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January/February/March 2011



**A Message from our Executive Director...**

**"The Healing Power in Helping Others"**

Medical scientists are beginning to discover that there is healing power in helping others. This new field of specialization, psychoneuroimmunology or PNI for short, researches the power of the mind to influence health and healing. It has been proven that volunteering provides long term physical and emotional benefits, not to mention creating and maintaining a healthy, strong, and engaged community.

***"Volunteers do not necessarily have the time; they just have the heart." ~Elizabeth Andrew***

We have decided to dedicate this first newsletter of 2011 to volunteers of Bereaved Families. It is only with these generous souls that we are able to help those on their grief journey.

***"Unselfish and noble actions are the most radiant pages in the biography of souls." ~David Thomas***

Sincerely,  
**Rose Greensides**  
**Executive Director**  
**Bereaved Families - Midwestern Region**



## **A Note From The Heart...by Margaret Brockett, Volunteer**

End of life care, both for those dying and their caregivers, had been a focus of my teaching in health care ethics at McMaster University. When I retired, I was encouraged to extend my teaching to the local community, especially through my church. I realized that, for the most part, palliative care services ended with the death of the patient and that those left to grieve, whether family members or professional care-givers, were on their own. My inquiry of Bereaved Families of Ontario in Halton/Peel, where I lived at that time, made it clear that limited resources prevented them from offering much support to older people. The people with whom I had most contact were older and experiencing the death of long-time partners, siblings and friends and sadly, sometimes their own children or grandchildren.

My completion of the facilitator training coincided with a request to BFO that they start a support group in a retirement community in Mississauga. My experience there was a catalyst in leading my husband and I to Luther Village on the Park where we moved last summer. In an early conversation with the Coordinator of our Wellness Centre, I learned that grief and bereavement services were high on the list of priorities. Here was a wonderful opportunity to offer my skills and establish my connection with the mid-western region branch of BFO. The educational series, *Life after Death: Walking with the Wounded*, ways of befriending others as they grieve, will be launched on February 14 and is the result of an excellent partnership between BFO and the Luther Village Wellness Team. It has been my privilege to take an active part in the planning of this venture.

I have recently joined the Program Advisory Committee and will continue to volunteer my time to BFO in my new home and community. I have already met such lovely people and have learned much from them that will help me as I seek to walk alongside those whose wounds and scars will always remind them of those who they have loved but see no more.

### **"Walking with The Wounded"**

will take place at Luther Village on the Park, Monday evenings at 7pm.

#### **PRESENTATION TOPICS:**

**February 14: Grief and its legacy;** Cultural and generational expressions

**February 21: What is typical in grief;** When professional help is needed

**February 28: Changed relationships;** With family, friends and co-workers

**March 7: Appropriate support;** In the present and the future

**March 14: Remembering those who have died;** Coping with special days

**March 21: Caring respect;** Privacy within a caring community



## **Continued Support for Bereaved Parents...**

Beginning in March, Wendy Borutski, one of our Child Loss Facilitators will be running the Bereaved Parents Support Evenings. This once a month evening is intended to provide continued support to the grief experience of bereaved parents who have completed a Closed Parent Support Group. These open evenings will offer peer support for specific topics on grief.

**Email Wendy at [facilitator@bfomidwest.org](mailto:facilitator@bfomidwest.org) or call the office for more details.**

## **BFO: Helping Families; Helping Volunteers... by Marny Williams-Balodis**

I am honoured to be the Chair for BFO's upcoming conference - Beyond Gender: Understanding Masculine Grief. Since I became a member of BFO in 2007 I have taken on a variety of volunteer roles within this organization. I am a true believer in giving back to a community that helped me after the death of my husband. I received an education that I did not want or ask for, but nonetheless, it is my life now. To be able to help others through their journey helps me to find some meaning in the tragedy I experienced.

The role of Chair gives me an opportunity to help the bereaved in a different way. These conferences provide professionals and volunteers with further education and networking possibilities which will only enhance their ability to support others. Knowledge is power and the more we know, the more we can provide comfort.

My role of chair requires me to work with a committee to organize the whole event. Without the help of these committed volunteers, this would definitely be a daunting task! We work together to find speakers, location, organize the registration process and advertise - there is much more involved, but that is the big stuff. I love it! Where else would I get an opportunity to work with fabulous people, meet others in the bereavement community and hey - I even get to be on TV to advertise! I am grateful for the opportunity - thanks!

## **YOU Can Make a Difference... The Many Rewards of Volunteering**

If you think that just one person can't make much of a difference, then you have never met David Playford, event volunteer for Bereaved Families' Golf Tournament and Curling Bonspiel. David learned about Bereaved Families when he purchased a star in memory of his mother for the Tree of Bright Stars in 2008. In the summer of 2010 he volunteered his time and his connections to finding donations for our 12th Annual Golf Tournament and then again in the winter of 2010 for our 12th Annual Curling Bonspiel. Between these 2 events, David brought in close to 50 new corporate donors!! How does he do it? He has lots of tips for hitting the pavement. Tips such as not taking "no" for an answer. Ask open ended questions instead such as "When can I come back again to talk about this?" If you do get a no, don't get disappointed, it's not personal.

David has many reasons for volunteering his time including the personal fulfillment and the sense of accomplishment he receives. It also allows him to meet new people and network with them; building new relationships and finding out about jobs that he never thought about or looked at before. Bereaved Families is lucky to have such a talented and dedicated volunteer to help with our fundraising events.

**To find out more information about how you can become more involved as a prize sponsor volunteer, please call or email the office at 519-603-0196 or [admin@bfomidwest.org](mailto:admin@bfomidwest.org).**

**BFO's 4th Annual Education Conference**  
**Beyond Gender: Understanding Masculine Grief**  
**April 13 and 14th, 2011**



Societal pressures and lack of understanding cause many men to feel uncomfortable in expressing their grief after the death of someone they care about. It is Bereaved Families' hope that the information provided through this conference will educate local professionals and the general public so that together, as a community we are able to support men more effectively in their grief journey. We are very pleased to have Tom Golden, the author of *Swallowed by a Snake: The Gift of the Masculine Side of Healing*, as our keynote speaker. Mr. Golden is an expert on the intricacies of masculine or instrumental grief.

**"The Face of Men's Grief"**

**Wednesday April 13<sup>th</sup> - 7:00 pm - 9:00 pm**  
**( Admission \$10)**

Join a panel of bereaved men as they present their personal stories about the death of someone they loved. Each gentleman will share his story, along with how they grieved and coped with the devastating death of a loved one. Stories will reflect the death of an infant, adult child and wife.

**Thursday April 14<sup>th</sup> - 9:00 am - 4:30 pm**

Our speakers will explore the various stereotypes and unique challenges faced by men as they grieve.

**Tom Golden** will discuss how and why men and women differ in their chosen paths toward healing from loss.

**Douglas Bartholomew-Saunders** will dispel the myths and stereotypes faced by gay men who are grieving.

**Joe Rich** will share the issues faced by fathers during periods of grief and loss while they continue to parent their children and deal with the world around them.

**Cost: \$125.00 Early Bird until Friday March 11, 2011**

\$150.00 - Regular price

\$95.00 - Student

**Location: Whistlebear Golf Course, Cambridge**

**To register: Call: 519-603-0196 for more information or  
email [marny@bfomidwest.org](mailto:marny@bfomidwest.org).**



## ***The Heart Of The Matter... BFO Volunteers*** ***by Wendy Gascho, Board Chair***

On July 31, 2000, after a two year battle, our almost 10 year old daughter died from cancer. Six months later, devastated, confused and lost, my husband and I were welcomed with open arms by this wonderful organization. Welcome to Bereaved Families of Ontario. As with the many who have attended the BFO support groups, our family received compassion, support and advice through peer support. This compassion and advice has strengthened us throughout the years to a point where we were in a place to give back to the organization. Initially I would volunteer for fundraisers, helping where possible with the Walk to Remember and a few other events. In 2006, I was invited to join the Board of BFO Midwestern and happily accepted, eager to do everything within my ability to contribute to this organization that has helped so many. Throughout the years I have felt a sense of pride at the progress of BFO with its expansion of new group offerings and the progress it has made in the field of support and grief education. Being a volunteer for BFO has been rewarding in the knowledge that it continues to help other families and that by remaining a part of this organization, I play a small part in helping others to cope. The knowledge that I can make a difference for the better is my ultimate reward of volunteering.

As with any organization, people come and go. BFO is always appreciative of new volunteers who can help in whatever capacity they are comfortable with. With our combined talents, we build a strong organization that will help families for many years to come. We are always looking for new volunteers in the areas of support, fundraisers, or as potential board members.

BFO is an organization that relies heavily on its volunteers. I am thankful to say that we have a wonderful volunteer base and it's through these dedicated volunteers that our support groups, programs, fundraisers, operations etc. are such a success. These people give so much of their time and energy without asking for anything in return. They are truly appreciated and on behalf of the Board, I would like to thank each and every volunteer for what they've done to contribute to this organization.



### **UPCOMING EVENTS:**

Luther Village Education Series: Feb 14th-Mar 21st  
"Walking with the Wounded"-Mon Nights 7pm-8pm

Annual Conference - Wed & Thurs April 14 & 15th  
Beyond Gender - "Understanding Masculine Grief"

Golf Tournament - Saturday, June 4, 2011  
New Dundee Golf and Country Club

Butterfly Walk to Remember - September 2011  
Williamsburg Cemetery

Tree of Bright Stars - November 2011  
Grandview Baptist Church

## **Feed Your Spirit, Lift Your Soul; Become a BFO Volunteer... by Beth Bailey, PAC Chair**

Bereaved Families of Ontario (BFO) is an organization that I hold dear to my heart. I have been a volunteer with BFO since September 2009, and am currently the Chairperson of the Program Advisory Committee (PAC) and a Support Group Facilitator. I am also a widow and only parent to my two children. It is this distinction that originally brought me to BFO.

After attending the BFO "Generations of Grief" Conference in 2009, I was convinced that I wanted to pursue a volunteer role within BFO. Since then, I have been a member of PAC, have become a Support Group Facilitator, provide one on one peer support, and joined the team of BFO volunteers that provide educational presentations in the community.

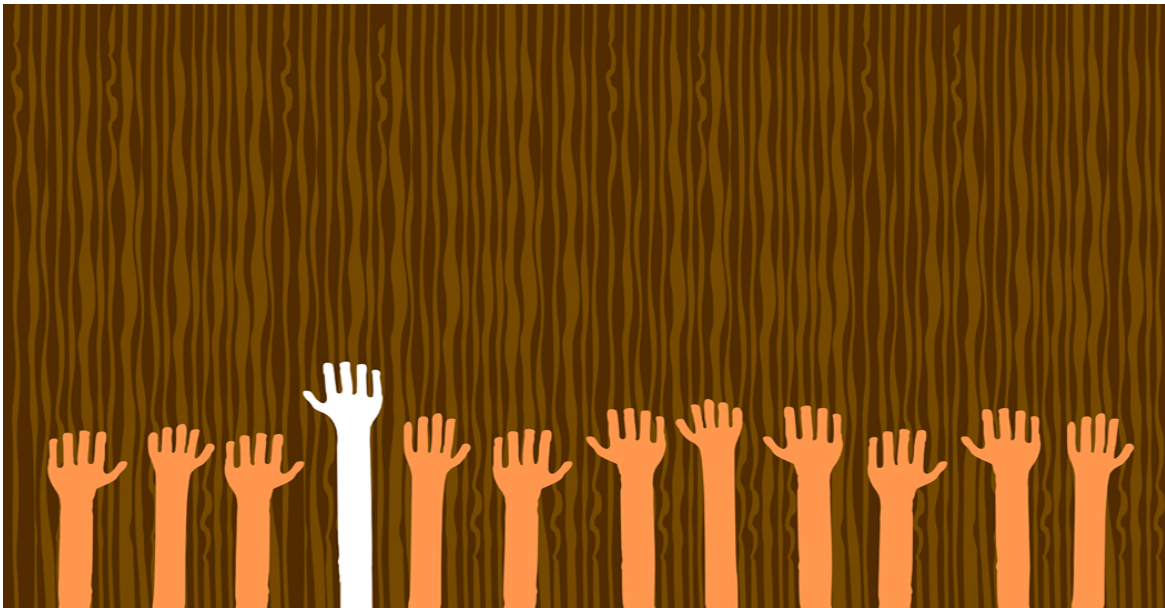
The Program Advisory Committee is a dynamic group of individuals from different walks of life, with varied personal and professional backgrounds. We work together as volunteers with a common desire to help an organization that does so much "good" for the bereaved in our community.

As members of PAC, we oversee all of the programs, support groups and educational activities of BFO. The committee is a "hands on" group that works to provide effective bereavement programming for the community. Our monthly meetings focus on managing BFO's current programs and events, along with brainstorming and planning for the year ahead. Our committee members bring their creativity, passion, ideas and heart to every meeting!

I would encourage all of BFO's membership to consider volunteering with BFO. There are many roles to fill, and each requires a different time commitment. If you feel you are able to do a little, or a lot, **WE NEED YOU.**

If you would like more information about the Program Advisory Committee, please feel free to contact me through the BFO office.

My volunteer work with BFO feeds my spirit and lifts my soul ... in ways I never thought possible. I hope you might consider volunteering with BFO too!



## **Spring 2011 Support Groups**

Groups are scheduled to start in late March. There is no fee to participate. For more information or to register, contact BFO at 519-603-0196 or email [support@bfomidwest.org](mailto:support@bfomidwest.org). These groups are typically held at the BFO Office. Please note our new office location in Belmont Village at 678 Belmont Ave W Suite 103, Kitchener, Ont.  
Limited space available.

### **Parents Grieving the Death of a Baby**

*Registration currently open*

This is a closed support group for parents who have experienced the death of a child during pregnancy, as an infant or up to and including the age of two years. A minimum registration is necessary in order to proceed with the group. Please contact the office to register. Groups are expected to start in late March.

### **Parents Grieving the Death of a Child**

*Group currently full. Please call the office to register for the fall group*

This is a closed group for parents who have experienced the death of a child from age three to adult. Groups are expected to start in late March.

### **Widow/Widower with Dependent Children**

*Registration currently open*

This is a closed group for widows or widowers raising young children at home. A minimum registration is necessary in order to proceed with the group. Please contact the office to register. Groups are expected to start in late March.

### **Grandparents Grieving the Death of a Grandchild**

*Group Currently Full; Please call the office to register for the fall group*

This is a closed group for grandparents who have experienced the death of a grandchild. Groups are expected to start in late March.

## **Spring 2011 Support Groups continued...**

### **Healing Little Hearts**

*Registration currently open*

This is a closed group for preschoolers (ages 3-6) and their caregivers. This group will focus on helping children understand, cope with feelings of loss and find a renewed sense of happiness, through stories, art and creative play. At the same time an education group for the caregivers will run to provide information on the way children grieve and helpful tips in assisting children to express themselves and work through the grief. Please contact the office to register. The group is expected to start in May.

### **Subsequent Pregnancy after Loss**

*Registration currently open*

This is an open group for parents who are pregnant following the death of an infant 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. Please contact the office to register.

### **Understanding Grief**

This is a one hour information session designed to give participants an overview on what grief is, how grief affects individuals and families, coping strategies and how to be a supportive person in light of grief. This presentation is ideal for volunteer organizations dealing with crisis or support. Please contact the office to schedule.

### **Grief in the Workplace**

This one hour lunch and learn program is designed for the workplace to help employees identify grief in themselves or a co-worker, explain how grief impacts a person, equip participants with strategies to help support a co-worker and normalize the difficulty when faced with grief. Please contact the office to schedule.

## LOVED ONES REMEMBERED...

### *"January"*

Cory Bast January 1, 2007 Remembered by parents Heather & Dale & sister Amanda	Lucas Dolson-Southern January 8, 2003 Remembered by his mother Elfie & brother Travis	Marcus Butterworth January 13, 2002 Remembered by his parents Tina & Steve & brothers Joseph, Jacob & Jonathan	Cheyenne Wilkinson - Bowman January 23, 2008 Remembered by parents Natasha & Damien & brothers Darren, Donovan & Devin
Brandon Khindria January 2, 2003 Remembered by his parents Alysha & Sulekh & his brother Joshua	Caroline Suljak January 8, 2000 Remembered by her parents Melanie & Michael, Megan in Heaven & her triplet Georgia	Isaac Wight January 13, 2005 Remembered by his parents Kate & Gene	Alexander Toushan January 24, 1999 Remembered by his parents Stephanie & Troy & brother Brandon
Chad Chenoweth January 3, 2000 Remembered by his parents Robert & Belinda & siblings Shawn & Kelly	Richard Fitzgerald January 9, 2009 Remembered by his wife Pauline & son Maurice	Norman "Ken" Hunt January 13, 2010 Remembered by his wife Diane	Martin Lammers January 24, 1999 Remembered by his sister Helen Helps and family
Gisselle Parker & O'dauntious Parker January 3, 2005 Remembered by their mother Ashley	Liam Scanlon January 10, 2008 Remembered by his mother Katherine	Doug Bennett January 14, 1996 Remembered by his wife Joyce	Damon Seddon January 25, 2005 Remembered by his mother Tonia & family Jeff, Sue, Nicole & Ryan
Joseph Snyder January 4, 1999 Remembered by his parents Marlene & Steve	Isabelle Shaw January 11, 2000 Remembered by her parents Elaine & Daniel	Jenese Zettel January 18, 1998 Remembered by Paul & Kelly & sisters Chantal & Leah	Mike Gidlinger January 26, 2008 Remembered by Brother Steve, Sister In Law Sarah & nieces Justina & Summer
Mackenzie Rose January 4, 2004 Remembered by his parents Elma & Rodney	Aaron Ferguson January 11, 2003 Remembered by his parents Angela & Allan & sister Alicia	Shirley Maltais January 18, 2009 Remembered by Geoff, Debbie, Roger, Kristine, Darien, Angela & Ryan	Paul McGregor Verity January 27, 2010 Living in our hearts
William Nightingale January 6, 2001 Remembered by his wife Maria & daughters Angelique & Gwendolyn	Baby Evans January 11, 2006 Remembered by parents Cheryl & Rob	Adam Keller January 20, 2002 Remembered by his parents Donna & Peter & sisters Amy & Nina.	Chloe Lynn Moskalyk January 30, 2005 Remembered by her parents Lorelei & Geoff
Mario Di Bonaventura January 6, 2005 Remembered by his daughter Theresa & granddaughter Jessica	Michelle Petal January 12, 2009 Remembered by parents Tammy & Gord & by sister Shakira Gibson	Henrietta Miller January 22, 2009 Remembered by Geoff, Debbie, Roger, Kristine, Darien, Angela & Ryan	
Chris Olinskie January 7, 2006 Remembered by his mother Denise & siblings Alex, Lee, Darcy & Darryl	Gage Bijl January 13, 2000 Remembered by his mother Wendy, Keeley Hope, Tristen Thomas & his brother Holden in heaven		

## LOVED ONES REMEMBERED...

### *"February"*

Joe Cellupica  
February 1, 2005  
Remembered by family & friends

Abby Bjorkenstam  
February 1, 2006  
Remembered by their parents  
Katie & Evan & brother Hunter

Grace Bjorkenstam  
February 1, 2006  
Remembered by their parents  
Katie & Evan & brother Hunter

Logan Snyder  
February 1, 2008  
Remembered by Mom Meghan &  
Father John

Joseph Stascia  
February 2, 2005  
Remembered by family & friends

Maria French  
February 2, 2008  
Remembered by Rita, Michael,  
husband Brian & son Michael

Michelle Quick  
February 6, 2005  
Remembered by her parents  
Andy & Carol. With her brother  
Nathaniel in heaven

Mike Nagy  
February 6, 2010  
Remembered by wife Jennifer &  
children Michael & Emma

James "Jimmy" Milliner  
February 8, 1999  
Remembered by his parents Mike  
& Kim (nee Hammar) & siblings  
Jordan (in heaven), Rachel &  
Heather Nicole. Also  
remembered by grandparents  
James (in heaven) & Shirley  
Hammar, Bonnie & Russell  
Milliner

Jim Hurlburt  
February 9, 2006  
Remembered by his wife  
Dee & son Cody

Barry Spiegel  
February 9, 2009  
Remembered his parents  
Bea & Jules & his siblings  
Stacey, Randy & Heidi

Timothy Zeller  
February 10, 1987  
Remembered by his  
mother Joan & his  
siblings Andrew &  
Donna, Sarah Lynn &  
Kevin in heaven

Pam Lonsdale  
February 10, 2010  
Remembered by husband  
Steve

Cory Wibberley  
February 12, 2001  
Remembered by his  
parents Chris & Louise &  
brothers Tom & Andy

Michael Baskett  
February 13, 2010  
Remembered by family,  
friends and a community  
that will keep his  
memory alive - true story

Anthony Ratthe  
February 15, 2001  
Remembered by his  
parents Caroline & Mario  
& siblings Alex, Roxanne,  
Matthew & Alyssa

Owen Christensen  
February 18, 1997  
Remembered by his  
parents Mark & Linda &  
brothers Evan & Andrew

Alex O'Doherty  
February 18, 2001  
Remembered by family & friends

Peter Sutton  
February 18, 2003  
Remembered by Mom, Dad & big  
sister Mya

Glen Bach  
February 21, 1997  
Remembered by his parents William  
& Myrna & siblings Gail & Bonnie

Shalom Webber  
February 22, 2002  
Remembered by his parents Donalea  
& Scott & siblings Noah & Annie

Adam Kula  
February 22, 2004  
Remembered by his parents  
Suzanne & Robert & brother Evan

Gabriella Campbell  
February 23, 2007  
Remembered by her parents Maggie  
& Dean & brothers Justin & Zachary &  
Curtis.

Duncan Gillis  
February 25, 2005  
Remembered by family and friends

Owen Schell  
February 25, 2006  
Remembered by his parents Nicole &  
Fred

Zachary Dyszuk  
February 26, 1988  
Remembered by his parents Barbara  
& Paul

Jeremy Dam  
February 27, 2005  
Remembered by his parents John &  
Cindy, step-parents Theresa & Ed &  
sisters Alicia & Jessica

## LOVED ONES REMEMBERED...

### "March"

Shae-Lynn Pardy  
March 4, 2003  
Remembered by her  
parents Denise & Drew

Navian Gray  
March 5, 2005  
Remembered by family and  
friends

Earl Keller  
March 6, 1999  
Remembered by his wife  
Pat

Rowan Fox  
March 6, 2009  
Remembered by his parents  
Steve and Michelle

Daniel Pietryk  
March 7, 2008  
Remembered by his parents  
and older brother David

Jeffrey Scarfone  
March 8, 1998  
Remembered by his parents  
Lori & John & brothers Eric  
& Ryan.

Andrew Wagner  
March 10, 2000  
Remembered by his mother  
Diane & siblings Christine &  
Stephanie

Allan Heslop  
March 10th 2002  
Remembered by his wife  
Doreen & children Craig &  
Fiona & son-in-law Scott

Sarah Paulley  
March 11th 2008  
Remembered by husband  
Jason and children Lucy and  
Grace

Ashley Schieck  
March 12th 1994  
Remembered by her  
parents Bob & Peg &  
siblings Jacob & Jacinda

James Langton  
March 12th 2009  
Remembered by his wife  
Laurie and son Caleb

Dustin Geil  
March 13th 2006  
Remembered by his mother  
Donna & sister Courtney

Coltyn Kalybaba  
March 13th 2008  
Remembered by parents  
Yvonne and Larry and  
brother Bohden

Albert Marcella  
March 13th 2008  
Remembered by wife Carol

Jeffrey Gosse  
March 13th 2009  
Remembered by parents  
Helen and Jesse, Sisters  
Michele and Robin and his 5  
children

Jeff Gosse  
March 13th 2009  
Remembered by family and  
friends

Katie Quinlan  
March 14th 1997  
Remembered by her mother  
Sharon-Adele

Chloe Langer  
March 15th 2003  
Remembered by family and  
friends

Kendra Rafuse  
March 16th 2003  
Remembered by family and  
friends

Grace deBoer  
March 16th 2007  
Remembered by her parents  
Kim & Steve

Kendra Townsend  
March 17th 1980  
Remembered by her  
mother Elaine, Twin  
sister Krista & brother  
Jamie

Dillon Pilkie-Rogers  
March 18th 2002  
Remembered by his  
parents Annette & Troy  
& brother Timothy

Friday Savory  
March 18th 2003  
Remembered by family  
and friends

Victoria Suljak  
March 19th 2001  
Remembered by her  
parents Ninetta & John  
& siblings Julia & Adam

Alexandra Dixon  
March 19th 2003  
Remembered by her  
parents Jane & Mike &  
sissy Nikola.

Christopher Kurt  
March 20th 2001  
Remembered by his  
parents Barbara & Victor  
& son Josua Christopher  
Kurt.

Ryan Hirn-Crane  
March 20th 2007  
Remembered by his  
parents Elizabeth &  
Jamie and sister Madeline

Angella Denis  
March 20th 2008  
Remembered by her  
mother Princess, her  
sisters, her daughter  
Cassandra and her four  
sons.

Joshua Weinstein  
March 21st 2006  
Remembered by family  
and friends

Tiffany Mahoney-  
Holtzhauer  
March 21st 2004  
Remembered by her  
father Ross, sister Nicole &  
grandmother Joyce

Franz Clausing  
March 23rd 1994  
Remembered by his wife  
Theresa & his children  
Frank, Karen and Darlene,  
daughter-in-law Lori &  
their children. Franz is with  
his son Erich in heaven.

Eric Martinovec  
March 24th 2003  
Remembered by family  
and friends

Bianca Frigault  
March 25th 2004  
Remembered by her  
parents Denis & Cindy &  
siblings Samuel & Alyssa,  
with her brothers Autumn  
& Lucas in Heaven.

Oliver Desmond  
March 26th 2008  
Remembered by parents  
Shannon and Phil and  
brother Maxwell

Bruce Hoffmann  
March 28th 1944  
Remembered by wife  
Marlies

David Lumgair  
March 28th 2001  
Remembered by his  
mother Janice  
Honeycombe.

Tina Emsle  
March 28th 2008  
Remembered by her  
mother Pat

Jacob Vaughan  
March 30th 2005  
Remembered by his  
parents Bryan & Julie