



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

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

October 2019

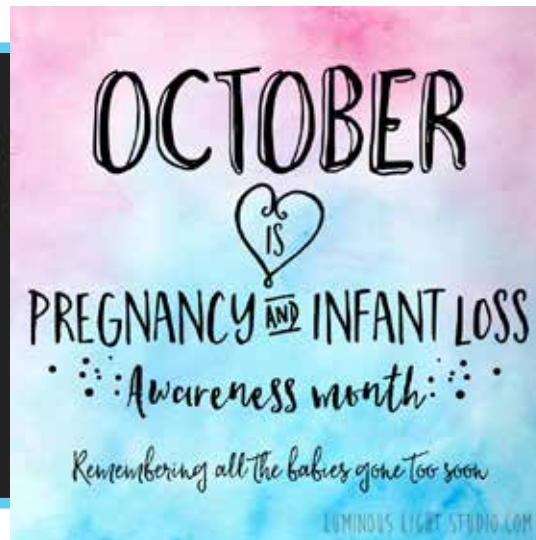
## To Our Newcomers

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.



*"As painful as it is, it's important to talk about.  
It's where a lot of healing happens." - Koral Landberg*

Everyone has their own personal grief journey. And though we can all relate and even feel a special bond with all parents who have lost children, in October, we want to recognize the parents who have lost an infant or had a child that was born asleep. Losing a child is difficult at any age. This month, we are remembering the tiniest of angels. We are thinking about the moms and dads who never got to hold their babies and those who only spent a few hours, days or weeks with them.

October 15th is Pregnancy & Infant Loss Remembrance Day. If you would like more information about this day, visit [this site](#). Watch this [short video](#) about a local couple who lost their son in 2016 speak firsthand about their experience and how you can help support those going through a similar situation.

**If you've lost a baby and would like ideas on how to remember them, go to page 2.**

## 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!

## TCF Boise News

- Oct 10th is World Mental Health Day
- October 15th is Pregnancy & Infant Loss Remembrance Day. Check out the official page [here](#).
- October is Breast Cancer Awareness Month. Feel free to wear more pink than usual this month to honor those who have passed away from breast cancer and in support of treating and finding a cure.
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook.



## Ways to Remember Your Baby



You can do special things to remember your baby, even if didn't have a chance to see, touch or hold him. Remember your baby in ways that are special to you.

You may want to:

- Collect things that remind you of your baby, like ultrasound pictures, footprints, a lock of hair, a hospital bracelet, photos, clothes, blankets or toys. Put them in a special box or scrapbook. Keepsakes like these can help you remember your baby.
- Have a service for your baby, like a memorial service or a funeral. A service can give you a chance to say goodbye to your baby and share your grief with family and friends. Your hospital may have a service each year to remember babies who have died.
- Write your thoughts and feelings in a journal, or write letters or poems to your baby. Tell your baby how you feel and how much you miss her. Or paint a picture for her.
- Light a candle or say a prayer in honor of your baby on holidays or special days, like his birthday or the day he died. Do something on your own or bring family and friends together to remember your baby. Read books and poems or listen to music that you like and find comforting.
- Plant a tree or a small garden in honor of your baby.
- Have a piece of jewelry made with your baby's initials or her birthstone.
- Donate to or volunteer for a charity in your baby's name, or give something to a child in need who's about the same age as your baby would be. Dedicate a project to your baby, like raising money to build a swing set in a park.

## 10 October is World Mental Health Day



## Lullabies

Daddy please don't look so sad,  
Mommy please don't cry.  
I am in the arms of Jesus  
and He sings me lullabies.

Please do not try to question God,  
don't think He is unkind.  
Don't think He sent me to you and  
that He changed His mind.

You see, I am special  
and I'm needed up above.  
I'm the special child you gave Him,  
the product of your love.

I'll always be there with you.  
So watch the sky at night.  
Find the brightest star  
that's gleaming.  
That's my halo's brilliant light.

So Daddy please don't look so sad.  
Mommy please don't cry.  
I am in the arms of Jesus.  
And He sings me lullabies.

~ Author Unknown

## Remembering Our Children

### October Birthdays

Michael Steele 10/19/65  
Michael Posey 10/1/69  
Darren J Dewitt 10/10/69  
David Warren Hess Sallaz 10/31/69  
Candy Marie Wilde 10/3/72  
Lance Michael Chapman 10/5/72  
Brandon Altman 10/27/73  
Zoe Jayne 10/27/73  
Darren Bettis 10/22/78  
Adam Perry 10/27/78  
Nick White 10/4/79  
Jesse L Sexton 10/14/80  
David Decroo 10/22/80  
Leonard Kellum 10/10/81  
Scott Helin 10/11/82  
Jessie Jo Metcalf 10/19/82  
Heather Smith 10/16/84  
Anthonie Gallegos 10/17/86  
Tyler Johnson 10/21/86  
Autumn Kay Winters 10/9/87  
Chad Green 10/1/89  
Lisbeth 10/23/89  
Kadden Wright 10/27/89  
Nikki Sutton (Anderson) 10/11/90  
Nikki Sutton 10/11/90  
Kylie Marshall 10/28/91  
Glenn Riley 10/29/91  
Caitlyn Lynch 10/2/92  
Caitlin 10/25/94  
Brandon T Johnson 10/25/99  
Tayven Kelly Caplinger 10/26/07  
Errol Hamilton 10/20/13

### October Anniversaries

Valerie Williams 10/19/05  
Angela Abdullah 10/5/02  
Michle Eidam Tudor 10/25/95  
Bryan Kelly Domer 10/20/04  
Dustin B Lewis 10/9/90  
Kevin LaVerne Domer 10/4/11  
Jason Danielson 10/13/09  
Benny Balls 10/5/77  
Layton Kesner 10/2/08  
Buck Rietkerk 10/10/09  
Brett 10/8/13  
Caleb Isaiah Tucker 10/13/82  
Michelle Louise Barker 10/7/07  
Geoffrey Ryan House 10/4/03  
Michael Young 10/4/10  
Nikki Sutton 10/7/10  
Amanda Young 10/22/10  
Jordan 10/3/17  
Conor M Olsen 10/22/15  
Loughlin Garner 10/28/08  
Jason Clausen 10/22/10  
Breanna Weedman 10/9/97  
Damien Layton 10/18/11  
Reno Morrow 10/4/17  
Laura 10/10/08



**"We do not have control over many things in life and death  
but we do have control over the meaning we give it."**

- Nathalie Himmelrich, Grieving Parents: Surviving Loss as a Couple



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



# 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, Kyah 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

National Suicide  
Prevention Hotline:  
1-800-273-8255

[Bereaved Parents  
of the USA](#)

Debby Hunsaker,  
501-681-1464

Post-Partum  
Depression:  
1-800-944-4773

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

## 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

**Grief 101: Q&A**

## 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



Follow Us  
On Facebook  
[facebook.com/  
TCFSouthernIdaho](https://www.facebook.com/TCFSouthernIdaho)

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