



Bereaved Families of Ontario Midwestern Region

October/November/December 2009



NEWSLETTER!

In January our newsletter will become exclusively electronic! BFO has made this decision due to the cost of materials and postage for our paper based newsletter as well as consideration for the environment. We believe this is a positive change for the organization. For families that have provided email addresses in the past and are receiving paper based newsletters, the transition will be easy, you will simply receive an electronic newsletter. If you receive a paper based newsletter and we do not have your email address, please call our office and we can update your information. If you wish to continue to receive our paper based newsletter a new subscription cost will be applied. Thank you for your support of this new initiative.

THANK YOU

Bereaved Families of Ontario Midwestern Region would like to thank the **Rotary Club of Kitchener** for their generous donation to our Volunteer Training Program. With supporters like you, we can ensure viability for our much needed programs and services!

Tree of Bright Stars

Holiday Service of Remembrance

The Tree of Bright Stars will be held on Friday, November 27th, 2009. Doors open at 6:30 p.m. The dedication of the Tree of Bright Stars is a special part of the holiday season for many of us & by placing your request for a memorial star early you will help us to accommodate the volume of requests we receive. The



Tree of Bright Stars is our opportunity to spend a quiet & uplifting time with others to acknowledge & celebrate the loved ones always in our hearts. We are again offering a supervised nursery & play area for families with children ages 7 & under who wish to use it. For more information, or to download a request form, please visit our website at www.bfomidwest.org. The stars will be made from stained glass and will be created by the survivors of the Brain Injury Association of Waterloo Wellington.

Volunteers personalize our stars, so we appreciate star requests as soon as possible. Your cooperation will help our volunteers ensure that everyone who wants a star for the service will have one. Every effort is made to ensure that all requested stars are ready for the service, however, due to the volume of requests we receive, we cannot guarantee stars after November 13th. If you are unable to attend please make arrangements to pick up your star at the office.

Would you like to help out? We are looking for volunteers as well as donations of nut-free cookies or squares for the fellowship time following the service. (Both home-made & store bought treats are welcome.) If you are able to donate baking, or would like to volunteer call 519-894-8344 or email rose@bfomidwest.org and we'll let the Tree of Bright Stars committee know you can help!

Mark Your Calendars:

Tree of Bright Stars: November 27th, 2009 11th Annual Curling Bonspiel: January 16th, 2010
Next Newsletter Deadline: January 1st, 2010 12th Annual Golf Classic: June 5th, 2010

Happy News!

Adam and Wendy Mitchell (nee Howard), are pleased to announce the birth of **Tristen Thomas Mitchell** on July 6th, 2009 weighing 7.6 pounds. Tristen was welcomed by sister Keeley Hope and watched over by his brothers Gage and Holden



RECOGNIZING OUR SUPPORTERS

Funeral Homes

Erb and Good Family Funeral Home,
Schreiter-Sandrock Funeral Home,
Ratz-Bechtel Funeral Home,
Westmount Funeral Home,
Henry Walser Funeral Home

Corporate Donations

Waterloo Region Record,
Car Heaven,
City of Kitchener Cemeteries,
Cober Printing,
Stride Print,
Canadian Tire Waterloo West,
City of Waterloo Cemeteries

Handling the Holidays

Contrary to popular belief and the media advertisements, not everyone looks forward to the holiday season. If you have lost someone special, this holiday season may not be an easy one for you. You may find yourself wishing you could snap your fingers and it would magically be January 2nd, 2010. Even though no one can take away all of your pain and struggle, there are things you can do to help make this time of year less stressful.

1. Since you cannot skip the holidays, face them squarely and make plans that you know you can do and that make you comfortable.
2. Focus on this holiday first. Don't look forward to all the holidays to come. Adding pressure to this holiday by worrying about the other special days, is added stress you do not need.
3. Think about ways to honour the memory of your loved one during the holiday. Whether it is beginning a new tradition or carrying on an old one, make your loved one a part of your celebration.
4. There are always unrealistic expectations during the holidays. Recognize what these expectations are and in doing that you can decide what you can or cannot do. Accept what is normal for you.
5. Take care of yourself. Holidays usually mean extra fatigue, drinking, partying and visiting. By making yourself a priority you will partake in festivities that you have the energy for and let the other activities wait for another year.
6. Remember that you are grieving. You will feel joy, pain and bittersweet memories. Let them come.
7. Plan ahead. Make lists, put events on the calendar, have escape plans. Take advantage of your good days.
8. Let yourself cry when you need to. You will not ruin the holiday for yourself or for others. Do what comes naturally for you. Holding in your emotions can be destructive.
9. It may be helpful to set limits. Let others know what you need and how they can best help you. Don't be forced into doing something because someone else thinks that you should.
10. Give yourself permission to have joyful times as well as mournful times. They are normal, not a betrayal.
11. Discuss your holiday plans with your family. Decide what to keep, what to change and what to discard. Make your goals small. Don't over-commit yourself. Take it slow and easy.
12. Go over your plans. Why are you doing them? For you or for someone else?
13. Do something for someone else. Even though you are feeling sad because of your loved ones death, reaching out to others can often bring you a certain holiday peace.

FALL and SPRING SUPPORT GROUPS - *Limited space available.*

Parents Grieving the Death of a Baby

Currently Running

For parents who have experienced the loss of a child during pregnancy, as an infant, or a child up to and including the age of two.

Parents Grieving the Death of a Child

Spring 2010

For parents who have lost a child from ages three to adult. Minimum registration necessary in order to proceed with the group.

Healing Little Hearts

Spring 2010

Closed group for pre-schoolers and their caregivers. Play-based support group for children between 3 and 6 years of age who are impacted by a death of a loved one. Side by side an optional parent/caregiver education group is offered concerning children's grief and how to support them. Minimum registration necessary for group to proceed.

Growing Through Grief

Mondays, October 19th to November 16th, 2009

Open education group for adults grieving the loss of a loved one. Topics include: Grief is never simple, Myths and facts surrounding grief, Coping with holidays and special days, Coping with relationships and self-empowerment, Holding on and letting go. Please register through the office.

LEGACY (Learning to Embrace Grief and Care for the Young)

Spring 2010

Closed group for widows or widowers raising dependant children at home. Minimum registration necessary in order to proceed with the group.

Anything But Merry

Thursday December 3rd, 2009 7-9pm

Open education group with suggestions for getting through the holidays and taking care of yourself. Everyone is welcome. Please call the office to register. Minimum registration necessary in order to proceed with the group.

Subsequent Pregnancy after a Loss

Second Monday of the month September to December

For women who are pregnant following the loss of a baby or child. Please note that this group meets in person, by telephone and by email and that this is an ongoing group that only runs when there are enough people to sustain a group. Bereaved Families of Ontario does its best to ensure that all expectant moms are supported during their subsequent pregnancy.

**These groups are typically held at the BFO Office 2nd Floor, Pioneer Terrace -
Freeport Health Centre 3570 King Street East, Kitchener, Ontario
There is no fee to participate. For more information or to register, contact BFO at
519-894-8344 or support@bfomidwest.org**

Radisson Hotel

The Radisson Hotel offers a special rate for bereaved individuals. The rate is \$104.99 for a standard room. If you have any questions or for more information you can call 1-800-395-7046 or visit www.radisson.com

Memorials

HR Team of Maple Leaf Foods in memory of
Joshua

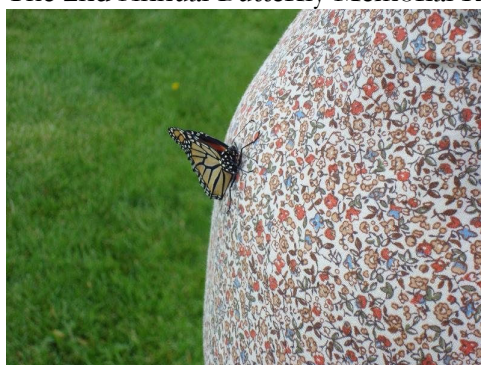
Margaret and Michael Mcleod in memory of
Christi Hill

Pauline Tomlinson in memory of
John Rennie

To add, update or advise us of an error in a memorial, call (519) 894-8344 or email newsletter@bfomidwest.org

2nd Annual Butterfly Recap

The 2nd Annual Butterfly Memorial Release was held on August 30th at the Dedication Centre at Williamsburg Cemetery. Again this year the day started out with rain, but by the time we were ready to begin the release the skies cleared up and the sun peeked out.



Honourable Stephen Woodworth welcomed the 250 participants to the event. The butterflies were released simultaneously by all participants directly following the welcome. Each butterfly purchased this year came with a stained glass butterfly token for participants to take home. Thanks to all the volunteers who made this day run smoothly.

11th Annual Curling Bonspiel

Our 11th Annual Curling Bonspiel will be held on Saturday, January 16th, 2010 at the KW Granite Club. We are still seeking donations of homemade or store bought baked goods. We also welcome donations for our silent auction, raffle and prize tables. If you would like to volunteer on the event day to help serve lunch and/or dinner please call Rose at 519-894-8344 or email rose@bfomidwest.org.

How You Can Help

There are many ways in which you can make a difference and invest in the bereavement programs and services offered by Bereaved Families of Ontario-Midwestern Region. We encourage people to give in the way that suits them best.

- 1) **With an immediate donation:** Donations are processed through a secure site at www.canadahelps.org or you can mail a cheque to: Bereaved Families of Ontario - Midwestern Region, PO Box 25017 Kitchener, Ontario N2A 4A5
- 2) **As a Volunteer:** Have an area of expertise you want to share? Want to provide office support? Interested in joining a committee? Have a few hours a week or month to spare?
- 3) **Make a planned gift:** Want to make a memorial donation? Want to join our monthly giving program or make a will bequest?
- 4) **Corporate Sponsorship:** Want to sponsor an event or program? Interested in making a major gift, bequest or endowment? Please Contact: Rose Greensides, Executive Director at (519) 894-8344 or rose@bfomidwest.org

Grief in the Workplace

The death of a loved one is the grief incident that costs businesses the most annually - \$37.5 billion. Since that estimate is based on death rate statistics, it doesn't include the grief associated with the estimated 500,000 miscarriages that occur each year.

Beyond the apparent response in the time immediately following a death, much of the impact to the workplace appears in the form of substance abuse, stress, depression, and physical accidents and injuries.

The death of a close friend, colleague, or extended family member causes another \$7 billion in losses to businesses. One compounding factor is that bereavement leave is rarely given for reasons other than the death of an immediate family member.

Pet loss, an issue often overlooked and downplayed by others, costs businesses \$2.4 billion per year. The survey estimates 14 million domestic pets die each year.

Bottom Line

Heightened awareness of grief's costs will, we hope, sensitize you to the problem and force a new look at expectations. Employees don't return from three days of bereavement leave after the death of a family member the same energized and focused workers they were before.

What YOU Can Do

We invite you to tell your employers about our 'Supporting Co-workers Grief in the Workplace' seminar.

During this 60 minute presentation, we'll discuss:

- how grief affects a person,
- the myths that surround loss and grief,
- what you can do and say to support a grieving person.

No one should walk alone through their journey of grief. With your support, they won't have to. Let us show you how.

For more info email support@bfomidwest.org

A Volunteer Initiative With Some Imagination



On Saturday August 29th, 2009 Jason Paulley's family held a garage sale and advertised all proceeds to be donated to Bereaved Families -Midwestern Region. It was a very thoughtful gesture, a way to get donations from the community and it may have also cleared up some space in the Paulley home. For this family it supported a cause close to their hearts. We would like to thank the Paulley's for their inspirational donation and the imagination for new ways to inspire people to get out and give.

If anyone has other ideas about fun fundraisers or would like more information please contact the BFO office.

Loved Ones Remembered - October, November & December

Grant Taylor
01/10/1999
Remembered by his parents Norma & Mark &
his brother Paul

Amy Quesnelle
01/10/2007
Remembered by John, Mathew, Scott &
Sydney

Rick Pinczuk
01/10/2008
Remembered by his wife Carol and daughters,
Eleah, Natasha and Larissa

Grace Noble
05/10/2005
Remembered by her parents Nancy & Grace
& sister Ivory

Anna Lembo
07/10/2002
Remembered by Tina, Steve, Joseph & Jacob
Butterworth

Steven Schekleski
07/10/2007
Remembered by wife Tracey, and daughter
Mackenzie

Kayla Coulas
08/10/1998
Remembered by her father Volker & brother
Trevor

Justin Coulas
08/10/1998
Remembered by his father Volker & brother
Trevor

Alan Kalbhenn
08/10/2004
Remembered by his parents Patty & Richard &
sister Rebecca

Syed Mehdi
11/10/1999
Remembered by his parents & brothers Raza &
Murtaza

Rick Gardiner
11/10/2008
Remembered by his wife and children

Autumn Frigault
13/10/2004
Remembered by his parents Denis & Cindy &
siblings Samuel & Alyssa, with his siblings Bianca
& Lucas in Heaven

Vladimir Doroslovac
15/10/1997
Remembered by his parents Dejan & Andjelka &
sister Dijana

Meagan Tomlinson
15/10/2002
Remembered by her parents Pauline & Gary &
brother Jonathan

Olivia Hart
15/10/2007
Remembered by parents Carla and Scott

Declan Voisin
15/10/2007
Remembered by Parents Shevaun and Steve

Madison Lamorea
16/10/2008
Remembered by her parents

Loved Ones Remembered - October, November & December

Andrew Uhrig
18/10/2003
Remembered by his friends and family

Seth Dowling
18/10/2008
Remembered by his parents, Michelle and Duane and his sister Victoria and brothers Joel and Gregory

Caroline Brohman
21/10/1993
Remembered by her parents Charles & Mary & siblings Kate & Ted

Evangeline Hunt
21/10/2005
Remembered by her parents Marie-Claude & Joe

Aidan Thorne
22/10/2004
Remembered by his parents Yvette & Damian & sister Devon

Debbie Mashinter
22/10/2007
Remembered by sister Darlene

Tracey Saunders
23/10/1993
Remembered by her mom Colleen & brother Michael

Curtis Shwaluk
23/10/2003
Remembered by his parents Vivian & Chris & sister Katrina

Evann Hunt
24/10/2005
Remembered by their parents Marie-Claude & Joe

Jeremy Janzen
28/10/1993
Remembered by his father Peter & sister Heidi. With his mother Joan in heaven

Robert Hattle
29/10/1998
Remembered by his mother Lori. With his father Rob in heaven.

Kevin Largey
30/10/1997
Remembered by his parents John & Alice & sister Michelle. With his brother Bryan in heaven.

Ryan Kurmis
31/10/1998
Remembered by his parents Wendy & Ed & his sister Courtney

Zachary Zyta
31/10/2006
Remembered by parents Louise and Dave along with siblings Nicholas, Tyler, Erinn and Cooper

Robert Martin
31/10/2008
Remembered by his wife Dorothy and his family.

Kelly Dokis
01/11/2001
Remembered by his wife Cindy & son Nathan

Lee Paget
01/11/2007
Remembered by wife Georgia and children E.J, Gabriel, Jesse, Jamie and Heather

Trevor Garside
02/11/1995
Remembered by his parents Mike & Darlene & brothers Tyler, Thomas, Timothy & Tate

Loved Ones Remembered - October, November & December

Laura Kok
26/10/2006
Remembered by family and friends

Ellen Bradshaw
02/11/1998
Remembered by her parents Cynthia &
Keith & brothers Matthew & Justin

Ashley Storer
02/11/1999
Remembered by her parents Janet & Paul
Storer

Oney Davis
02/11/2002
Remembered by her mother Leslie

John Bailey
03/11/1996
Remembered by his wife Heather

Emma Schleimer
04/11/2001
Remembered by her parents Michelle &
Dave & siblings Carson & Brookelynn

Kyla Kowalik
06/11/2006
Her parents Rick & Cecily, sister Carly &
brother Reese.

Diesel Le cours
10/11/2008
Remembered by his parents Jeffrey and
Katherine

Jackson Lanteigne
12/11/2005
Remembered by his family and friends

Kameel Shirrif
16/11/1998
Remembered by her parents Mike & Farida &
brother Mike

Annelise Goetz
17/11/2008
Remembered by daughter Krista and son in law
Steven and grandchildren

Luke Santi
18/11/2007
Remembered by parents Shelagh and Luigi and his
sisters Andrea and Janelle

Jordan Camble
19/11/2003
Remembered by his parents Denice & Manuel

John Ries
20/11/1996
Remembered by his wife Irma & family

James Murko
21/11/1991
Remembered by his mom Patti & sisters Laura &
Dayna

Sean Babister
21/11/2005
Remembered by his mother Jeanine and sister
Nadene and brother John

Maria Kaminski
22/11/1996
Remembered by her parents Sigmund & Huberte &
siblings Jim, John, Frank, Robert & Joey (also in
heaven)

Loved Ones Remembered - October, November & December

Christine Mikel
22/11/1997

Remembered by her parents Dave & Caroline
and her brother Dwayne.

Christine Goodwin
23/11/2000

Remembered by her parents Vivian & Jack &
siblings Jennifer & Stephen

Caprice Nye
24/11/2002

Remembered by her parents Michelle & Greg

Rita Franz
26/11/1989

Remembered by Debra, Richard, Pat and
Rosemarie

Adam Shantz
28/11/2000

Remembered by his family and friends

Victoria D'Agostino
30/11/2002

Remembered by parents Ed & Martha &
siblings Matthew & Emily

Sasha Greensides
30/11/2004

Remembered by her parents Rose & Marshall
& brothers Brennan and Jonah

David Chenier
01/12/2000

Remembered by his mother Sue & brothers
Marcel, Phillip & Jason

Jacob Dyck
03/12/1997

Remembered by his parents Evy & Gerry &
siblings Jesse, Rachel & Rebecca

Rick Buehler
03/12/2003

Remembered by his family and friends

Amy Sulston
04/12/1995

Remembered by her parents Jim & Kim &
sisters Laura & Emily

Lauren Olney
04/12/1999

Remembered by her parents Jeff & Alice & sister
Jane

Emily Hilker
04/12/2001

Remembered by her parents Sylvia & Craig &
brother Ethan

Erich Clausing
06/12/1996

Remembered by his mother Theresia, wife Lori,
children Spencer & Hayley & siblings, Frank,
Karen & Darlene

Ryan MacNeill
06/12/1998

Remembered by his parents Bill & Lee & brother
Brad

Dustin Listman
06/12/2001

Remembered by his mother Susan & sisters Selena
& Brianna

Angel Patton
08/12/2000

Remembered by her parents Ruth & Peter &
siblings Devin & Keri & Grace

Violet Garrett
09/12/2002

Remembered by her mother Samantha

Loved Ones Remembered - October, November & December

Thomas Evans
09/12/2007
Remembered by wife Lucille

Grayson Martin
09/12/2008
Remembered by parents Kendra and Ryan and
brother Easton

Ross Collins
11/12/2007
Remembered by wife Rene

Sarah Maloney
13/12/1997
Remembered by her parents Charlotte & Mark
& sister Meara

Lee Maggiacomo
13/12/2006
Remembered by mother Nina and siblings
Anthony and Aimee

Eric Walter
14/12/1996
Remembered by his parents Kurt & Bertha &
brothers Mark, Dan & Steve

Christi Hill
14/12/2000
Remembered by her mother Jose

Leah Fotheringham
14/12/2000
Remembered by her parents Julie & Brent &
sister Laura

Sophia McAuliffe
14/12/2003
Remembered by her parents Shelly & James &
sisters Alexandria & Kate

Hailey Wagstaff
14/12/2004
Remembered by her parents Melanie & Scott,
sister Lilyanna and Avery watching above

Michael Helps
16/12/1998
Remembered by his parents Ron & Helen &
siblings David & Carolyn

David Stamper
16/12/1999
Remembered by his mother Karen & brothers
Brendan & Brady

Emma O'Doherty
16/12/2005
Remembered by her parents Tami & Daniel

Christopher Bartmann
17/12/2002
Remembered by his parents Brenda & Dale &
brother Darryl

Garrett Cochran
17/12/2003
Remembered by his family and friends

Clark Clemmer
18/12/2008
Remembered by his wife Andrea, children
Christopher & Timothy and reunited with his
daughter Rochelle in heaven.

Michael Borutski
20/12/2003
Remembered by his parents Wendy & Stephen &
sister Christina

Jennifer Atkinson
21/12/1999
Remembered by her grandparents Paul & Sharon

Loved Ones Remembered - October, November & December

Kristy Evans
23/12/1997

Remembered by her parents Dean & Carol &
siblings Lindsay & Blake

Michael Watteel
24/12/2001

Remembered by Andre, Rita & Kimmy

Jacob LeBrun
25/12/1998

Remembered by his parents Chris & Andrea &
brothers Andrew & Kalem

Taya Flores
25/12/2007

Remembered by parents Natalie and Jason

Cody Gagnon
26/12/2006

Remembered by parents Lorraine and
Raymond and brother Chris and sister Jessica

Robert Denomme
27/12/2005

Remembered by his parents Gisele & Peter

Gregory Alderson
28/12/2001

Remembered by his family and friends

Megan Suljak
29/12/1999

Remembered by her parents Melanie &
Michael, Caroline in Heaven & her triplet
sister Georgia.

Kristen Kleuskens
29/12/2007

Remembered by parents Eileen and Ron and
brother Joshua.

Robert Tuchlinski
29/12/2008

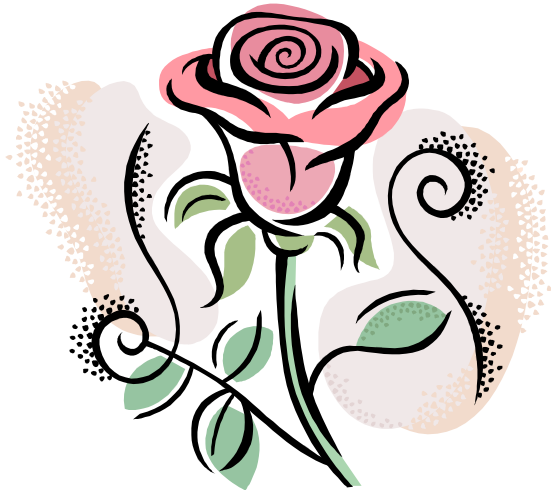
Remembered by his mother Kim and sister
Candice

Larry Madore
31/12/1994

Remembered by his wife Darlene & children
Melissa & Matthew

Isack Frenette
31/12/1998

Remembered by his parents Paul & Anne &
siblings Justin, Isabell & Jacob



**Bereaved Families of
Ontario**

Midwestern Region

Box 25017

Kitchener, ON

N2A 4A5

support@bfomidwest.org

www.bfomidwest.org

Office Location:

Freeport Health Centre

Pioneer Terrace,

2nd Floor

3570 King St E,

Kitchener,

Charitable Registration

#871593117RR0001

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Frank Ripplinger

Dr. Nancy Riedel

Bowers

COMMUNITY SUPPORT GROUPS

Amongst Friends at the Henry Walser Funeral Home.

For information on the fall and spring groups, please contact Henry Walser Funeral Homes at 519-749-8467.

**People Needing People at the Erb and Good Family
Funeral Home.**

"Good Grief for Kids/Teens"

This 6 week group is for kids/teens who are grieving the death of a significant person in their lives. We use art, music, stories and co-operative activities as tools to incorporate and manage feelings.

"Why?...." Support after suicide

This 9 week closed group is specifically designed for individuals who are facing the unique challenge of traumatic grief after a family member or friend has died by suicide.

Tuesdays 7:00 p.m. to 9:00 p.m.

October 13, 2009 to December 8, 2009.

"Grieving the death of someone special"

These 8 week closed groups are for adults who are grieving the death of a parent, a spouse, a sibling, a friend or partner. Support and education are the empowering themes for these groups.

Wednesdays 9:30 a.m. to 11:30 a.m. or 7:00 p.m. to 9:00 p.m.

October 7, 2009 to November 25, 2009

For information on upcoming groups please call, Dena at 745-2195

Living With Loss in Kitchener will continue the first and third Tuesdays of each month 7 p.m. to 9 p.m. at Westmount Funeral Chapel, 1001 Ottawa Street South, Kitchener.

Bereavement Walking Group

Contact Hospice Waterloo Region at 519-894-8350 for more information about dates, times & location.

Home Instead Senior Care

Caring for a senior loved one can be a rewarding experience but sometimes you need a little help. Whether help is needed a few hours a week or 24 hours a day, Home Instead Senior Care can support your loved one with their housekeeping, meal preparation, laundry, incidental transportation, and medication reminders. Companionship is intrinsic to everything we do and helps us encourage safety and quality of life for our clients, wherever they call home. Please call 519-571-1665 or visit us at www.homeinstead.com