belief will be strengthened as you walk among the flowering fields and gaze at the blue sky that seems to shout to all of the world that today is a new day!

Continue to feed that small belief of spring, and at just the time when you most need it, your spring will arrive! Your hope is alive, and your spring will arrive! -C. Hinton

"Those of us who have worked through our grief and found there is a future, are the ones who must meet others in the valley of darkness and bring them to the light."

~Rev. Simon Stephens

Chapter News



ANGEL OF HOPE UPDATE

www.angelofhopetampabay.com

Located at :

Riverside Park

201 Riverhills Drive, Temple Terrace

Mailing Address:

P. O. Box 2573, Lutz, FL 33548

813.495.7539



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Love Gifts

Donated by Charles & Teresa L'Homme

In loving memory of their son

Ryan L'Homme

4/16 /1981 - 3/23/2000

Donated by Tom & Judy Sluder

In loving memory of their daughter

Keith Joseph Sluder

4/25/1964 - 5/11/2006

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!

Chapter Library Books

If you have finished reading a BP/USA Library book, please, **please** return it to our library. There is no time limit for how long you can have a book, but the longer you borrow a book, the less opportunities other bereaved parents have to read it. We also gladly accept book donations.

Contact Tommy or Barbara Dietrich at (813) 234-4705 or visit one of our three monthly sharing meetings to return a book, arrange a donation or inquire about an available title.

Sponsor A Newsletter Page

Anyone can sponsor a page in this newsletter in memory of their child. The price for a full page is \$60 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 Beverley Hurley at (813) 832-3175 (email bee.hurley@gte.net). Please note that sponsorship pages are **due by the 15th of the month BEFORE the publication month.**

Electronic Newsletter

The Newsletter is available electronically. To receive it by Email, send your name and email address to: bee.hurley@gte.net and indicate your desire to switch from regular "snail" mail to email. Email recipients will also receive additional news and information, while helping our chapter save costs. We very much appreciate your cooperation by helping us out this way!

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.

We Can Always Use the Help!

There are dozens of tasks that go into running our chapter and our special events, from helping set up the meeting room, to finding potential articles & poems for the newsletter, to working on public relations. We can always use the help. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in little or large ways, please contact Beverley Hurley 813-832-3175 or bee.hurley@gte.net. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

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

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



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

Bliss, Lindsay Rebecca
4/26/1977 - 12/1/1991
P - Jim & Mary Beth Bliss
S - Shannon Bliss

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

DeRoche, Cameron Gaines
04/11/89 - 01/25/95
P - Peggy & Karl DeRoche
S - Mary Amber DeRoche

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

Gladen, Renee' Rose
4/21/1961-11/17/1999
Sister- Diana Gladen

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

Heath, Austin Noah
4/6/2000 - 7/4/2000
P - Isaac Heath & Regina Jacobs
GM - Gigi Schools

Hines, Heather
4/28/1975 - 11/25/1998
M - Sue Hines

Holdren, Scott
4/10/1986-5/31/2007
M-Donna Henry

Horst, Trey
4/16/1974 - 9/8/2000
P - Art & Linda Horst
B-Todd & Thad
S-Trisha & Tammy

Jakenbowski, John
4/18/1968-1/15/2008
M-Marsha Shemela
B-Jason Jakenbowski

L'Homme, Ryan
4/16/81 - 3/23/00
P - Charles & Teresa L'Homme
S - Courtney L'Homme

Littlechild, Will
4/6/1979-7/4/2008
M-Lula Richardson
S-Patricia Littlechild

Martinez, Joseph D.
4/23/1972 - 10/13/2007
M-Josie Martinez
S-Patty Camunas

Mohammed, Ian Roger
04/19/73 - 08/02/92
P - Judy & Rick Mohammed
S - Alison Mohammed
B - Cameron Mohammed

Nadir, Peter
4/6/1971 - 2/8/2003
M-Barbar Nadir
S-Sue McFowan

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

Noriega, Aiden
4/4/2001 - 6/18/2001
P - Rick & Ethal Noriega

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

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

Pegram, Jodi E.
04/06/70 - 07/22/01
P - Earl & Susan Pegram
S - Robin Sue Pegram
B - Scooter & Craig Pegram
GM-Betty Jennings

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

Regis, Chad
4/7/1971 - 3/22/2005
P-Ray & LaRae Regis
GP-Bea Forbes

Roark, Kelli Colin
4/30/1990 - 8/30/1998
P - Joe & Angel Roark
B - Kyle & Kaleb Roark
GF - Ron Ellington

Rusnack, Tamara
4/6/1972 - 7/23/2004
M-Donna Johnson

Rutkowski, Eric John
4/11/1981 - 7/16/2003
P-Linda & Ron Rutkowski
GP-Ray & Doris Pomorski

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

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

Todd, Joan
4/22/1960 - 3/12/2004
M-Mary McCord

Wilson, Lisa A.
4/14/1978-7/5/2010
P-David & Patti Wilson



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
Child-
Spouse-

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
GM-Victoria Hite

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, Zavier 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



If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and call Beverley Hurley at (813) 832-3175 to correct the information. 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.

The Grief of Older Parents

It is difficult for society, in general, to understand the complexity of the loss of a child, no matter the age. Probably the two least understood losses are those at either end of the spectrum; the unsuccessful pregnancy, including stillbirth and death shortly after birth, and the loss of an adult child.

In the first case, they wonder why the parents grieve for someone they "didn't know", and in the second case, they think that because the child no longer lives at home—perhaps had a family of his own and was no longer a part of his parents' everyday life—that the pain of the death shouldn't be so bad. They seem not to understand that our children are a part of our lives, for all of our lives—no matter how far away they may be...We continue to love them and to develop new relationships with them, over time.

Older parents have poured time, effort and love into the rearing and shaping of a child. They have had the time to see the end result of all their work. In most cases, they are finally able to like and enjoy the adult who has emerged. The child becomes a friend. When the child dies, two relationships are lost as well—parent-child and parent-friend.

Even if the child has not turned out to be all that the parents had hoped for and has caused unhappiness with, for example, his alcoholism, the loss is no easier. The parents have probably been very much involved in this child's problem—worrying about him and being a part of his support system becomes a way of life. When this child dies, the parents lose what has probably become the center of their life. In addition, they love him, no matter what his shortcomings, and they grieve for his loss, as well.

Imagine the situation of a widowed mother, in her 60's or 70's, who has been relying on her son, in his 40's or 50's, to help her with such things as car problems, financial decisions and the upkeep of her home. If she has health problems, he has probably seen to it that she gets the proper medical care. He may have been providing financial assistance or have assured her of a place in his home should the need arise. Suddenly, this child dies. It is as if the mother were an orphaned, young child. Fear and insecurity become a real part of her life. She mourns the loss of her child—and the loss of the parent her child has become.

Some children never leave home. Older, retired parents find their daily lives revolving around the routine comings and goings of this adult child. Sometimes the adult child is at home because of a long-term illness or a disability.



The parents' lives have, by necessity, been focused on that child and his needs. In either case, when the child dies, the parents' lives are turned upside down. What do they do with their time? They have lost their child and the focus of their lives.

If the dead child has left children, grandparents may have new concerns and responsibilities. They know that it is important to maintain a good relationship with their dead child's spouse. In time, she may find a new partner and begin a new life. To avoid being cut off from the grandchildren,

the grandparents will need to keep in touch, but not intrude. This can be tricky—especially if previous relationships have not been good. The grandparents don't want to lose their grandchildren, too! If the surviving spouse is not able to care for the children, grandparents may find themselves in the role of parents—just at the time their reserves of emotional and physical energy are most depleted.

Most parents, whatever their age, would gladly have taken their child's place in death, but older parents have to deal with inordinate amounts of survival guilt. What right do they, who have lived so long, full lives, have to be alive when their child is dead? "It should have been me!" A large part of survival after the death of a child is being able to motivate yourself to re-invest in life. If you aren't able to accomplish this after an appropriate length of time, you won't fare as well as those who can. If most of your life is behind you, as in the case of older parents, this reinvestment

is very difficult. They have already known many deaths over the years and expect to lose many more family and friends—soon. They are at an age when they are forced to face their own mortality. Many older parents are not as mobile as they once were and find it difficult to develop new interests. Motivation, though not impossible, certainly is difficult. Although time helps in the healing process, older parents often feel that they don't have "that much time". This feeling makes re-investment in life difficult and giving up easy.

All of us want to be understood. We want others to accept the unique aspects of our grief. By better understanding the grief of older parents, we gain new insight into others—and ourselves.

(based, in part, on an article by Mary Cleckley, National BP/USA)

Monumental Journey of the Heart

July 29-31, 2011

Sheraton Reston Hotel, Reston, Virginia

Located just 25 minutes from downtown Washington, DC near Dulles Hotel rate \$99 per room (plus taxes), up to 4 people per room. Rate honored 3 days before and 3 days after the Gathering. Call 1-800-561-9186 to make your reservation or visit www.starwoodmeeting.com/Book/BereavedParents.

Outstanding Speakers and Workshops, Sibling Program! Meal Package only \$149.00 for seven meals.

If you are interested in presenting a workshop fill out the on-line application www.bereavedparentsusa.org or print out an application and mail to: P.O. Box 7675, Woodbridge, VA 22192. Deadline for workshop applications is March 15, 2011.

For more information contact Jodi Norman, Gathering Chair at 703-910-6277 or e-mail: bpusa.nova@yahoo.com.



Happy 30th Birthday, Eric



We love you,

We miss you,

We will never, ever forget you!

.....Until we meet again in God's time.

All our love,

Mom, Dad, Grandma, & Grandpa

A mass remembering Eric will be said April 11th

at St. Joseph's Church in Zephyrhills at 8am

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.

LIVE ONE DAY AT A TIME

By Rabbi Earl Grollman
From "Living When a Loved One Has Died"

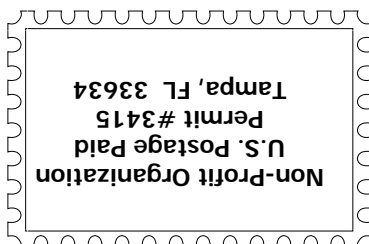
Memories—
tender, loving, bittersweet.
They can never be taken from you.
Nothing can detract from the joy and the beauty
you and your loved one shared.
Your love for the person
and his or her love for you
cannot be altered by time or circumstance.
The memories are yours to keep.
Yesterday has ended,
though you store it in the treasure-house of the past.
And tomorrow?
How can you face
its awesome problems and challenges?
It is as far beyond your mastery
as your ability to control yesterday.
Journey one day at a time.
Don't try to solve all the problems of your life at once.
Each day's survival is a triumph.

"When you accept what has happened, you aren't acknowledging that it is okay but rather, that you know you must find a way to keep growing and living-even if you don't feel like it... [Don't let] grief be your constant companion...Realize that your grief is born out of unconditional love for your child and rejoice in that love which will never end... Embracing life again is not a sign that you have stopped missing your baby, but an example of a love that is eternal."

~ WISCONSIN PERSPECTIVES NEWSLETTER

Address Correction Requested

POSTMASTER - Dated Material
April 2011
Please do not delay.



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

