



**The
Compassionate
Friends**
Greater Boise Area Chapter
Supporting Family After a Child Dies

We need not walk alone.
We are The Compassionate Friends.

May 2019

To Our Newcomers

If deciding if TCF is of help to you or you are attending your first meeting or receiving your first newsletter, we extend our hearts in understanding and regret for the reason you are joining us. It is so difficult attending your first TCF meeting. Feelings can be overwhelming, but we have all experienced them and know how important it is to take that first step. Please plan to attend two or three meetings before deciding if this is right for you and your family.



TCF Mission Statement

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.

42ND TCF NATIONAL CONFERENCE



RINGS OUT IN
PHILADELPHIA

JULY 19-21, 2019



River Of Roses
Remembrance
Walk - Aug. 3rd

The 3rd Annual River of Roses is a remembrance event to celebrate the memory of Little Joys – babies who passed during pregnancy or in their first year of

life. This event, hosted by the Little Joys Remembrance Foundation, celebrates these special babies, brings awareness to child loss, and also supports the Little Joys Remembrance Foundation's mission of placing a CuddleCot in every Idaho hospital. A CuddleCot is a cooling device that slows the physical changes of an infant after they have passed, allowing the family and loved ones more time to say their goodbyes.

River of Roses provides an opportunity to celebrate each and every Little Joy so bring your family, friends, co-workers, and any associates who are willing to make a difference in the lives of those touched by pregnancy and infant loss.

For registration for the 5K on August 3rd, click [here](#).

Memory Table

On the month in which your loved one was born or the month of the anniversary of their death, we would love to hear about them. When you attend the monthly meeting, bring your precious memories and fond stories to share with the group. It's a time to honor your child and keep their memory alive.

Love Gifts

In this monthly newsletter, you are able to send a photo and short memory of your child that will be featured here in our digital newsletter as well as on our Facebook page on the month of their birthday/death anniversary. Please click [here](#) to fill out a Love Gift Donation form. See Love Gifts on page 3.

Donations

Monetary donations are always accepted and welcome. We are a non-profit organization funded solely by donations. Your thoughtful gift helps bereaved parents and family members to be able to attend special meetings such as balloon releases, remembrance walks, and other family friends events provided by TCF Boise.

Fundraisers

TCF is always looking for more ways to raise money. If you know of a local business that would like to help fund TCF or have an event that TCF can hold a booth at, please let us know!

"Your life was a blessing, your memory a treasure.
You are loved beyond words and missed beyond measure."

~ Unknown

TCF Boise News

- May 2nd, we participated in [Idaho Gives](#) to raise money so we can have a TCF booth at local events
- May 5th is International Bereaved Mother's Day
- Our monthly meeting will be held on May 9th at 7:15pm. The topic will be "Planting the Right Seeds" in honor of International Bereaved Mother's Day & Mother's Day the following Sunday. Join us in planting seeds in pots and watch them bloom into beautiful flowers!
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).

42nd National Conference Is July 19-21st in Philadelphia, PA

The last day to register for pre-registration rates for the 42nd National Conference being held this year in Philadelphia, PA July 19-21st is June 15th.

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. "Hope Rings Out in Philadelphia" is the theme of this year's event.

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand.

- Nearly a hundred different workshops to choose from
- Visit the "Healing Haven" to receive free personal services such as a massage.
- Craft items to commemorate the love for your family member in the "Crafty Corner".
- Step away for a quiet moment of pause in the "Reflection Room".

For a event registration and more information click [here](#).

Register
NOW!

Remembering Our Children

Love Gifts

Thank you for your gifts in remembrance of your children and in support of The Compassionate Friends.

Edith Cleaveland - Remembering her son,
Ernest Rexford Cleaveland 5/29/56 - 11/9/2018
Steve Ahrens - Remembering his daughter,
Annette Jeanine Ahrens 12/3/1968 - 5/27/1989
Rae Ann Norrell - Remembering her son,
David Norrell 5/22/79 - 4/24/04
Evelyn Whittington - Remembering her daughter,
Angela Abdullah 3/1/1965 - 10/5/2002



Mackenzie Larsen
2/20/1988 - 5/26/2008
"You are forever in my ❤️."
- Julie Vande Voorde

May Birthdays

Diane Cleaveland Parker 5/11/1952
Val D Santillanes 5/6/1957
Patrick Lewis 5/20/1960
David Nelson 5/17/1964
Andrea Williams 5/1/1969
Tommy LeBow 5/17/1969
Jeromy Purvis Balls 5/23/1969
Kevin Ross Wilson 5/8/1973
Jason Martin 5/10/1977
David Norell 5/22/1979
David Zavala 5/22/1979
Logan Seufert 5/12/1982
Briana Zenahlik 5/3/1983
Brianna Jean Britton 5/5/1983
Steven Michael Fritcher 5/12/1984
Erica Hobbs 5/16/1984
Jeremy Perkins 5/18/1984
Michelle Louise Barker 5/4/1985
Christina Collins 5/29/1985
Dan Leibman 5/12/1987
Danielle Vacca 5/3/1989
Ben Hughes 5/22/1990
Sarah Nicole Chehey 5/23/1993
Bobby Rogers 5/3/1996
Adeline Tayrien Gosse 5/5/2004
Jacob Hill 5/25/2004
Emily Koltonski 5/30/2004
Nehemya Dawn-Codi Niendorf 5/20/2014

May Anniversaries

Terry Glancey 5/23/1979
Marchus David Sailor 5/6/1983
Annette Jeanine Ahrens 5/27/1989
Tony Mintun 5/15/1990
Keith Reese 5/18/1997
Kristi Kobs 5/16/1998
Shannon Murphy 5/10/2002
Adeline Tayrien Gosse 5/5/2004
Todd W Stith 5/5/2007
Mackenzie Larsen 5/26/2008
Cassandra Johnson 5/18/2009
Chad Green 5/24/2010
Dak Griffin 5/21/2011
Danny Ojeda 5/10/2012
Chanelle Myers 5/8/2013
Dan Evans 5/21/2013
Adam Slone 5/9/2014
Lucas McAllister 5/10/2014
Jeanna Tracy 5/19/2014
Cayla Ann 5/17/2016
Jordan Taylor 5/4/2017
K.C. McCreary 5/28/2017

THE BEREAVED MOTHER,
SHE HAS EXPERIENCED THE
UNIMAGINABLE
AND YET SHE IS
STILL ABLE TO WALK.



*From One Bereaved
Mother to Another*

*Our children will remain with us
As we all travel on
Such precious moments do not fade
because their time is done
For never will our children be
more than a thought away
As long as there is breath in us
then in our hearts they stay*



“ Do not judge the bereaved parent. They come in many forms. They are breathing, but they are dying. They may look young, but inside they have become ancient. They smile, but their hearts sob. They walk, they talk, they cook, they clean, they work, they ARE, but they ARE NOT, all at once. They are here, but part of them is elsewhere for eternity.

~ Unknown ”



**The
Compassionate
Friends**
Greater Boise Area Chapter
Supporting Family After a Child Dies

TCF Boise Leadership

Chapter Leader: Steffanie Empey

Treasurer: Kris Martindale

Initial Contact: Joanne Cleereman & Julie Vande Voorde

Library: Brent Martindale

Meeting Facilitators: Brent Martindale, Julie Vande Voorde, Kyiah Shekanna Evans, & Steffanie Empey

Steering Committee: Brent & Kris Martindale, Julie Vande Voorde, Kristina Cunningham, Rae Ann Norell, & Steffanie Empey

Newsletter: Kristina Cunningham

Resources

Al-Anon Family Groups (Addiction/ Recovery):
1-888-425-2666

Depression & Crisis Hot line:
1-800-784-2433

Families Anonymous (Addiction/ Recovery):
1-800-736-9805

National Suicide Prevention Hot line:
1-800-273-8255
Post-Partum Depression:
1-800-944-4773

Suicide Hot line:
1-800-SUICIDE

The National Institute for Trauma & Loss in Children (TLC):
1-877-306-5256

Monthly Meeting

Location

St. Luke's Meridian
520 S Eagle Rd, Meridian, ID 83642
Downstairs in Shoshone room

Time

7:15 pm, the second Thursday of every month

Topic

"Planting The Right Seeds" in honor of International Bereaved Mother's Day & Mother's Day

The Compassionate Friends Credo

////////////////////////////////////

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

Contact Us

Friends Who Listen

If you are having a bad day filled with hopelessness or despair, give one of these friends a call:

Steffanie Empey: (208) 891-5082
Kris Martindale: (208) 378-1070



Follow Us On Facebook

facebook.com/
TCFSouthernIdaho

Chapter Leader: Steffanie Empey (208) 891-5082
Email: thecompassionatefriendsboise@gmail.com
Address:
Boise Chapter of The Compassionate Friends
PO Box 8565
Boise, ID 83707