



The Compassionate Friends

Supporting Family After a Child Dies

TCF OF BEAVER CREEK ROGERS, OHIO

JAN. ♡ FEB. ❁ MARCH 2014 ISSUE 3 VOLUME 3

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THE DIFFERENCE BETWEEN GRIEF AND DEPRESSION

From Finding Your Way Through Grief: A Guide for the First Year, page 31
By Marty Tousley, RN, Certified Bereavement Counselor

When grieving people feel sad we often say that they are depressed, but the sadness from grief is not the same as the sadness of depression because grief is not an illness. Grief is the emotional, psychological, physical and spiritual pain we feel when a person close to us dies. It is a normal human reaction caused by our love and attachment to the deceased loved one. Sadness is an expected part of grief and it is a natural response following the loss.

Depression is a treatable illness and one of several common mood disorders marked by loss of interest or pleasure in living, decreased self-esteem, shame, feelings of hopelessness and despair. Many people suffering from depression cannot imagine

ever feeling better. The mood disturbance in depression is pervasive and unremitting and any positive mood fluctuation is usually minor without treatment intervention.

Shame and guilt are common in depression. When they occur in grief they often involve feelings of not having done enough for the deceased before his or her death, or regret over things said and done while the person was alive. In depression, the feelings arise from a fundamental belief that one is wicked or worthless.

Persons who have experienced previous depressions are especially at risk for becoming depressed at times of profound loss. Treating a griever's clinical depression is a balancing act because sadness is an appropriate, natural stage of loss and clinical depression is a disorder. As difficult as they are to endure, both sadness and depression slow us down and take us to deeper places that allow for healing.

Major depression, however, has the potential to become a medical emergency with risk for suicide. For the most part, grievors do not want to kill themselves, but the threat of suicide from anyone must be taken seriously. To read more about suicide, please click

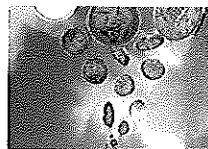


Thoughts of Suicide During Grief. In the United States, one in ten men and one in five women will suffer from depression at some point in their lives. Grief is universal to any person who experiences loss. Depression and grief share many features: sadness, tearfulness, anger, anxiety, loneliness, social withdrawal, forgetfulness, appetite and weight changes and poor sleep. (continued on page 2).....

*Sometimes....the things we can't change.....
end up changing us.*

PENNIES FROM HEAVEN

A few years ago, I read an article about people who were finding pennies that gave them comfort in connection with lost loved ones they were missing. Some connections happened to be where the pennies were found. Places familiar to both them and their loved ones. Another connection is the dates that had special meaning. Sometimes it was just the pleasant surprise of finding the penny and



having the warm memory of our loved one flood over us. I have experienced this at times. One of those times was soon after Joshua, my grandson died in a car accident. I found 3 pennies together.

One dated 1963, the year Dave and I were married, one dated 1964, the year our daughter Connie, (Joshua's mom) was born, and one dated 1987, the year Josh was born. I know in my heart that nothing happens by accident and how comforting it was to find these 3 pennies together.

Cheryl Hall
TCF of Beaver Creek,

MONTHLY MEETING

Rogers Community Auction Dining Room
45625 St. Rt. 154
Rogers, Ohio 44455
Meeting the 3rd Monday every month
6:00 p.m.

Meeting dates:
Jan. 20, Feb. 17, Mar. 17

UPCOMING EVENTS

- *Making memories quilt.
Date to be announced
at March meeting*

REGIONAL COORDINATOR

Dean Turner

Phone: 1-740-453-6206

Email: edean@aol.com

NATIONAL OFFICE

The Compassionate Friends

PO Box 3696

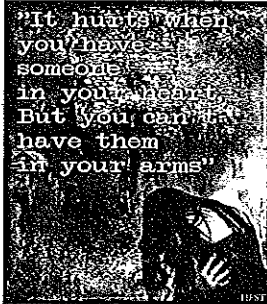
Oak Brook, IL 60522-3696

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www.compassionatefriends.org

THE DIFFERENCE BETWEEN GRIEF AND DEPRESSION (CONT. FROM PAGE 1)



Grievers can also lose interest or pleasure in living, and cannot imagine ever feeling better because life is unbearable; but the mood fluctuations come in waves washing over the griever and the dark moods respond to empathy, support, and most of all, the passage of time. Even in deep raw grief, moments of happy reminiscences are possible. Grief, although intensely painful and sad, moves us towards learning how to live without our loved one in a forever-changed world. The reactive depression of prolonged grief, however, is a destructive "stuck place" that causes us even more pain because we cannot move forward. Friends and family often react to sadness by avoidance or becoming

eternal cheerleaders because most people cannot tolerate melancholia for extended periods of time. Seek out those few who can sit with you without telling you to cheer up or get on with your life.

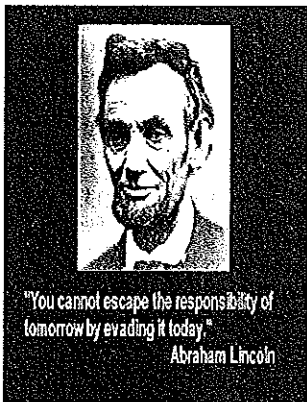
Grief has no timetable and no absolutes. Grief may be universal, but we all grieve in our own way. How bad do we have to feel before we seek outside help? There are moments in all our lives when we can benefit from professional counseling but only you can decide: How sad is sad?

Learn more about the differences between grief and clinical depression at:

GriefCounselor.org

Are You Grieving or Depressed? By Beth Erickson, Ph.D.

BEREAVED PRESIDENTS: DID YOU KNOW?



Twenty of our 42 presidents and their wives are bereaved parents:

- John Adams, lost his son Charles, 20, while he was president.
- Thomas Jefferson had six children and only two lived to maturity. One daughter, Mary, 26, died while he was presi-

dent.

- James Monroe lost a son two years of age.
- John Quincy Adams lost a daughter in infancy; a son died while Adams was president; and another son died five years later.
- William Harrison had ten children; six died before he became president.

- Zachary Taylor had six children; two died as infants and a daughter died three months after her wedding.
- Millard Fillmore's daughter Abigail died at 22.
- Franklin Pierce lost two sons in infancy. Two months before his inauguration to the presidency, their only child, Benjamin, 11 years old, was killed in

LOVING LISTENERS

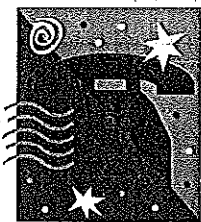
If you are having a difficult day, or just need someone to talk with, Call a friend below:

Missy Woods (330) 885-0870

Connie Welsh (330) 227-9144

Kathy Bennett (330) 207-1445

Linda Dattilo (330) 720-9187



Friendship doubles our joy and divides our grief

OUR CHILDREN REMEMBERED

BIRTHDAYS

Jonathan Welsh Jan. 17, 1988
 Daniel Glenn Jan. 23, 1986
 Emma Jane Elliott Jan. 12, 2013

ANGELVERSARIES

Daniel Glenn Jan. 13, 2013
 Emma Jane Elliott Jan. 13, 2013
 Mark House March 2, 2013
 Jessica Mackall March 6, 2011



You can love someone so much.....but you can never love them as much as you miss them. -John Green

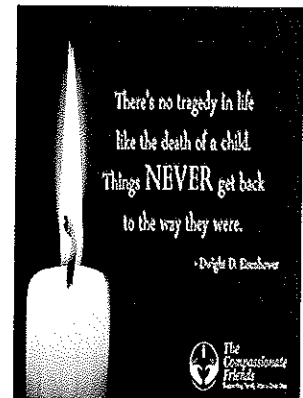
BEREAVED PREDIDENTS CONT. FROM PAGE 2

a railroad accident
 • Abraham Lincoln, lost two sons during his lifetime: Edward, four years old, while President Lincoln was in office; and William, 11 years old.
 • Rutherford B. Hayes had eight children, three of whom died in infancy.
 • James Garfield had seven children; two died while still infants.

- Chester Alan Arthur's eldest son died in infancy.
- Grover Cleveland's eldest daughter, Ruth, died at 13 years of age.
- William McKinley, lost both children: Ida, four months old, and Katherine, four years old.
- Theodore Roosevelt's son died at 21 years of age.
- Calvin Coolidge had a son, Calvin Jr., who died at 16

while his father was in office

- Franklin Roosevelt's son, Franklin Jr., died in infancy.
- Dwight Eisenhower's son, Doug Dwight "Icky," three years old, died at Camp Mead, Maryland.
- George H.W. Bush lost his daughter Robin at age 3 to leukemia in 1953
- John Kennedy 2 day old son Patrick died in 1963



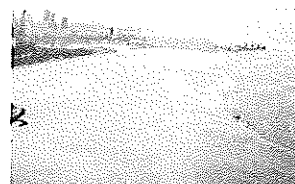
"The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally.

With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again." ~

Simon Stephens,
 founder of The Compassionate Friends

H.O.P.E.

HOLD ON, PAIN ENDS



In the English language there are orphans and widows, but there is no word for the parents who loses a child.

Jodi Picoult

- sayinggoodbye.org



The Compassionate Friends

Supporting Family After a Child Dies

TCF of Beaver Creek
P.O. Box 31
Elkton, Ohio 44415

330-932-9303

tcfofbeavercreek.weebly.com

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 a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

OUR CREDO

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, 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.

