



July/August 2024

caring & sharing news  
*Helping rebuild lives following the death of a child*

Volume 21, Number 4

## Annual Picnic and Lotus Flower Lantern Release

Locust Shade Park  
Marigold Pavilion

Sunday, October 6, 2024  
4:00 p.m.

On Sunday, October 6, 2024, join us at our Annual Picnic and Lotus Flower Lantern Release to remember all the children who died too soon but are still in the hearts of family and friends. As we release lotus flowers on the pond we are reminded of the beauty that our children brought into our lives.

Please bring a dish to share for our Pot-Luck Picnic. Chicken, Hot Dogs and Drinks will be provided by the chapter.

Monetary donations are appreciated to cover the cost of the lotus flower lanterns and picnic expenses.

Each person will receive one lantern unless you request additional lanterns.

To RSVP go to: <https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-50257526-annual>

For more information contact Jodi Norman at 703-656-6999 or email:  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com).

## September Pot Luck Dinner

Wednesday, September 18<sup>th</sup>

7:00 p.m.

Larson Home

6900 Cole Timothy Ct

Manassas, VA 20112

Main dish and drinks will be provided by the Larsons.  
Please bring a side dish or dessert to share.

RSVP:

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-50310948-september>

### Please Check E-mails & Facebook

Almost all of our Chapter Communication is done via email. Please check your emails at least once a week. Everything from the newsletter to Chapter Announcements are sent through email. It would also be helpful to respond to all emails sent regarding the Chapter. That lets me know that you did see the email and that I have a correct email address – a simple “got it” would be better than no response at all!

It would also be helpful if you would join our private Facebook page. Please check this page on a regular basis. A Facebook page has been set up for our chapter. Members can join our group at **Bereaved Parents of the USA/Northern VA Chapter**. This is a closed group for privacy purposes, so nothing posted here will go into your regular News Feed for your regular FB friends to see. Request to join the group and approval will be sent to you.

### Rock-It Creations

If you would like to have a rock in the Memorial Garden in memory of your child, sibling or grandchild, we highly recommend that you order through “Rock-It Creations.” The rocks are river rocks and will last a life-time! Your rock can be personalized and customized. Please order the large size rocks, either the custom or standard rocks, for our Memorial Garden. There is no shipping charges or taxes on the rocks.

Go to Rock-It Creations’ website to order a rock in memory of your loved one, <https://www.rockitcreations.com/>

If you have any questions,  
contact Jodi Norman  
at 703-656-6999 or  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com)



## Butterfly Release

Sunday, August 18

Hello, everyone! This has been one hot Summer so far! Hopefully, come August it will get a little cooler.

We have the Butterfly Release at the Bereaved Parents Memorial Garden on Sunday August 18 at 5:30 pm at St Benedict Monastery at 9535 Linton Hall Rd in Bristow, Va 20136.

Please sign up via Sign-Up Genius, so we know how many to expect. **Please RSVP by August 1.** This helps us get an idea of how many butterflies we need to order so everyone that signs up and gives the number attending with them will each have a butterfly to release. We ask for \$5 donation for each butterfly ordered to help cover the cost of the butterflies.

Please RSVP at:

<https://www.signupgenius.com/go/10C0948ACAE22A4F8CF8-49366381-butterfly>

It is always so warm that foods that need to stay cooler may not hold up well so we will provide water with flavor packets and finger snacks that are weather worthy. Please bring chairs or blankets to sit on.

You may contact me via

email: [ruane.beverly@yahoo.com](mailto:ruane.beverly@yahoo.com) or

cell: 703-395-9546 (call or text)

Or Jodi via email: [bpusanova@gmail.com](mailto:bpusanova@gmail.com) or

cell: 703-656-6999.

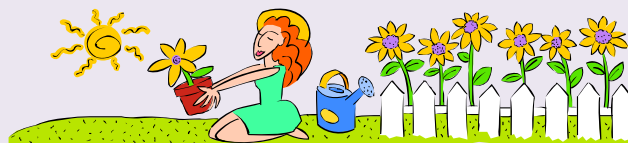
The program is always so meaningful with the highlight of releasing our butterflies as our children’s, grandchildren’s and sibling’s names are read. I have 2 people so far that would like to participate in the program plus music. There are still plenty more spots to be a part of the program. Please contact me by August 1 if you are interested so we can include you.

Thank you in advance.

I also want to thank everyone that has worked so hard to ready the garden to enjoy and those that have been watering and continue to do so during these record hot temperatures to keep it from drying up and to stay as beautiful as it is. If you have not volunteered yet but would like to please let me or Jodi know. Volunteers are always needed and there is always something to do.

We look forward to seeing you for this special ceremony.

Hugs, Beverly



**There is a meeting for everyone! Join us at one of these meetings!**

## **Caring & Sharing Meetings**

**In-Person Meetings:**  
**First United Presbyterian Church**  
14391 Minnieville Road  
Dale City, VA  
**4<sup>th</sup> Sunday @ 3:00 p.m.**

**Manassas Church of the Brethren**  
10047 Nokesville Road, Room 207  
Manassas, VA 20110  
**1<sup>st</sup> Thursday @ 7:00 p.m.**

**Zoom Meeting:**  
**2<sup>nd</sup> Thursday @ 7:00 p.m.**  
I will send out an email with password and log in information prior to the meeting date.

For more information contact:  
Jodi Norman, Chapter Leader  
703-656-6999 (cell)  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com)

## **Sibling Support Group**

**The Virtual Support Group is making changes to the virtual meetings and they will now be held on the 2<sup>nd</sup> Thursday at 8 p.m.**

**If you are a bereaved sibling, over the age of 18, and are interested in participating in this Virtual Support Group, please complete the registration form at the link below.**

<https://forms.gle/Hcwkaet1XKN5Bk6T7>

## **SAAD**

**(Support After Addiction Death)**

**Meetings will resume in September**  
**Location and Date to be Announced**  
**At a later date**

For more information contact:  
Jodi Norman, Chapter Leader  
703-656-6999 (cell)  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com)



## **AMORe**

(All Murdered Offspring Remembered)

**2<sup>nd</sup> Sunday @ 3:00 p.m.**  
**3182 Golansky Blvd, Suite 101**  
**Woodbridge, VA**

**A support group meeting for parents whose children have been murdered.**

**For more info contact:**  
**Beverly Ruane**  
**540-628-4758 (h) or 703-395-9546 (c)**  
[ruane.beverly@yahoo.com](mailto:ruane.beverly@yahoo.com)

## **Life After Loss Support Group for Suicide Survivors**

**"Shining A Light for Those in Darkness"**



**1<sup>st</sup> Sunday of Each Month**  
**1:00~2:30 p.m.**

**Meetings held at ACTS**

**9317 Grant Ave, Manassas, VA**

For more information contact:  
Kimberly Fleming  
Office: 571-377-8134 or Cell: 703-349-9184  
email: [kimberly.fleming@djcfoundation.org](mailto:kimberly.fleming@djcfoundation.org)  
website: [www.djcfoundation.org](http://www.djcfoundation.org)

## **Support Group for Parents with No Surviving Children**

For more information contact:  
Nancy Vollmer  
703-217-8560 (c) or 703-390-0589 (h)

## **Attention Siblings**

Currently, our chapter does not have meetings specifically for Siblings. We have lots of bereaved siblings and need a bereaved sibling to volunteer to coordinate a meeting for siblings. These meetings can be in person or via Zoom.

If you are interested or one of your surviving children would like take on this role in the chapter, please let Jodi know by emailing [bpusanova@gmail.com](mailto:bpusanova@gmail.com).



## Photos Needed

It isn't too early to send photos of your child for our December Service of Remembrance Slide show. If I don't have your child's picture, please send to Jodi at [bpusanova@gmail.com](mailto:bpusanova@gmail.com) as soon as possible.

Anyone interested in a picture button of your child/children/sibling/grandchild, please let me know and I will make as many buttons as you would like to have.

Please email a picture, that you would like used to make a button, to [bpusanova@gmail.com](mailto:bpusanova@gmail.com). If I already have a picture, just let me know how many buttons you would like and I will use the picture I have.

*Please do not crop the pictures as the more space around the child the better!*

## Tell Us Your Story

Interested in sharing your child's story for a book designed to give other Bereaved Parents hope?



We are looking for parents who would be willing to be interviewed and have their story written (with your approval) OR write your own story for submission.

Contact Sue Cerrone for more info at 703-819-8604 or [Suebcerrone@gmail.com](mailto:Suebcerrone@gmail.com).

## Chapter Newsletters

If you like to write and would like to contribute to our chapter newsletters, I would love to include your writings about your grief journey in our newsletters. Our Newsletter is published 6 times a year. Email submissions to [bpusanova@gmail.com](mailto:bpusanova@gmail.com).

## Book Club

Our Book Club meets on the last Monday of the month at 7 p.m. **We will not be meeting in August.**

We meet in person at Sue Cerrone's home, 9564 Basilwood Drive, Manassas or on Zoom. The Zoom log-in will be emailed to everyone a couple days before the Book Club meets.

Please email [bpusanova@gmail.com](mailto:bpusanova@gmail.com), if you would like to receive emails about the Book Club.

For our July Meeting, we are reading the book Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore.

For our September Meeting, we will be reading When Tragedy Strikes by Laura Diehl. The author will be joining us via Zoom on September 30<sup>th</sup>.

Both books are available on Amazon.

For more information contact Sue at [suebcerrone@gmail.com](mailto:suebcerrone@gmail.com) or call 703-819-8604. Please RSVP if you are attending in person or on Zoom.

## Check Out Our Website

<http://www.bpusanova.com>

I need everyone's help in updating our website. If you have not already done so, please write a bio of your child and include a photo or a collage of pictures to include in "Our Children Remembered" Section. We would like to have all the children of our chapter included on this page. Please send submissions to Jodi at [bpusanova@gmail.com](mailto:bpusanova@gmail.com).



Happy Heavenly Birthday,  
Tony  
We miss you  
and love you  
so much.  
Seize the day and the Angel  
Food Cake!!

Anthony Turchiano  
8/04/79 ~ 4/29/17

## Refreshments

If you would like to remember your child's birthday or the anniversary of his or her death please bring your child's favorite cake or cookies to the meeting that month.

Please let Jodi know that you will be bringing refreshments.

# A Nerd's Guide To Grief

By: [Brooke Carlock](#)

## MY LIFE IN GRIEF

I absolutely, freaking hate the saying “Life only gives you as much as you can handle.” If that’s the case, then just call me Atlas, baby, because apparently life thinks I can handle the weight of the world on my shoulders. I’ve endured a laundry list of traumatic events that has made everyone close to me wonder exactly whom I pissed off in another life. Maybe someday I’ll write a memoir, and I’ll go into a bit more detail about some of these events later in the book, but for now I’ll give you the Cliffs Notes version.

Age eight: Dad moves out and parents start a nasty divorce that will take years to finalize. My mom never talks to my dad again and will not be in any location where he is. She misses birthdays, graduations, weddings, and basically every major event for my three brothers, my sister, and me.

Age ten: My grandfather, whom I adored and who lived next door to me my whole life, dies. His funeral is on my tenth birthday.

Age fourteen to twenty-two: The rest of my grandparents die.

## SUDDEN LOSSES

Age twenty-three: The day before my due date with my first son, I discover that my husband has been having an affair with a coworker for over a year. It completely rocks my world.

Age twenty-three: My thirty-two-year-old sister Shannon dies unexpectedly in her sleep from pneumonia, leaving behind a five-year-old child and a two-year-old child.

Age thirty-nine: My sister-in-law Heather dies of transplant-related brain cancer after a long illness.

Age forty: On Valentine’s Day, I find out that my husband has had another year long affair with a different coworker. We get divorced. Within two years, overwhelmed as a single mom with three young kids, I run through a million red flags and marry my second husband, creating a blended family of six.

November, age forty-three: My dad dies of a heart attack in his car on his way home from work.

November, age forty-three: My stepmother overdoses on pills and alcohol on the day of my dad’s funeral and dies.

## DEATH OF A DAUGHTER

February, age forty-four: My ten-year-old daughter Libby dies in a tragic car accident. My son Max, 18, was driving the car and ran a stop sign and their car was hit by a truck. He suffered a head injury but survived. My middle child, sixteen-year-old Grayson, was supposed to be in the car but took an extra shift at work.

March to August, age forty-four: Separation and divorce from my second husband, returning me to single mom status.

October, age forty-four: My twelve-year-old Husky Koda dies.

April, age forty-five: My mom dies after a long battle with pancreatic cancer.

When I say I know firsthand how much grief sucks, I truly do. I’ve had a front-row seat to a lifetime shit show of “What else can Brooke handle?” It definitely hasn’t been easy, and it definitely hasn’t been fun. But the thing is, I’ve survived, and I’ve managed somehow to come out a little stronger and wiser on the other side.

(Okay, maybe I’ve come out a smidgen more cynical, too. But that just makes me funnier and more relatable, right?)

## STUDYING GRIEF

How have I managed to, as they say in the deliciously sappy TV show, *This Is Us*, “take the sourest lemon that life has to offer and turned it into something resembling lemonade”?

That’s a complicated question, but for starters, I think being a nerd helped me walk this horrible road. I have always loved reading, writing, and learning about new things. When I find myself interested in a topic, I dive into deep rabbit holes and study as much as I can about it. In the past, my interests were always suitably nerdy—studying the Wars of the Roses and British Tudor history, for example.

Now I study grief.

Excerpted from [Grief Sucks: \(But Your Life Doesn't Have To\)](#)

Article posted on Open to Hope Website on  
April 22, 2024

# Do We Ever 'Get Over' The Death of a Child?

By: Anne Dionne

## GETTING OVER A CHILD-LOSS

There was a time when I believed that people should "get over" their grief by the 12th month following a loss. After all, isn't that what our society believes to be true?

In the summer of 1976, I was employed by a doctor in a medical office building. There were several other offices on our floor, and at noon time, I would meet with some of the other doctors' employees for lunch. One woman, whom we called Gracie, had lost her 16-year-old son two years prior in a drowning accident. Each day at lunch break, Gracie would speak about Lloyd almost as if he hadn't died. She would tell us stories about him and share her favorite memories.

## STRUGGLING TO KEEP CONNECTION

Quite frankly, the rest of us thought she was a little over the top and we grew tired of hearing the stories. One day, she shared that she had not touched his bedroom since he had died two years before-the bed wasn't made, and his clothing lay in the same place as he had left them on the day that he died.

Well, let me tell you that we were all flabbergasted, to say the least! "Isn't this pathetic?" we lamented. We were certain that Gracie would be ready to be locked up in a mental institution if she didn't receive immediate psychological attention.

## 'I GET IT'

Fast forward to May of 2001. I was the mother of a 19-year-old son who had lost his life in an automobile accident two days prior. As I prepared for his funeral, I couldn't get Gracie off my mind. I hadn't thought about her since I left my old job in 1976. I wanted to look her up and offer an apology. "Now," I thought, "I get it."

Here I am now, seven years after my son died. How long will it take for me to "get over it?" Well, I'm amazed that I am still here-that I didn't die when my son died. Only someone who has experienced a devastating loss can truly understand what that means.

Yes, I have joy in my life again. Yes, my life and relationships are stable, and I function normally again. I've come a long way since the days of lying on the cemetery grass near my son's gravesite in tears while talking and singing to him. Yes, I hope that I am graced with a long and healthy life. Am I over it? The clear answer is, "No."

I will never be over it, nor would I want to be over it. I keep my son's memory alive in my heart and soul. His body died, I believe, but his spirit lives on, and that gives me peace and purpose for living. His picture is still on my bedroom wall, and I occasionally wear his sweats. And if I ever find Gracie, we will have a real heart-to-heart talk over a nice warm cup of tea.

Article posted on Open to Hope Website on March 27, 2024



*Grief* opens a place in  
our hearts that we never  
knew could *hurt* so  
profoundly but it also  
opens this same place to  
a *love* we never  
imagined possible.

**Lisa Abaunza** 9/17/96 ~ 7/07/12

**Michael Alcantara II** 8/04/05 ~ 5/15/24

**Jason Alexander** 7/02/74 ~ 7/24/13

**Cora Rose Bardwell** 8/24/98 ~ 7/10/20

**James “Jimmy” Barnette** 7/11/98 ~ 6/03/06

**Jennifer Lynn Becker** 12/30/67 ~ 7/26/70

**Brandon Berenson** 11/24/92 ~ 8/30/21

**Trevor Austin Blake** 10/30/01 ~ 8/11/13

**Kenny Brooks Jr** 8/13/82 ~ 1/14/06

**Claire Rebecca Buckley** 7/27/11 ~ 11/17/16

**Brandon Bundy** 5/19/84 ~ 8/24/08

**Hailey Katlyn Cavin** 6/11/95 ~ 8/17/23

**Christopher Chapman** 8/01/88 ~ 1/13/07

**Jason A. Clover** 7/30/84 ~ 9/28/03

**David Joseph Cobb** 7/02/98 ~ 10/23/15

**Todd Clifford Coder** 7/23/84 ~ 9/24/10

**Sarah Beth Cole** 8/06/80 ~ 4/23/11

**Michael Costanzo** 7/07/98 ~ 12/22/20

**Rosanna Lynn Crist** 4/10/86 ~ 7/30/23

**Ryan Cross** 7/12/97 ~ 7/26/17

**Anthony Cruz-Santos** 7/06/04 ~ 7/12/21

**Gregory Dennis** 8/26/98 ~ 7/26/17

**Corey Martin Dill** 7/25/90 ~ 5/03/07

**Forrest Grant Dotson** 8/25/79 ~ 4/19/17

**David John Drumheller** 8/30/89 ~ 6/20/16

**Bryan Eastes** 8/18/80 ~ 4/18/17

**Val Keith Ensor, Jr.** 8/2/94 ~ 1/21/16

**Elizabeth A. Erickson** 7/23/89 ~ 9/14/89

**Robert Alan Finch** 7/27/70 ~ 1/02/01

**Omisha Flagg-McDowell** 8/28/80 ~ 7/08/21

**Rhonda Lynn Flannery** 7/31/63 ~ 11/10/01

**Bruce Lee Foxworthy** 8/29/75 ~ 2/11/12

**Clay Matthew Haga** 12/09/88 ~ 8/26/19

**Charlotte Gaston** 7/21/98 ~ 6/23/21

## We Remember Our Children

### Who have Birthdays and Death Dates in July and August

**Nathan Hamilton** 7/19/99 ~ 9/04/18

**Aliyah Henderson** 5/20/03 ~ 8/23/22

**Ashley Hoefling** 8/22/85 ~ 2/08/17

**Victoria Renee Holman** 12/27/98- 07/23/22

**Daniel Franklin Houston** 8/10/68 ~ 6/13/16

**Ethan Humphrey** 6/23/16 ~ 7/22/16

**Kyle Irwin** 7/27/92 ~ 4/21/20

**Jason Jackson** 8/20/92 ~ 9/12/15

**Ryan Gardiner James** 2/17/99 ~ 7/06/19

**John William Kennedy** 1/16/94 ~ 8/11/18

**Ryan George Khazmo** 7/10/02 ~ 10/16/21

**Kwadwo Amoako Kusi** 3/20/06 ~ 7/26/08

**Thomas Langston** 4/05/92 ~ 8/04/18

**April Lillicotch** 7/27/04 ~ 2/24/20

**Robert Loiseau** 8/22/72 ~ 5/27/93

**Sara Lott** 11/01/95 ~ 7/23/08

**Kyle Ludeman** 4/12/93 ~ 8/27/13

**Brienna Lux** 8/09/90 ~ 8/17/20

**Robert Henry Maples** 6/07/76 ~ 7/05/18

**Kevin McGuin** 2/08/88 ~ 8/26/08

**Emily “Tabor” McMullen** 1/26/84 ~ 8/31/12

**Derek Meffert** 4/21/95 ~ 8/15/10

**Annie Mirabal** 8/02/84 ~ 10/27/16

**Michael Joseph Moore** 7/13/71 ~ 1/09/09

**Christina Morgan** 7/30/80 ~ 3/13/02

**Johnny Ray Mullins** 7/11/61 ~ 1/22/02

**Elijah James Nealey** 9/08/10 ~ 8/22/12

**Nicholas James Nelson** 7/16/90 ~ 4/19/18

**Brian Scott Ogden** 7/04/87 ~ 12/24/17

**Kim Ouren** 9/19/57 ~ 7/22/18

**Thomas Parker** 8/26/92 ~ 4/15/19

**Evan David Peugh** 8/3/90 - 4/26/14

**Catzby James Pitzvada** 8/07/88 ~ 12/17/19

**Zane J Pitzvada** 8/22/92 ~ 9/14/11

**Linda Thompson Plewes** 7/16/51 ~ 3/21/02

**Kylene Marie Privett** 12/14/83 ~ 8/13/07

**Khalif Rashon Privott** 7/21/94 ~ 7/13/16

**Ronald Ralph, Jr** 7/27/66 ~ 11/04/02

**Clarke "Dani" Reese** 8/31/93 ~ 2/25/07

**Carl Andrew Runion** 7/27/94 ~ 5/14/21

**Vernon Santmyer, Jr.** 8/24/79 ~ 5/17/11

**Matthew Donald Scott** 8/07/78 ~ 7/19/20

**Gene “Tony” Sergeant** 8/10/87 ~ 9/14/07

**Klee Simmons** 3/27/89 ~ 8/09/15

**Brandon Simms** 10/10/80 ~ 7/14/95

**Cody Samuel Slayton** 12/11/12 ~ 8/09/21

**Liam Cole Slayton** 8/17/16 ~ 8/09/21

**Adelacia Smalley** 8/06/94 ~ 10/19/02

**Derek Smith** 6/26/77 ~ 1/29/24

**Kevin Smith** 8/24/79 ~ 3/28/16

**Tyler Smith** 9/20/92 ~ 8/01/06

**Daniel “Cody” Starr** 4/13/88 ~ 7/30/20

**Robert Starling** 8/02/93 ~ 2/04/18

**Michael “Ryan” Stevens** 7/07/87 ~ 5/30/07

**Grace Nicole Stone** 8/20/99 ~ 11/01/18

**Jerry Damon Taybron** 11/21/75 ~ 8/18/07

**Dana Thrall** 8/02/75 ~ 1/02/01

**Anthony Turchiano** 8/04/79 ~ 4/29/17

**Kisha Grace Woods** 8/06/17 ~ 8/06/17

**Kevin Woods** 12/08/93 ~ 8/06/14

**Jakari D. Wright** 3/31/97 ~ 8/18/18

We apologize if there are any mistakes in the “We Remember Our Children” section. If we spelled any names incorrectly, have any dates incorrect or your child’s name is not listed and has a birthday or death date during the months of July and August, please provide us with your child’s information so they can be included correctly in future newsletters.



## Bereaved Parents of the USA Welcome

We are the parents whose children have died. We are the siblings whose brothers and sisters no longer walk with us through life. We are the grandparents who have buried grandchildren.

We come together as Bereaved Parents of the USA to provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives.

We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

Together we celebrate the lives of our children, siblings, and grandchildren, sharing the joys and the heartbreaks as well as the love that will never fade. Together, strengthened by the bonds we create, we offer what we have learned from one another to every bereaved family, no matter how recent or long ago the death.

We are the Bereaved Parents of the USA.  
We welcome you.

## Upcoming Events Mark Your Calendars

**Sunday, August 18<sup>th</sup>** - Butterfly Release

**Wednesday, September 18<sup>th</sup>** – Pot Luck Dinner at Larson Home

**Sunday, October 6<sup>th</sup>** – Picnic and Lotus Flower Release at Locust Shade Park

**November TBD**– Luncheon & Birthday Cake Kits/Food Drive for Area Food Pantries

**Sunday, December 15<sup>th</sup>** (note date change) – Service of Remembrance Candle Lighting Service

**October 17-19, 2025** – Chapter Retreat at Roslyn Retreat Center, Richmond, VA

## Chapter Contact Information

Jodi Norman, Leader  
P.O. Box 7675  
Woodbridge, VA 22195  
Phone: 703-656-6999  
[bpusanova@gmail.com](mailto:bpusanova@gmail.com)



Bereaved Parents of the USA  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

## Someone Cares About You

If you are receiving this newsletter and have never attended one of our meetings, it is because someone who cares about you feels that our newsletter may help you on your journey through grief. We're sorry for the reason you are receiving this newsletter but invite you to attend our monthly meetings. We cannot take away your pain but we can offer friendship and support.



Attention: If you do not wish to continue to receive this newsletter or be on our mailing list, please let us know by contacting [bpusanova@gmail.com](mailto:bpusanova@gmail.com). Thank you!

## Fundraising

Our chapter has upcoming events that we will need funding for, especially our October 2025 Retreat.

We do have an opportunity to fundraise by selling concessions at concerts at Jiffy Lube Live. We will be able to get trained this fall but will not be starting until the 2025 concert season. More details will be coming soon.

Some ideas for fundraisers are:  
Restaurant Fundraisers  
Facebook Birthday Fundraisers  
Yard Sale/Bake Sale  
Sponsorships from Businesses  
Private Donations

If you have any other suggestions for fundraisers, please let me know. If anyone would like to volunteer to be the fundraising coordinator, I would love your help.