



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

Tucson, AZ 85751-0733
(520) 721-8042
www.tucsontcf.org

National Headquarters
The Compassionate Friends
48660 Pontiac Trail #930808
Wixom, MI 48393
Toll free (877) 969-0010
www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 39 No. 4 July/August 2021

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

July 14, 28 August 11, 25 September 8, 22



I Remember

Dear one,
I greet you every morning
As I arise and look at your picture,
. . . and remember.
I see you every day
As I look at the field we walked,
. . . and remember.
I hold you every year
In my heart on your birthday
. . . and remember.
I grieve for you always
As the years come and go,
. . . and remember.
I hope to be with you again
As I pass into eternity,
. . . and rejoice.

Jean Fisk
TCF, Contra Costa County, CA
In Memory of my son, Barry

OTHER TUCSON SUPPORT GROUPS

- *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
- *MISS FOUNDATION <http://www.missfoundation.org/>
- *Survivors of Suicide..... 520-989-0467
- *Rachel's Gift (pregnancy and infant loss-national group) www.rachelsgift.org

Unless expressly stated, the views expressed in articles, poetry, etc. in Walking This Valley are not necessarily the views of The Compassionate Friends, The Chapter Steering Committee or the Editorial Team. The Editor reserves the right to edit any contributions.

Chapter Steering Committee

Leader: Kirsten Bice Co Leader: Kenny Allison

Editor: Diane Allison Contributing Editors: All members- contributions wanted!

Outreach/ Correspondence: Donna Ruboyianes

Facebook: Kirsten Bice, Cat Morrow

Website: Julie Shulick

New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell

Treasurer: Sharon Farrell

Facilitators: Cindy Walter, Tara/Melissa Chico, Diane/Kenny Allison, Deanna Dillon, Sharon Farrell, Cat Morrow, Debbie Russell, Donna Ruboyianes

Regional Coordinators:

Barb & Gene Caligari, Chandler, AZ; Denise Dean

Ongoing Events:



Fundraising-We are participating in the Jim Click Raffle. First Place: 2021 Ford Bronco Sport Badlands Edition. Second Place: 2 First Class Airline Tickets. Third Place \$5000! \$25 per ticket or 5 for \$100 and all money stays with our chapter.

We can also earn funds through Amazon Smiles and Fry's.

JULY BIRTHDAYS

ANTHONY ABNEY
JAMIE ARNOLD
DANIELLE BARNETT
MARK BATES
JENNIFER BUNNELL
JAMES THOMAS BUSEY
DEANA CAPPUCCIO
CARM-IDRELLE CASSEUS
ELLILAH ROSE CHICO
JENNY CRIM
JOHN CROCI
ANGELA DILLON
COLETON DAVID DORMAN
ANDREW GAINES
RYAN GRIFFIN GAMBLE
FRANK GARCIA
ELISA GASTELLUM
DONALD GREENE
ZACHARY TAYLOR JONES
JONATHAN KALOS
DAVID KETTUNEN
JASON KRAUSE
RAUL "RULLY" JR LOPEZ
GABRIEL LOPEZ
MORGAN LOR
CHRIS MAIER
DANIEL J. McCLAIN
RYLIE MCREYNOLDS
DALE MELLBERG
MARINA ESTRELLA PALOMO
TIMOTHY PARFREY
BOBBY PARKINSON
JASON PHANCO
SHAWN DOUGLAS RAMON II
EDWARD VINCENT ANDREW RAMOS
ALYSSA RILEY
KATHERINE RILEY
ERIC ALEXANDER RUBOYIANES
LANCE SENICK
JOSEPH SHIELDS
BABY TSOSIE SIQUIERUS
NATHAN SPANGENBERG
LINDA STUBBINS
TARA SWAIN
CINDEE TURNER
BRYSE VASQUEZ
JESSICA GRACE WING
SEAN HOLDEN



JULY REMEMBRANCE DAYS

PALINA ALDECOA
SEBASTIAN ALDECOA
JAMIE ARNOLD
JACK ATKINSON
JENNIFER BAIN
MARTY BEDELL
CHRISTOPHER BREY
PAUL BRUMBAUGH
BOB BRUMMETT
JENNIFER BUNNELL
SELENA BURNEY
ASHLEY CALLAHAN
WENDY CARBONEL
SHANTI CARLISI
JORDAN CHRISTENSON
ALEAH CRUCE
DREW DAVIS
COLETON DAVID DORMAN
KAREN FORD
MARTHA HARRINGTON
TIMOTHY HESKIN
ROLAND JAMES
DEVIN KAMBER
JOSEPH (JAY) KAPLINSKI
CLAYTON LEVIS
GABRIEL LOPEZ
PAIGE LOVE
SANTINO MARTINEZ-PACHO
SCOTT MILLER
ROLANDO MONGE
TODD PIERCE
CASSIE RAO
REBEKAH MARIE RAY
ALYSSA RILEY
KATHERINE RILEY
JOE ROMMEL
MAURICIO B. SALAZAR
JAMES SELBY
BABY TSOSIE SIQUIERUS
GEOFFREY STENSON
AMANDA SUMAN
KATHLEEN TEMPONE
JAMES THELEN
ROBERT ERIC TURNER
JAMES TURNER
MATHEW VYBORNY
MARINA MAY WALDRIP
JESSICA GRACE WING
BLIXA PARDEE
MICHELLE HALEY
CHRISTOPHER THOMAS ARNOLD

The Compassionate Friends Conferences:
2021 44th Annual “Uniting Grieving Hearts Across Our Communities”

As the Coronavirus pandemic continues to have strict restrictions for large gatherings, we have made the difficult decision to cancel the in-person conference in Detroit.

As in 2020 they will have a virtual conference with many workshops, keynote speakers, and a candle lighting. Save the weekend of July 16-18 to attend.

The Compassionate Friends National:

ONLINE SUPPORT information is available on the National Compassionate Friends Website at 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 we can confirm your request

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/>).

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

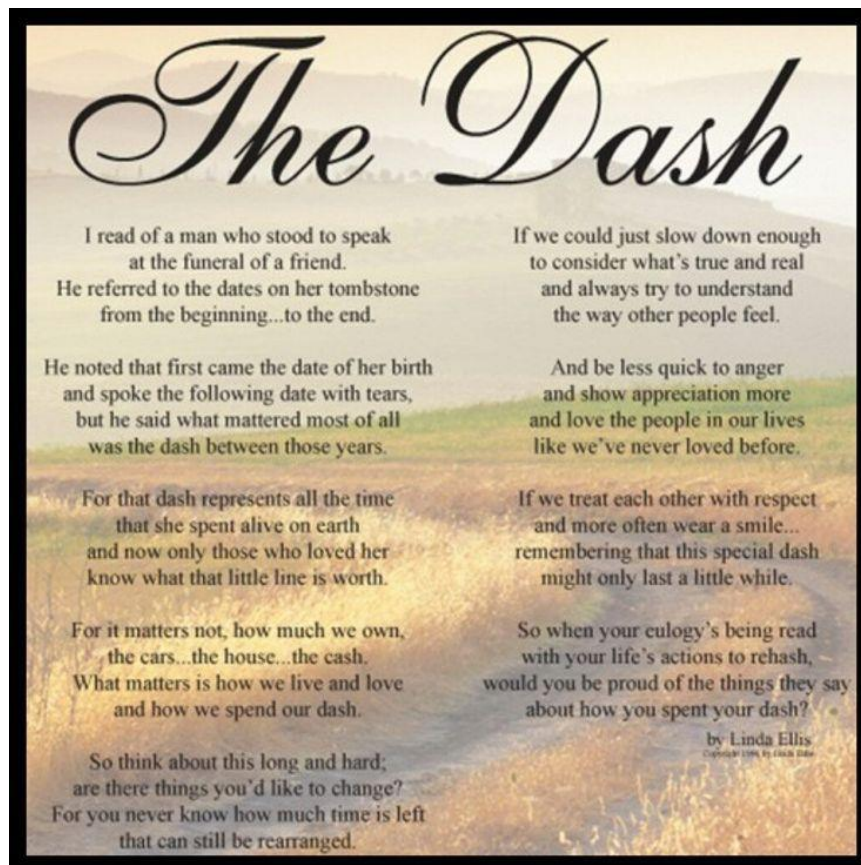
TCF-Tucson Outreach
By Carol Tilton

In January 1999 Larry and I attended our first steering committee meeting. Everyone attending the regular meetings was invited if they were interested in learning: where does the money go, how are leaders chosen & trained, how National TCF plays a part, etc. On the agenda that evening was "we need an outreach committee".

At the end of the evening 5 of us volunteered for outreach. We followed up with our own monthly meetings and then tackled areas in the community we felt could be served by TCF. Being a nurse I delivered brochures to hospitals around town. On my unit of Mother/Baby at St. Joseph's we had student nurses from the University of Arizona. I talked to the instructor whether they would be interested in having a panel of TCF parents talk to their students. Outreach had done several panels to EMTs, Stephen Ministers, etc. They were and the rest is history.

We have had a panel speak to the fall & spring semesters for 20 years (missing only the fall of 2002 when the nursing college had a mass shooting). In 2009 the instructor, Melissa Goldsmith, received an award from the National TCF at their conference in Portland for continuing this program. I have been a presenter and the contact person for the UA all these years. It's a program near and dear to my heart.

When the pandemic hit, our panel had to do the presentation by Zoom. I'm very tech challenged so Cat Morrow stepped up and took over the leadership. I'm so proud of her. She's done an amazing job and the UA nursing staff is full of praise for her work. So, it's bittersweet that I step down and turn over the reins of this amazing "outreach" to Cat. I know she will continue this program with all her heart.



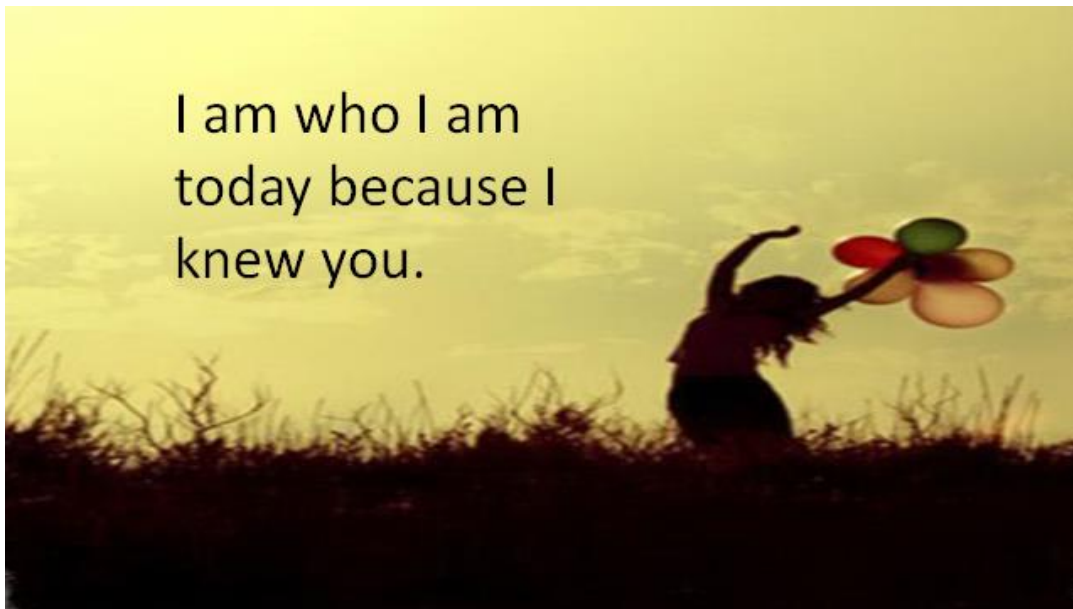


HELPING OTHERS HELP YOU: TEN RULES FOR SELF-HEALING

Posted on April 16th, 2021

1. Tell friends to call you often. Explain that after the first couple of months you'll need their calls.
2. Tell your friends to make a specific date with you; none of this "We must get together for lunch". Remind them that you're bound to have "down" times and their patience would be appreciated.
3. Tell them to please feel free to talk about the person that has died — and don't avoid that person's name.
4. It's important for friends to understand that you may appear to be "doing so well" but on the inside you still hurt. Grief is painful, it's tricky and it's exhausting.
5. Ask your friends to care but not to pity you.
6. Make plain that friends and relatives can still treat you as a person who is still in command and can think for yourself.
7. Tell your friends that it's all right to express their caring. It's OK for them to cry; crying together is better than avoiding the pain.
8. Let your friends know too, that it's all right to say nothing. A squeeze or a hug are often more important than words.
9. Let people know that they can invite you to socialize, but that you might decline.
10. Ask your friends to go for walks with you. You and your friends can "walk off" feelings. Walks promote conversation and help fight depression.

[RUTH JEAN LOEWINSOHN](http://www.compassionatefriends.org) (Posted on www.compassionatefriends.org)



AUGUST BIRTHDAYS

MADISON ANGUIANO
TAMARA DAWN BASS
KELSEY ELIZABETH BEITEL
JADEN ELIJAH BLUE
BARRY BOYLE
CLYDE BURKEY
CALEB CANDLER
BILL CARSON
MORGAN COLE
AIDON COPFER
ASHLEY DENEEN
ALAN DOYLE
RACHAEL EDWARDS
EBERT S.R. EISSENSTAT
MARISA GALLEGO
RONALD GARDY
GABRIEL ADRIAN GASTELUM
JARED GIDDINGS
RICHARD HAYES
NATHANIEL LEWIS HEDGES
ROBERT HORSTMAN
MARKO JAKSIC
MERCER JOHNSON III
ANGELINA KNOX
NANCY KONERTH
BRIDGET MCCABE
SHAUN MOORE
JAMIE MULLINS, III
NATHAN NOWECKI-HUBBLE
CHRISTOPHER PALACIO
LOGAN PALMER
JAMISON PESSIN
TRACY ANN POLLINS
MADISON RODRIGUES
BENJAMIN ROHEN-TRAPP
JEFFREY SEWELL
DANIEL TATTRIE
OLANDO TRUJILLO
LINDA VARGAS
SAVANNAH GRACE WATSON
PRESTON WERNER
ALEXANDER WHEATLEY
JA-MUS WHITFIELD
MAXFIELD LANE WILLIAMS
GLENN HARRISON WILLIAMS
OHN WOOD
CARRIE ANNE ATKINS
RUSSELL SCOTT NEWSOME
JOHN DALLIES
DAVID LESSER
BLIXA PARDEE



AUGUST REMEMBRANCE DAYS

ARI BLATTSEIN
BARRY BOYLE
ROBERT BREMOND
ANNABELLE CAMP
BRANDIE CAMPBELL
DEANA CAPPuccio
TORRE LYNN CARLS
SEAN KELLY CATAUDELLA
KATIE CLARK
ZAC CLARK
ROBERT GLEN CREWS
ASHLEY DENEEN
ANTHONY JESUS DURON
SARAH ESPINOZA
LILY FAIRCHILD
SAMANTHA FULCO
PHILIP GANOTE
RONALD GARDY
JARED GIDDINGS
TYLER GROVE
SHANE HARVEY
NATHANIEL LEWIS HEDGES
WILEY HERREN
CHRISTOPHER J.R. HESSE
KYLE HOLBROOK
DANIEL HUGHES
MATTHEW KAUFMAN
JOE KEELING
CHADWICK THOMAS KENYON
ERIC SETH KOVITZ
AMY LOGAN
RAUL "RULLY" JR LOPEZ
MELISSA LOPEZ
BRIAN MOHN
JUSTIN MOHN
SCOTT NEVINS
DONN OWENS
MICHEAL PESQUEIRA
NEAL REINACHER
CARMEN MARTINEZ RUSSO
BRODIE SCHMICH
NIKOLAUS SMITH
ETHAN STRASSMAN
WILLIAM TIDWELL
TINA VALENZUELA
JUSTIN WITT
OHN WOOD
TIMOTHY BYMP
KATERI LAURA JOANN FRANCISCO



Non-Profit Org.
U.S. Postage
Paid
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

A Day

A laugh a day keeps the heart pumping.
A tear a day keeps the mind clear.
A smile a day gives joy to others.
A hug a day gives the hopeless
hope.
A thought a day brings loved ones near.
A memory a day brings you closer to me.
Laughs, tears, smiles, hugs stitched with thoughts
and memories--
They're all in my days without you.

Pam Burden
TCF, Augusta, GA

July-August 2021