



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

Chapter email: [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

Tucson Chapter  
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**WALKING THIS VALLEY- Tucson Chapter Vol. 48 No.3 May-June 2026**

Welcome!

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard, but you have nothing to lose and much to gain. For many it is the first real step toward healing. Although it may seem overwhelming, we encourage you to come to several meetings to give yourself a chance to become comfortable. The hope of The Compassionate Friends is that those who need us would find us and that those that find us would be helped. TCF also provides information to help members be supportive to each other. We are not professional counselors. We are bereaved families who want to help each other.

**We're sorry for the reason you're here, but we're glad you've found us-Tucson TCF**

**Tucson Chapter Meetings: Christ Church United Methodist 655 N. Craycroft**

**Second and Fourth Wednesdays, 7-9pm**

**May 13, 27**

**June 10, 24**

**July 8, 22**

**My 3 Gifts For Lexi**

I gift to you a bucket, to hold a bucket full of tears,  
I've shed for you while grieving  
These past long, long three years.  
I gift to you a special place, in the corner of my mind.  
For you to stay forever,  
and pop out from time to time.  
And, I gift to you that little piece, of my aching heart,  
That you took along with you  
When we had to part.  
For I have plenty more tears, and my mind has lots of space.  
And, my heart is scarring over.  
It forms a mask to hide my face.  
These little things I gift to you, please accept them with my love.  
And I know that you are forever near.  
Whether spirit, or angel above.



Jim Wells TCF, Jefferson City, MO In Memory of my daughter, Lexi

**OTHER TUCSON IN PERSON AND ONLINE INFORMATION AND SUPPORT**

- \*Information & Referral Services: <http://www.211arizona.org/>
- \*Homicide Survivors, Inc.: 520-740-5729
- \*FOOTPRINTS-Pregnancy and Infant loss: 520-873-6590
- \*Tu Nidito/Children to Children: 520-322-9155
- \*Alive Alone <http://www.alivealone.org/> -for parent(s) who have lost their only child
- \*Survivors of Suicide..... 520-989-0467
- \*www.empactsos.org (suicide loss support group)
- \*Rachel’s Gift (pregnancy and infant loss-national group) [www.rachelsgift.org](http://www.rachelsgift.org)
- \*Miss Foundation <http://www.missfoundation.org/>
- \*babysteps.com
- \*griefwatch.com (books and products)
- \*Pomc.com (families of murder victims)
- \*webhealing.com
- \* thegrieftoolbox.com
- \*whatsyourgrief.com
- \*save.org (suicide awareness)
- \*taps.org (military death)

**CRISIS HOTLINE INFORMATION**

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
The National Institute for Trauma & Loss in Children (TLC)	1-877-306-5256
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773

**The 2026 Jim Click Millions for Tucson Raffle**



**This year Jim Click is donating a 2026 Nissan Frontier Pro-4X Roush® Edition as the Grand Prize in this year’s raffle! Second prize is two round-trip, first-class airline tickets to anywhere in the world (some restrictions apply) and third prize is \$5,000 in cash! Tickets can be purchased *only from participating charities* at \$25 each or 5 for \$100.**

## May Birthdays

JAZELLE ARMENTA  
PHILIP BIGGERS  
ZACHARY BOSSELER  
MIKE CARLSON  
AUDIANNA MARIE COTA  
AMANDA DEVILLERS  
JULIAN DOMBROWSKI  
JOEL ESPINOSA  
TESSA LEIGH GRIGGS  
SYDNEY REAGAN HESS  
ANDREW KEATON  
AMY KRUPPENBACHER  
BENJAMIN JOHN LAUX  
PANCHITO MEZA  
FERNANDO ORTIZ, III  
REBEKAH MARIE RAY  
STEVEN A SCANNELL  
JESUS TARAZON-ROSAS  
CARA LYNN THOMAS  
CONNIE CHRISTINE WILSON  
LUIS MIGUEL SALAZAR  
BODHI VINCENT DE SANTIS  
AARON JAMES "AJ" RACHUY  
CARMEN MARTINEZ RUSSO  
MARINA MAY WALDRIP

ROGER BEENE  
ARI BLATTSEIN  
JAKE BOUDREAU  
MONIQUE CELIA  
DREW DAVIS  
TROY EADLER  
WENDY FORD  
SAMANTHA FULCO  
MISSY HALL  
NICK JOHNSON  
KEITH KRAGE  
RICHIE LOPEZ  
SCOTT MULLEN  
ARIANA PORTUGAL  
NEAL REINACHER  
ROCKY STEWART  
SHERYL SCHUBERT  
SUSAN WAYNE  
CARL WALDENSTROM  
CARLY ANNE WOOLRIDGE  
ANTHONY RYAN ORANTEZ  
ANDRES (ANDY) DIONICIO  
SHANNON MICHAEL ROSE  
MATTHEW UNTERRINER

HUNTER BERGNER  
NINA BODEN  
ERICA LYN BOWDEN  
NOAH COHEN  
EMILIA F DOYLE  
BRUCE EDWARDS  
CURTIS LEE EHLERS  
JASMIN GAXIOLA  
JOSHUA HOLDEN  
TRAVIS KATHREIN  
KORY LAOS  
KENNETH LUIKART  
MARIELLE MENTZER  
MADELINE PREIN  
IAN LEE ROGERS  
JEAN E. STONE  
GENE WATKINS  
JUSTIN WITT



## May Remembrance Days

ANTHONY ABNEY  
PATRICK BENSON  
MADISYN BERTSCH  
NICOLAS JOURDAIN BURCH  
JAMES THOMAS BUSEY  
ELLILAH ROSE CHICO  
BODHI VINCENT DE SANTIS  
ANDRES (ANDY) DIONICIO  
GABRIEL ADRIAN GASTELUM  
JAMES EDWARD HAINES  
STACY ANN HEMESATH  
WRIGHT SAMUEL JOHNSON  
DALLAS LUCAS/BECKER  
GARETH OWEN  
BRANDEN PEASE  
JONATHAN ROSS  
DAVID SNEPP  
BECKA ROSENWALD  
JUDY TIPTON  
ANTONIO TORRES  
CARLY ANNE WOOLRIDGE  
MAKAYLA SOPHIA GUNDERSON  
THOMAS FRANCIS TAAFFE II

HAILEY AGUILAR  
DREW GYORKE  
ZAC BERTSCHY  
ALLIE BURCH  
BILL CARSON  
MORGAN COLE  
RYKEN EVERETT  
ASHLEY FRANCO  
KEVIN GEIS  
TRAVIS HEGERLE  
NICK JOHNSON  
JASON KRAUSE  
MORGEN McBRATNEY  
REYNALDO PARADA  
JUNIOR PHOTHONG  
MATTHEW SCOTT  
BETH STERN  
ZAKARY STORM  
CARA LYNN THOMAS  
AMANDA VIVIAN  
LIANE WILSON

MADISON ANGUIANO  
LEWIS HARPER  
JACOB EISNER  
MIKE CARLSON  
NOAH COHEN  
COLLEEN CONTER  
RICHARD HAYES  
CALUM GAYNOR  
JOSHUA GIBSON  
MARKO JAKSIC  
RYAN KNOTT  
KORY LAOS  
RYAN MCCRAY  
THOMAS WILLIAM NEAL  
ASHLEY REDPATH  
MADISON RODRIGUES  
LUNA SAYURI ROMERO  
AMY SVOBODA  
DAN TOMASKO  
NOAH WALTER  
DESTINY YORK  
HECTOR MANUEL SANCHEZ III

### **Tucson Chapter Steering Committee:**

Leader/Facebook: Kirsten Bice    Co-Leader: Sharon Farrell  
Treasurer: Nancy Richards    Library: Debbie Russell  
Editor: Diane Allison    Contributing Editors: All members- contributions wanted!  
Outreach/ Correspondence: Kirsten Bice, Nancy Richards, Kenny Allison  
Website: Julie Shulick    New Attendee Coordinator: Cat Morrow  
**Regional Coordinator: Denise** (Dean) Amore

**Remembrance Cards**    To receive remembrance cards for your loved ones birthday month and the death anniversary month, sign-up with your complete information, for the memorial book (<https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/>).

### **The Compassionate Friends National:**

Online Support information is available on the National Compassionate Friends Website at [www.compassionatefriends.org](http://www.compassionatefriends.org). (NationalOffice@compassionatefriends.org)  
The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions.

**Facebook Groups:** The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so they can confirm your request.

**Name Badges:** If you would like a name badge to wear on a lanyard at meetings please send your name, your child’s, grandchild’s, or sibling’s name, and a photo of your loved one to our email at [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)



### **National Conference**

Our conference is a place for bereaved families to find community and hope, while learning and sharing with others. Lifelong friendships are often made at the conference through meeting others who truly

understand the painful loss of a child, sibling, or grandchild. This eagerly anticipated event will take place in Baltimore, Maryland, during the weekend of July 2-5, 2026.



***You Don't Just Lose Someone Once (Submitted by Carol Tilton)***

You lose them over and over,  
sometimes many times a day.  
When the loss, momentarily forgotten,  
creeps up,  
and attacks you from behind.  
Fresh waves of grief as the realisation hits home,  
they are gone.  
Again.  
You don't just lose someone once,  
you lose them every time you open your eyes to a new dawn,  
and as you awaken,  
so does your memory,  
so does the jolting bolt of lightning that rips into your heart,  
they are gone.  
Again.  
Losing someone is a journey,  
not a one-off.  
There is no end to the loss,  
there is only a learned skill on how to stay afloat,  
when it washes over.  
Be kind to those who are sailing this stormy sea,  
they have a journey ahead of them,  
and a daily shock to the system each time they realise,  
they are gone,  
Again.  
You don't just lose someone once,  
you lose them every day,  
for a lifetime.  
-Donna Ashworth

## LONG-HAUL GRIEF

*Posted on March 10th, 2026 (compassionatefriends.org)*

The COVID virus gave us a new condition known as Long-haul COVID. Although the virus may be long gone, the person is left with persistent symptoms from the disease. These unlucky individuals are now being called “long-haulers.” Having just passed the 13th anniversary of my son, Danny, I realize that I have become a grief long-hauler. The sharp edge of grief may be gone, but I still carry the pain and emptiness of Danny’s death with me every day.

My grief has taken so many different forms during the last thirteen years. There were the early years of gut-wrenching pain and uncontrollable tears. Then there were the years where the pain and tears were less, but looking back on memories always brought on fresh waves of grief. Then I reached a point where the memories became more of a comfort and the tears came only when something triggered my grief, like hearing a song that Danny used to play on the drums. So now, thirteen years in, I believed that I had reached a plateau in my grief – always there and always the same. But I am finding that that is not the case. My grief has morphed again into something different.

As bereaved parents discover, the loss of a child is much more than the loss of the child’s physical presence; it is also the loss of hopes and dreams for the child. It is a loss of the present and the future. So in 2012, I lost all the things that I had hoped for in Danny’s future. First and foremost, was his recovery from substance use disorder. Then there was college and the hope that he could fulfill his dream of becoming an EMT and firefighter. I had hoped that he would be able to have a happy and healthy relationship with someone. I don’t think I consciously thought about marriage and children, but I am sure that that may have been in there somewhere. While I have always recognized these losses, I had a new realization the other day. Enough years have passed since his death that the future that I imagined for Danny has become the present in which I am living. The hopes I had for him were abstract, they lived in my imagination. But now I am faced with the reality of those expectations not being met and the hurt of that loss hits hard. It is the difference between thinking that those things will never happen for him and the truth that they didn’t happen for him. Perhaps this is too subtle a distinction, but it feels harder to accept this in-my-face reality.

What does this new grief look like? It looks like the young family in church with their two small children and their grandmother. It is the wife and family that Danny won't have and the relationship with grandchildren that I don't have. It is the conversation with friends as they talk about how their kids are helping with the care of their grandmothers and are getting married and having children of their own. It is the Christmas cards with my friends' now extended families. It's the void that memories can't fill.

Those of us who are grief long-haulers are still suffering, though it may not look like it to others. Time may smooth out the raw edges of grief, but its passage also presents us with new losses. We are continually challenged to find ways to cope with these losses. Expressing my feelings in a journal or through poetry helps me lighten the weight of my grief. The passage of time also challenges us to find ways to stay connected with our child(ren). I found that it is harder to keep Danny's memory alive now that we have moved to a different town and are spending time with people who never knew him. It also means that I can no longer go to the cemetery on his anniversary and leave the single red rose on his grave as I have done for so many years. I need to get creative in order to keep that connection alive. On his recent anniversary, we went to a restaurant that we visited on a family vacation and where we had an experience that became a part of Scott family lore. Danny had written a story for school based on our experience at that restaurant with his own twists and exaggerations of the event. I took that story and read it out loud at the restaurant. It helped me feel closer to him and was a reminder of his wonderful sense of humor.

Long-haul grief is real and those of us who are long-haul grievers know it. The hole in our hearts will never heal and our love for our child will live as long as we live. To those of us who say, "When will you get over it?" we will proudly answer, "Never!"

-Joan Baker Scott is a bereaved parent who lost her son, Danny, to suicide in 2012. She has attended several TCF national conferences. Joan has published a book for bereaved parents, "Getting Through the Days: A Journey from Loss to Life." Joan and her husband, Dan, were awarded the 2022 Grace Johnson Volunteer Appreciation Award from the Parmenter Foundation, a non-profit organization committed to helping grieving families build resilience and facilitating their journeys toward healing. Joan is a retired school librarian and lives on Cape Cod.

## Hands

Little handprints in a frame,  
Flashback of memories days long gone,  
yet still so fresh in my mind as if only yesterday.

Tiny hand of my baby girl, Fingers curled around my own,  
Only a reflex to some, But not in my mind,  
For me only the purest of loving connections.

Outstretched toddler hand reaching out for mine.  
trusting mother's protective grasp, maneuvering the busy streets,  
we skipped together, hand-in-hand.

Slender-fingered teenage beauty, polished nails, smooth scented hands.  
Seeking independence, Hands pushing me away,  
Sensing somehow her reluctance, Not really ready, not quite yet...

Hands of her adult years,  
I thought would have held mine as I navigated through the ageing years.  
Hands to comfort and hold, but never to be,  
I am left only with my memories, and tiny handprints, in a frame...

Cathy Seehuetter TCF St. Paul, MN In Memory of my daughter, Nina

## The Solitude of Grief

There are wounds one can't assuage  
For the cut is deep and bleeding  
Some wounds show no outward trace  
For it's the heart that's sore and needing

How does one cope with a broken heart  
A heart that's cold and lonely  
From where the strength to carry on  
From a grief that's shared . . . but yours only

Still in dreams we see them yet  
So young, so fair so alive  
I don't know how we cope with death  
But somehow – somehow we do survive

Always a part of this heart of mine  
Now tossed like a windblown leaf  
And I imprisoned in a world not mine  
In the solitude of grief



Harvey Hockstein TCF Morris Area, NJ In Memory of my daughter, Marilyn

## June Birthdays

ANDREW ACEVADO  
IAN BEAL  
MARK BRIDGEMAN  
KENNETH CHESTER  
ISABEL DRENZEK  
ERIC OGDEN  
NIKOLAUS SMITH  
GEOFFREY STENSON  
LUIS JAMES TIFFANY  
MARTIN VALENZUELA  
BRIAN WILSON  
HAILEY AGUILAR  
SUSAN M. BIEGER  
TRUDIE CALE

ARMANDO MARTINEZ-PACHO  
SABRINA KINSLEIGH WILLIAMS  
ANNA CECELIA GAXIOLA  
GREGGORY RYAN KAISER  
SANTINO MARTINEZ-PACHO  
RICHARD NICHOLAS UMBERGER

TIM GOAR  
MICHELLE HALEY  
JESSE GELSINGER  
KELLY HUYSER  
CODY KLING  
JARED MEANS  
TODD PIERCE  
AUSTIN ROBINETT  
JARED SMITH  
ETHAN STRASSMAN  
JASE BRYER TINSLEY  
PETER VELAZQUEZ  
JONATHAN ZINSLI  
BILL ANDERSON

EMILY RACHEL SILVERSTEIN  
COLLIN WILLIAM FORBES  
JAMES EDWARD HAINES  
LIEM MICHAEL O'ROURKE  
JORDAN CHRISTENSON  
BENJAMIN COLIN GOODRICH

RICHARD BLAU  
DANIEL HART  
ELIJAH HOOVER  
TYGE IRSKENS II  
CLAYTON LEVIS  
NIKKI PACKARD  
TIMOTHY O'DONNELL  
CARIE LEE SHAFFER  
DAVID SNEPP  
AMANDA SUMAN  
DAN TOMASKO  
JULIO C. VERGARA  
MARK CALHOUN, JR.

## June Remembrance Days

MICHAEL STEPHEN ACOSTA  
MICHEAL AUSTIN ANDERSON  
MORDECAI HARRELSON  
TAYLOR NICOLE THOMPSON  
AISLYNN TIANA MAGUIRE  
TIMOTHY ALLAN KENYON JR  
NICHOLAS ANDREW SAN ANGELO  
EMILY KATELYN ARRIAYA TORRES

GENNA AYUP  
AISLYNN TIANA DAVIS  
ASHLEY HOWARD  
SEBASTIAN MEYER  
ARIELLE IRENE RUBEN  
MARIO VERDUGO JR  
MIKE BALL  
BRUCE EDWARDS  
TRINA MCQUEEN  
BOBBY PARKINSON  
MEGHAN TOLLE  
DIEGO ANTONIO GADEA  
JOEL ARANDULES  
SYDNEY REAGAN HESS

ROGER BEENE  
GABRIEL GALLEGOS  
JACQUES MARGODT  
ADAM REICHEG  
KRISTEN YODER  
CHRISTIAN WATSON  
ISABEL DRENZEK  
THERESA HEATH  
ERIC MIRANDA  
ALEXIA ROBLES  
DUSTIN YODER  
MADELINE PREIN  
MITCHELL BARRINGAR

CHARLES "BUDDY" HOLLEY  
GARY DURRENBERGER  
ISAIAH BATES-SCOTT  
JOVAN ANTONIO ESCARCEGA  
FRANCISCO "CISCO" KNUDSON  
ARMANDO MARTINEZ-PACHO  
MAXFIELD LANE WILLIAMS  
SHANNON MICHAEL ROSE  
JORDAN FAULK  
RYAN HORN  
ISAIAH MARTINEZ  
SEAN SEGALL  
JASE BRYER TINSLEY  
CHARLOTTE WU  
CALEB FOSSLAND  
REESE HOTTEN  
PENELOPE OSWALT  
TARA SWAIN  
STEVIE WEBB  
THOMAS KILPATRICK  
MAVERICK CAMPISI





*The  
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Non-Profit Org.  
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Tucson, AZ  
Permit No. 2296

A National self-help, non-profit organization for families who have experienced the death of a child

THE TUCSON CHAPTER  
P.O. 30733  
Tucson, AZ 85751-0733

Return Service Requested



May-June 2026