



The Compassionate Friends

Greater New Orleans Chapter

Supporting Family After a Child Dies

VOLUME 6, ISSUE 10

October 2024

Chapter Leaders: William and Millie Hunton 504-265-0581 Email address: tcfnola@gmail.com

SAVE THE DATE – OCTOBER 19TH

Memorial Walk and Picnic

To be held in the Children's Memorial Garden in Lafreniere Park
See Page 4 for more details.

New TCF-GNO Chapter Sibling Entity

Sibling Zoom Meeting to be held 10/17/2024

For more information on our new Sibling Entity please see Page 4.

Mass for Victims and Survivors of Violence

To be held on 10/27/2024. For more information on Page 9.

PLEASE DON'T TELL ME TO MOVE ON

I have a Master's Degree in grief. Not a real one, but believe me, I should have an honorary one.

And one thing I know for sure. Grieving stinks.

All of a sudden you're invited to a party you never wanted to attend. But there are no balloons, no confetti, the only thing being thrown around are your emotions.

There are no tears of joy, but plenty of tears nonetheless. And what makes things worse are some of the things people will say. --- *"You need to move on."*

Continued on Page 3 – See MOVE ON

BIRTHDAY RECOGNITION: Birthdays can be found on "Our Children Remembered" page. We do encourage both you and your family to come when it is your child's birthday month, to share your child with all of us with photos and memories. You will receive a special birthday gift in memory of your child. Bring that treasured picture of your child that always makes you smile so we may smile with you. Refreshments in honor of your child, grandchild, or sibling are welcomed. The September Birthday Cake was sponsored by JoAnn Giovingo in memory of her son Ray Constantine, Jr. The October Birthday Cake will be sponsored by Andree Charvet in memory of her son William "Billy" Laderer.

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

You may be gone from my sight by you are never gone from my heart. - Winnie the Pooh

Those we love will never be more than a thought away. As long as there is a memory, they will live forever in our hearts to stay. - Unknown author

NEXT MONTHLY MEETING:

October 14, 2024

Lafreniere Park Foundation
Center Conference Room

7:00 – 9:00 pm

2nd Monday of every month

UPCOMING MEETINGS:

8 Jan 24	19 Feb 24	11 Mar 24
8 Apr 24	13 May 24	10 Jun 24
8 Jul 24	12 Aug 24	9 Sep 24
14 Oct 24	11 Nov 24	9 Dec 24 ZOOM

REGIONAL COORDINATOR

Denise St. Pierre
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NATIONAL OFFICE

The Compassionate Friends
48660 Pontiac Trail # 930808
Wixom, MI 48393

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877-969-0010

UPCOMING EVENTS:

Butterfly Release

April 27, 2024 – held in the Children's Memorial Garden in Lafreniere Park

Memorial Walk and Auction

October 19, 2024 – held in the Children's Memorial Garden in Lafreniere Park

WorldWide Candle Lighting

December 8, 2024 – Held in the Foundation Center Patio in Lafreniere Park

Our Monthly Meetings

To all those newly bereaved, who are receiving this newsletter for the first time and to all our Compassionate Friends, we wish you were not eligible to belong to this group, but we want you to know that you and your family have many friends. We, who received love and compassion from others in our time of deep sorrow, now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help. **You are not alone in your grief.**

Meetings are held the 2nd Monday of each month at the Foundation Center Conference Room in Lafreniere Park at 7:00 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join with us at a meeting.

Grief support after the death of a child

The Compassionate Friends is a national non-profit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

Big Thanks to Our Steering Committee



Contact:

Phone: (504) 265-0581

Email: tcfnola@gmail.com

www.tcfneworleans.com

1104 Colony Rd, Metairie, LA 70003

Chapter Leader	William Hunton
Chapter Co-Leader	Millie Hunton
Treasurer	Isabel Vigne-Miranda
Facilitator	Millie Hunton
Newsletter Editor	William Hunton
Webmaster	Jason Vicari
Database Management	Jerrie Vicari
Outreach Committee	Dena Peters
Hospitality	Jan Dutilh
Coffee Hostess	Patsy Ashton
Memorial Park Director	Jacques Bitoun

Steering Committee: William Hunton, Millie Hunton, Jan Dutilh, Dena Peters, Isabel Miranda-Vigne, Patsy Ashton, and Christi Vercher.

Denise St. Pierre, Regional Coordinator

(504) 460-2970

TCF National (877) 969-0010

www.compassionatefriends.org

The Meeting Agenda

7:00 p.m. - The meeting will begin with a short introduction followed by lighting of candle and then reading of the Credo. Remembering our children's birthdays of the month. Then followed by smaller groups of sharing.

8:45 p.m. - Meeting will close by recognizing our children's names. Feel free to visit with each other and check out a book from our library.

Newsletter Submissions: TCF Greater New Orleans welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: **TCF GNO, 1104 Colony Rd., Metairie, LA 70003**. You may also text photos and messages to 504-251-1938. As our chapter is only funded by your donations, we ask for a donation of **\$15** or more for a dedication for our newsletter. This is tax-deductible. We reserve the right to edit for space and/or content. Deadline for submissions is listed below. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source. Errors and Omissions: Please notify me if any of your information is incorrect. Thank you!

Newsletter Dedications to be put in our newsletter are due the 20th of each month.

A Newsletter Dedication: is a special page dedicated in memory of your child with a poem or writing that you submit.

A Love Gift: is a short one or two sentence message in your child's memory.



BIRTHDAY CAKE: Our child's birthday is still such an important day to us bereaved parents. In TCF this is where we can celebrate our child's birthday and remember the love we still have for them no matter how long it has been since they died. Our members are welcomed to sponsor our cake to recognize their child's birthday. Please notify me if you wish to sponsor our Birthday Cake, **William Hunton (504) 265-0581**.

TCF Greater New Orleans Memorial Candles and 3" Photo Buttons

We are asking for donations of \$20 per candle. Candles will have 3 photos, name, dates, and an LED insert.

We are asking for donations of \$5 for each button or \$12 for three buttons.

Email Your Child's Photo to tcfnola@gmail.com or call William Hunton (504) 265-0581 for info.

Candles and/or photo buttons will be delivered to the next meeting if info is received 72 hours before meeting.

Please make checks payable to: TCF - GNO, 1104 Colony Road, Metairie, LA 70003

TCF Greater New Orleans Children's Memorial Garden Bricks

Our Children's Memorial Garden Brick orders deadline is November 1, 2024. Please see attached order form

Move On (cont. from Page 1)

If someone lost a leg, would we expect them to walk anyway?

If they lost an arm, would we put a bag of groceries in their arms and still expect them to act as if nothing had happened?

Moving on implies that the person is able to. Sometimes they are not. Pure and simple.

The truth is we've been fed a bunch of myths regarding grief. Books have been written with tidy little formulas and time frames. The problem is grief doesn't fit nicely into little boxes. Grief is messy.

"I know how you feel."

Even if we've gone through the exact same circumstance, because we're all different people, we don't really know how someone else feels. When someone says this, it takes the focus off of the griever and onto the other person.

"You can always have another child."

This was actually told to a friend of mine who lost an infant. Brené Brown has done extensive research on empathy. She said when we are talking to someone and we use the words "at least..." we are minimizing the person's pain. We are silver-lining their cloud. And when that happens, the person who is hurting no longer feels free in their feelings.

I have found that even those who have faith still can say things that are not helpful to the griever.

Perhaps it's just that everyone wants the person to go back to how they were before this death.

But the truth is, they will never be the same. When you lose someone who was a big part of your life, you are forever changed.

Grief on both sides

When a friend or family member loses a loved one, you will also feel loss because the griever is changed. You miss the person they used to be. You miss interacting like you used to. So, in that sense, you are actually grieving too.

But if we would just remember that the griever didn't choose any of this, maybe it would be enough to get us to pause before anything is said.

Job's comforters did okay till they opened their mouths. But we still have to give them credit for showing up. Sometimes people subtract themselves from the lives of those who are grieving. This results in the griever feeling abandoned on top of feeling great loss.

What should you say?

What does a person in grief need to hear? What would help?

Let me just say, there are no perfect words. But there are three things you can give the person in grief, three things that may help tremendously.

1. Give them your presence. You don't have to say anything, but just showing up says tons. Especially if you come with no expectations.
2. Give them grace. Let them talk if they need to, let them sit in silence if that will help. Just accept where they are. And if they pull back, don't take it personally. It isn't about you. They are just treading water.
3. Give them your ears. When they are ready to talk, let them talk. Let them cry. Grievers fear their loved one will be forgotten. Maybe you can share a memory you have of their special person. Or maybe you could encourage them to share one. They will never run out of things to say about him/her; they just need someone to share it with.

Loss

Life has many losses. My brother and I are the only two remaining people in our family. I have lost my sister to domestic violence, one brother to cancer, another brother to a heart attack. I've had a miscarriage, lost my father when I was 24 and my mother when I was 16.

Truly, one of the hardest losses was that of my sweet granddaughter, Olivia, who was just 14 months old. They say a parent should never have to bury a child. The same can be said about a grandparent. Not only do I grieve Livie, but I watch the pain my son and his wife experience, as well as her siblings.

Grief is excruciating. There are no easy answers when those we love are hurting. But we can show up and give support to those we love who are grieving.

There's a story told of an elderly man who lost his wife. While the neighbors gathered to pay their respects, Johnnie asked if he could go next door for a little while. The parents looked over and saw their son sitting next to their friend and neighbor.

When Johnnie returned home, his parents asked him, "What did you say to our neighbor?"

"Oh, I didn't say nothin'," Johnnie replied, "I just helped him cry." This little boy had the right idea. All of us can do that.

by Anne Peterson

My mind still talks to you and my heart still looks for you. But my soul knows you're at Peace. - Author unknown

TCF Greater New Orleans Chapter Memorial Walk & Picnic

The Greater New Orleans TCF Chapter is sponsoring a Children's Memorial Walk followed with a Picnic on October 19, 2024 at Lafreniere Park in Metairie, LA. We are taking this opportunity to raise funds for our chapter through our Memorial Walk and by our Corporate Sponsorship Program. Due to all the hard work during our recently National Conference, we have decided NOT have an Auction this year. Instead, we plan to have a relaxing "Family" style picnic with door prizes.

We encourage everyone to register for our Memorial Walk and then enjoy some fellowship time with our TCF family. Bring you picnic items. Tea and lemonade will be available. Everyone will get a free ticket for door prizes. So come out and enjoy yourself and you may certainly go home with a prize

Memorial Walk Registration Form can be found on the attached flyer.

New Sibling Entity

Jaimie Kimball has taken on the task of gathering our Siblings for information and meetings. She is working with the National Sibling Staff to coordinate Zoom meetings. Our next GNO Siblings Zoom Meeting will be held **10/17/24, 7:00pm - 8:30** Click <https://us04web.zoom.us/j/4763266796?pwd=2DLsESGSudSNzyGK18zITDRFwnkVE7.1&omn=79175929177> to start or join a scheduled Zoom meeting. Meeting ID # 4763266796; Passcode: K2EntH

For more information please contact Jaimie Kimball at jkimball88@hotmail.com or call (504) 559-2438.

MEMORIAL NEWSLETTER DEDICATION IN MEMORY OF *Chelsea Marie Hunton* April 17, 1986 - October 17, 2016

When I simply say.

I MISS MY DAUGHTER

I really mean I miss her smile.

I miss her voice.

I miss her laugh.

I miss her next to me.

I miss her jokes.

I miss her holding my hands.

I miss her teasing me.

I miss her so much that

I can feel my heart breaking.

Author unknown

October can be terribly difficult for us.

When I say words cannot possibly describe the day Chelsea died, I truly mean it. However, if I was to try, here is what I would say:

I doubled over from the pain and felt like my heart had nearly stopped. I could not breathe! Such a shock froze my body, mind, and soul. From deep within me I SCREAMED, "CHELSEA, WAKE UP!" She was gone. This was truly the worst day of our life.

We Love and Miss you so much, Love Mom, Dad and Jessica



Dedication sent in by Millie and William Hunton



MEMORIAL NEWSLETTER DEDICATION IN MEMORY OF
LEE RUSSELL CENTANNI, JR.

10-16-42 - 02-23-01



L -- is for Love. You loved everyone and everyone loved you.
E -- is for Eyes. My brother had beautiful eyes.
E -- is for Exciting. My brother had an exciting life!

R -- is for "my brother's" Rough and Ready life.
U -- is for U are fun!
S -- is for Smart.
S -- is for Special.
E -- is for Especially handsome.
L -- is for Likeable.
L -- is for Love again. I always think of my brother with LOVE!

This year will be 23 years since you died. You would be so proud of your family – your wife Marilyn, your children Kevin and Tara. You never got to see your two grandchildren - Max and Maylee. You would have been a good and loving grandfather. Everyone loves and misses you.

Your loving sister Judy Centanni Bonura and your brother-in-law Dominick,

Dedication sent in by Judy and Nick Bonura



MEMORIAL NEWSLETTER DEDICATION IN MEMORY OF

William E. Laderer, IV

October 17, 1990 – April 11, 2021



Happy 34th Birthday my sweet boy

"Don't think of him as gone away, his journey's just begun, life holds so many facets, this earth is only one. Just think of him as resting, from the sorrows and the tears, in a place of warmth and comfort, where there are no days and years. Think how he must be wishing that we could know today, how nothing but our sadness can really pass away. And think of him as living in the hearts of those he touched...for nothing loved is ever lost and he was loved so much."

Missing you and loving you, my baby Brudder. All My Love, Sis

Billy – another year passes and you are dearly missed. Knowing you are at peace brings me comfort. Love you always,

I love you with all my heart and miss you, Billy. . Your sister, Noelle



My Love, My baby bird Billy, I took this picture of you sitting next to me in my car right after you got your hair cut and was looking fly! Thank you for sending me all the (SIGNS) and right at the right time to where I know it's NOT a coincidence!! Plus, all the money right where I park when I step out, when I could have picked any other parking spot to park in! You brighten my day, my love, I will see you soon because time on earth goes in the blink of the eye,

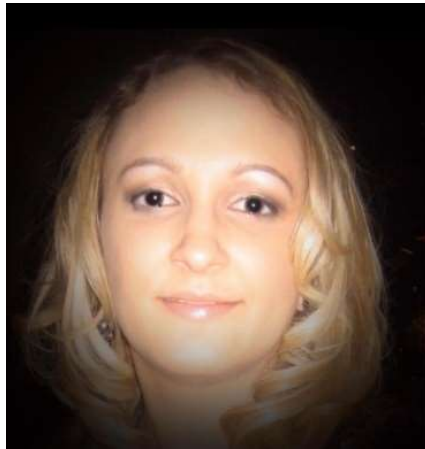
Love always, Ma



We love and miss you so much, Mom, Noelle, Jolie, & Baby Billy

MEMORIAL NEWSLETTER DEDICATION IN MEMORY OF *Rosalie Miranda Fournett*

October 25, 1985-June 15, 2016



A POEM FOR MY DAUGHTER



I love you now, as I so loved you then
your Spirit is with me forever
When you were born all of heaven sang out
Joyous that we were together



Your eyes twinkled bright as a billion stars
Your lashes brushed sweet angel's kisses
As you snuggled so warmly against my neck
So serenely, you gave me such bliss

As I stroked your head, very gently My Dear
Your hair felt as soft as down feathers
Your fingers, so tiny, wove tightly with mine
Rainbow's end couldn't give me more treasure

I remember you now, I'll remember you when
every day and each night begins
You're a part of my soul, every beat of my heart
I promise, My Darling, Amen

Karinelyn Paul, Broomfield, CO, In Memory of my daughter, Katrina

Missing you so much, Happy 39th Heavenly Birthday,

Isabel (Mommy), Jacolbi, Jacob, Jonah, Josiah (The Fantastic 4), Chacho, and Gary..

Dedication sent in by Isabel Miranda-Vigne

MEMORIAL NEWSLETTER DEDICATION IN MEMORY OF

Amina

April 13, 2016 - October 17, 2017

My dear sweet baby Amina

I may be in a little bit of denial, because it seems impossible that it's been 7 long years since you transitioned, and life has changed so much. This anniversary, it feels so far like grief has softened somewhat: your little sister keeps me running, and yet you appear everywhere I look!

I'm so grateful for the little signs of love you send me. I hope you know I'm sending them right back. Every day.

Of course my heart still aches when I imagine that you could still be here with us, growing and leading and being the big sister boss of our family. But right now, I feel mostly gratitude that I got to be your Mama, grateful for the moments then and the soft whispers from you now. I love you love you love you forever.

Forever, your Mama

Dedication sent in by Monika



MEMORIAL NEWSLETTER DEDICATION IN MEMORY OF

Cody Shaw Fahm

December 4, 1992 - October 23, 2022

God looked around his Garden and found an empty place.
He then looked down upon his earth and saw your loving face.

He put his arms around you and lifted you to rest.
His Garden must be beautiful, he always takes the best.

He saw the road was getting rough and the hills were hard to climb,
so he closed your weary tired eyes,
He whispered to you "Peace be Thine" and gave you wings to fly.

It broke our hearts to lose you, but you did not go alone.
For part of us went with you on the day God called you home.



There are no words to express how much we miss and love you! Love, Mom, Mike, and family!



Mass for Victims and Survivors of Violence

Sunday, October 27, 2024, 11:00am

St. Louis Cathedral, 615 Pere Antoine Alley, New Orleans, LA 70116

Most Reverend Gregory M. Aymond, Archbishop of New Orleans, will preside.

All are invited to worship in solidarity with those in our community who have been affected by violence.

Those who have lost a loved one to violence are asked to bring a picture or symbol to represent the presence of the loved one in memory, in prayer and in love. For more information please contact (504) 861-6243.

BECOMING MELANCHOLY: HOW MY GRANDSON'S DEATH CHANGED THE WAY I LIVE

I continue to learn and grow as this new person I have become, a griever making my re-entry back into life among those untouched by loss. In adjusting to the new me, I have come to accept things about myself that at first I assumed were temporary. I now know that I am permanently changed.

Self-awareness is a good thing. If grief has provided anything positive, it would be the soul-searching that I needed to do in order to overcome my loss. Grief shatters you, tears you apart. Rips open your soul, breaks your heart and forces you to open your eyes. When I was able to put myself back together, I found my perception of everything had been completely altered.

Grief makes you aware, hyper-aware. You become more of who you really are and you see the truth of who others are as well.

In this new state of being I tend to over-analyze everything. Not to be weighed as right or wrong or to judge, but to prevent the mental unrest that may unintentionally harm my fragile psyche.

I find myself living a life mostly melancholy. Although I have consistently tried to resume an overtly happy life, I now realize this was also misguided. There is absolutely nothing wrong with living my life the way I am. It is not a dishonor to Konnor to be sad at times. I am, in fact, honoring him when I have moments of sadness because I am expressing my love for him. To continue to falsely create a facade of a life that does not exist would be a mockery.

I am doing much better than I was. I am, for the most part, happier now. I can laugh when something is funny. I smile more. For this I feel proud considering where I was two years ago. I am settling into myself, content in who I am. Shaped by grief but surviving by my love for my family and everything that is left in the here and now.

Grieving and feeling melancholy has turned me into a deeply emotional human being. Some handle loss well and manage to go unscathed. For me, the changes I have felt within myself are irrevocable. I am emotional. I am aware. I am more alive now having experienced the trauma of death.

I am blessed to experience a sunrise, my grandchildren, a beautiful song. It doesn't bother me to feel everything so deeply. So what if I cry more than the average person. I get melancholy. I know what it means to lose someone I treasured and thought so beautiful.

Being melancholy does not mean I am depressed or sad. It is not a mood. It is a state of being. It is loving your family more. It is recognizing beauty unnoticed before. It is hearing a song and crying because it brings forth a memory whether good or bad. It is a feeling of stillness, fullness while at the same time experiencing emptiness, numbness. Melancholy is staring off into space, lost in your own thoughts in a room full of people. It's that lump in your throat and the ache in your chest.

I have adjusted to the overwhelming emotions I can experience. I am comfortable with who I have become. Truth be told, I would rather feel so much more than care less in a world that at times can seem so cold.

"When sadness knows the reason of tears, heart prepares to carry the ache for years." ~ Munia Khan

By Patricia Mealer

Our Children Remembered



Angel Birthdays

Aimee Lauren Wood LaDuke	Oct 1	Daughter of Cheryl Przgocki
Joseph "Joe" Sauvinet	Oct 5	Son of Sherry and Eric Sauvinet
Beau Benjamin Serpas	Oct 8	Son of Cari and Steven Serpas; Grandson of Pati and Cary Rodrigue
Terrance P. Anderson	Oct 11	Son of Beulah S. Anderson
Darlene Theresa Mayeux	Oct 13	Sister of Dana Keller
Ana Marie	Oct 15	Daughter of Carmen Sanchez Colon
Ty'shaunda Riles	Oct 15	Daughter of Hishaunda Riles
Rose Fay Bitoun	Oct 15	Daughter of Jacques and Courtney
Ann Roberts	Oct 15	Sister of Margaret Banks
Colin O'Neill	Oct 15	Son of Melanie O'Neill
Lee Russell Centanni, Jr.	Oct 16	Brother of Judy Bonura
Rebecca (Beca) DeMuth	Oct 16	Daughter of Kathy and Wilton DeMuth
Billy Laderer	Oct 17	Son of Andree Charvet
David Joseph Sisolak, Jr.	Oct 19	Son of Janell and David Sisolak, Sr., Brother of Mindy Parrish
Gertie Marie Beauford	Oct 21	Sister of Kathy Beauford
Rosalie M. Fournett	Oct 25	Daughter of Isabel Miranda-Vigne
Jayla Rae Cook	Oct 27	Daughter of Bobbie Mason; Sister of Jessica
Vinny Snow	Oct 27	Son of Carmen Snow; brother of Gianna Sensat
Matthew Boudreaux	Oct 28	Son of Julie and Ronnie Hemenway
Gerard "Jed" Schulin	Oct 29	Son of Cynthia and Gerard Schulin
Brian Storms	Oct 31	Son of Barbara Storms
Paul Charles Fleming III	Oct 31	Son of Courtney & Paul Fleming; Br of Madeline, Caroline & Jake; Grandson of Gary Fleming
Shawn Michael Rome	Oct 31	Son of Kathy and Allen Rome; Brother of Katie; Father of Gabriella

Angel Anniversaries

Thaddeus J. Mascaro, Jr.	Oct 2	Brother of Melanie Boudreaux
Shawn Michael Rome	Oct 5	Son of Kathy and Allen Rome; Brother of Katie; Father of Gabriella
Matthew Minton	Oct 6	Son of Rebecca Minton
Beau Benjamin Serpas	Oct 8	Son of Cari and Steven Serpas; Grandson of Pati and Cary Rodrigue
Colin O'Neill	Oct 9	Son of Melanie O'Neill
Ellie Rae Siddall	Oct 10	Daughter of Analyn Siddall
K.C. Heckathorn	Oct 14	Son of Betty Cefalu
Kirkwood "Kirk" Kahn	Oct 15	Brother of Leah Kahn
Chelsea Marie Hunton	Oct 17	Daughter of Millie and William Hunton; Granddaughter of Joseph and Sharon Meyers
Amina Gerhart Hambrick	Oct 17	Daughter of Monika Gerhart-Hambrick
Sara Michelle Reynolds	Oct 18	Daughter of Harriet Reynolds
Keith J. Schexnayder, II	Oct 21	Son of Debbie and Keith Schexnayder
Christopher Hanson	Oct 21	Son of Lynn Hanson
Cody Shaw Fahm	Oct 23	Son of Barbette and Mike Richard
Ann Margaret Eaker	Oct 23	Daughter of Helene Toney
Rose Fay Bitoun	Oct 25	Daughter of Jacques and Courtney
John "Buddy" Kemna, Jr.	Oct 28	Brother of Donna Marie Smithey
Korey Patrick Spindel	Oct 29	Son of Judy Spindel
Ryan Lawrence Plattsmier	Oct 29	Son of Mary Ann Orgeron
Erin Peters	Oct 30	Daughter of Dena and Erroll Peters



**Phone
Friend
List**

Our listeners are willing to listen, understand, and share.

504-456-8248 – Patsy Ashton, son, 24, drug overdose

504-559-2438 – Jaimie Kimball, sibling, 12, vehicle accident

504-265-0581 – William and Millie Hunton, daughter, 30, accidental overdose