

# The Compassionate Friends

The Modesto Area Chapter of The Compassionate Friends

## Supporting Family After a Child Dies

A self-help organization offering friendship, understanding and hope to bereaved families that have experienced the death of a child.

[www.modestoriverbanktcf.org](http://www.modestoriverbanktcf.org)

February 2022

[tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com)

### MONTHLY MEETING

7:00 PM

Bridge Covenant Church  
2201 Morrill Road  
Riverbank, CA 95367  
(Corner of Oakdale Rd and Morrill Rd)

Please join us at our  
next meeting on  
*Monday, February 14<sup>th</sup>*

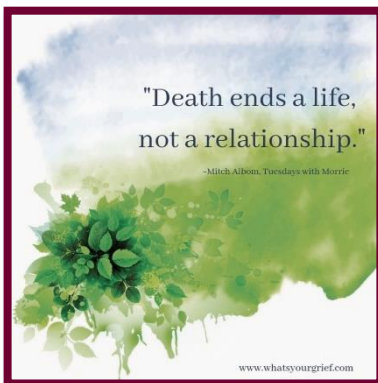
\*Please arrive by 6:50 p.m.  
so we may begin promptly  
at 7:00 p.m.\*

### Upcoming Meetings

March 14<sup>th</sup>

April 11<sup>th</sup>

May 9<sup>th</sup>



Are you taking a vacation? Visiting family? Moving? Helping someone new to TCF to find a chapter?

Use the link below to find TCF chapters in other cities and states

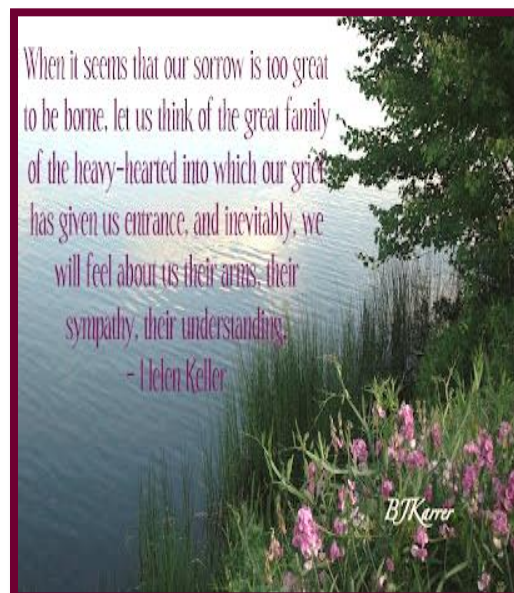
Chapter Meeting Locator -  
Compassionate Friends



### Our Mission

*The mission of  
The Compassionate Friends:*

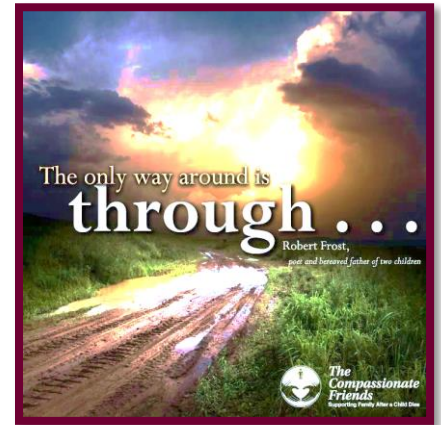
When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister or a grandchild, and helps others better assist the grieving family.



### MESSAGE LINE

(209)622-6786

Please leave a message and  
a steering committee  
member will return your  
call.



### 2022 Steering Committee

**Tracey Parker**  
Chapter Leader

**Devon Homme**  
Secretary

**Elsie Freeman**  
Treasurer

**Janet Neal**  
Outreach Coordinator

**Vacant Position**  
Hospitality & Library

**Chad Homme**  
Public Relations

**Kris Leitner**  
Newsletter Editor

**Mike & Suzanne Casity**  
Website

# February



## *2<sup>nd</sup> Monthly Meeting via Zoom*

*Thursday, February 24<sup>th</sup> at 7:00 p.m.*

*Please join us for an online meeting*

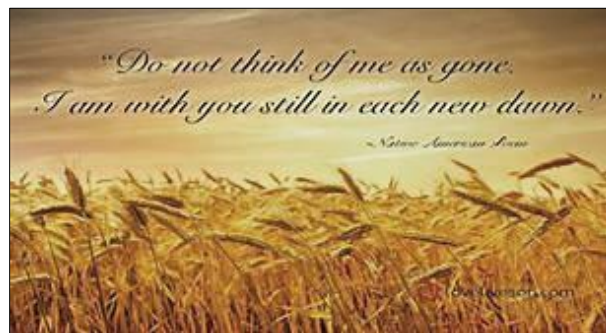
## *February Zoom Chapter Meeting*

---

Our TCF Chapter would like to restart a support group for bereaved adult siblings.

If you are interested in participating in a siblings group  
or know someone who might be interested,  
please text or call 209-622-6786, or email [tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com).

We look forward to hearing from you.



---

## *Friends* FOR SURVIVAL

*Offering Help After A Suicide Death*

**Friends for Survival Inc. - Suicide Bereavement, Bereavement Support**

*The group meets, by Zoom, on the 3<sup>rd</sup> Monday of each month at 7:00 p.m.*

Pre-registration is required @ [Meetings \(friendsforsurvival.org\)](https://www.friendsforsurvival.org)



Beginning this month we will be periodically sharing new information in the Newsletter. A different way to explore options for understanding & working through grief.

We are calling it, “*Resources & Support*”.

Since we are working towards re-establishing our Sibling group this month will focus on that.



## Surviving Sibling Loss-The Forgotten Mourner's Podcast

Helpful information

[Surviving Sibling Loss-The Forgotten Mourner's podcast](#) | [Podcasts on Audible](#) | [Audible.com](#)

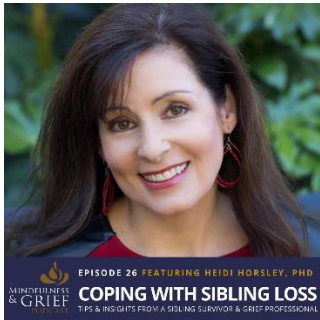




# Mindfulness & Grief Podcast - episode 26

## Coping With Sibling Loss

Tips & Insights From A Sibling Survivor & Grief Professional with Heidi Horsley  
[Coping With Sibling Loss: Tips & Insights \(Podcast\) \(mindfulnessandgrief.com\)](https://www.mindfulnessandgrief.com/)

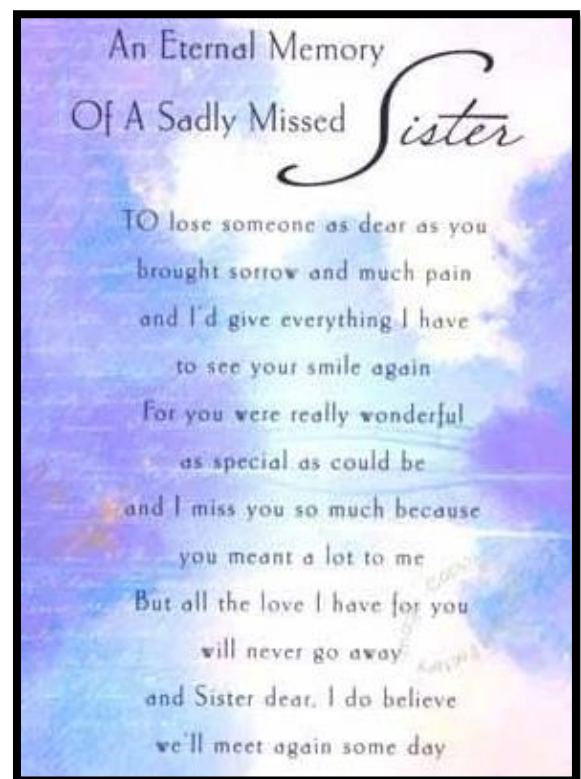
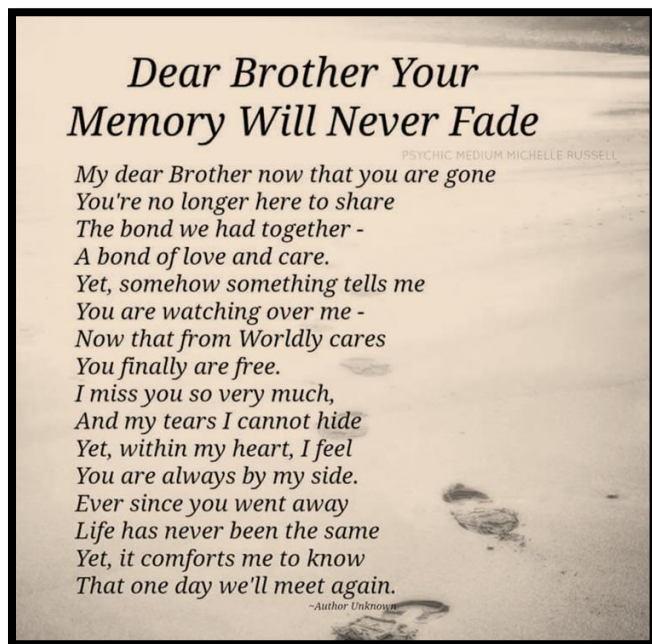


### Resources:

<https://www.opentohope.com/?s=sibling>

### Books:

[https://www.goodreads.com/list/show/126884.Books\\_about\\_Sibling\\_Loss](https://www.goodreads.com/list/show/126884.Books_about_Sibling_Loss)





## *Missing Someone On Valentine's Day*

Grief is something all of us experience. It is particularly challenging during holidays or “events” such as Valentine's Day.

Valentine's Day is a beautiful day to celebrate your love and to dote on your lover. But for those that have lost loved ones, it's a painful reminder of that loss.

Here are a couple of tips to help you cope with the grief of losing a loved one. And, just to be clear, I'm talking about any loved one.

### *Stop Trying To Get “Over” The Loss and Allow Yourself to Grieve*

So many people have said to me over the years, “*Blair, please help me get over the loss of my husband...*”

You will NEVER get “over” their loss. That's going about things the wrong way.

That's trying to change something that cannot be changed.

It is perfectly normal and “okay” to feel pain. In fact, the deeper the love you had for the deceased loved one, the deeper that sorrow will be.

You won't get “over” it, *but you CAN get through it.*

### *Amazing Tip to Getting Through Grief*

Here's a tip that I have shared with thousands. *It is deceptively simple, but it works. It heals.*

Turn the tables around.

Ask yourself, “*If the tables were reversed and I were in heaven, would I want my loved ones feeling/behaving this way?*”

Ponder that answer.

**Most people say,** “*No, I would want them to move on with their life!*”

Guess what they want for you?

That's right. They want the best for you and want you to know they are okay. They want YOU to be okay too.

IF I died today, I would expect my wife Wendy's life to be turned upside down. Things would settle and then I would hope that she would move on with her life... to have fun, do things, go places and laugh again.

I would want her to be happy. And to know that my love for her was always there.

I would NOT want her spending a ton of time grieving, crying or not moving on.

Does that make sense? Of course you would want your loved one to move forward.

That is what your loved ones want for YOU.

### *Your Loved Ones Haven't Gone Anywhere*

All of us must die someday. I've never met anyone who doesn't understand that.

But our souls—our spirit—lives on! Our bodies die, but our souls do not.

Yes, your loved one may not be physically here, but they are 100% alive in spirit.

Your loved ones know full well what you are going through and want you to get through it. They understand your sorrow, but they also want you to achieve peace with it.

### *Start a Ritual on Valentine's Day*

Start a ritual.

One of the things we've done in my family over the years is to set a plate setting for the loved one on special occasions.

Perhaps you are alone. Why not treat yourself to a nice meal out on Valentine's Day?

Love yourself. Have them put a plate and cutlery across from you and enjoy yourself in their honor.

### *Watch for Their Signs*

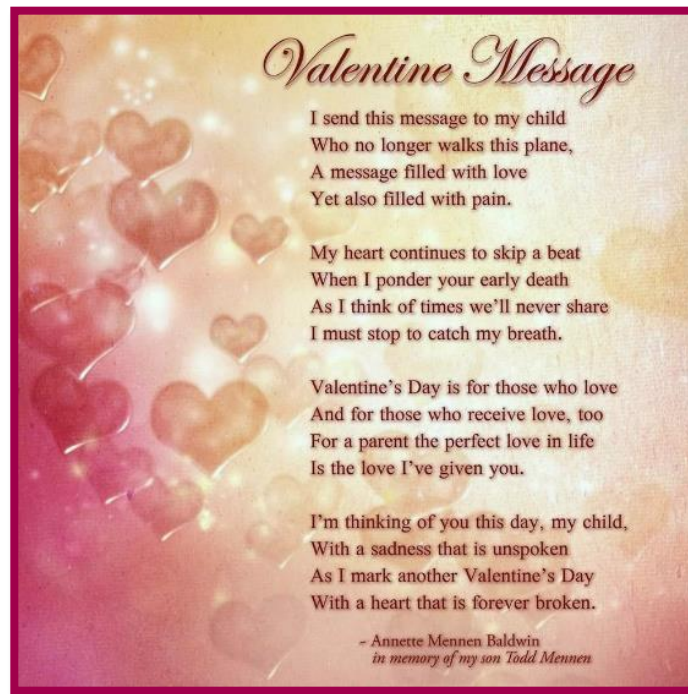
It is very common that our deceased loved ones send us signs, but much of the time we flat out miss those signs. Make sure you know them, recognize them and watch for them, especially in dream visitations. My book, *Afterlife*, can help you recognize them.

KNOW that they are still with you.

You are never alone. Remember, love never dies.

By Blair Robertson





## ♥ LOVE GIFTS ♥

Love gifts can be made in memory of your child, sibling or grandchild in any amount. Donations received are used for our annual Candle Lighting Program each December, for sending our monthly newsletter via US mail and for community outreach. We are here to reach out to other bereaved families who may not be aware we are here to lend our support after the death of a child. Please send your tax-deductible donation to the PO Box below.

**Norman Rodriguez ~ in loving memory of his beloved son ~ Norman Moses Rodriguez**

### If you wish to make a Love Gift Donation

Please fill out the information below and send with a check to:  
**The Compassionate Friends**  
**Modesto Area Chapter**  
**PO Box 578713**  
**Modesto, CA 95357**

☐ Child, ☐ Sibling or ☐ Grandchild \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ Date of Passing \_\_\_\_\_ / \_\_\_\_\_

Donation amount \_\_\_\_\_

Your Name \_\_\_\_\_

Telephone \_\_\_\_\_ Your email address \_\_\_\_\_

Your address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Would you like your gift listed in our monthly newsletter in memory of your child, grandchild or sibling?

The amount will remain anonymous Yes \_\_\_ No \_\_\_

The Compassionate Friends is a 501 (c) (3) non-profit organization. Donations are tax deductible.



Check out our closed Facebook page, *The Modesto Area of TCF*. Make a request to join the page and an Administrator will approve your request.

---

Join us on our Instagram account page. You can find us at – *modestoriverbankarea\_tcf*.

---

Our Steering Committee wants to provide the best possible support to each of our TCF Chapter members and friends. Please contact a member of the Steering Committee with any concerns you have or any ideas about how our Chapter can be of support to you and others. We're also available if you'd like to talk about your child or some aspect of the challenges of your bereavement journey. You can reach us by email at: [tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com) or by phone at 209-622-6786 or on Facebook.

---

#### OUR CHAPTER PHONE TREE

If you are struggling and need to talk, we are here for you. We have set up a phone tree and someone is available day or night. You can call or text us at (209)622-6786 and one of the Steering Committee will get back to you as soon as possible. You may also reach someone through the email address, [tcfmodestoriverbank@gmail.com](mailto:tcfmodestoriverbank@gmail.com), or on our private Facebook page, which you can find by searching for *The Modesto-Riverbank Area Chapter of TCF*.

If you would like to be a part of our phone tree and be available for other members, please contact us through one of the above mentioned methods and we will add your name and number to our list.

---



Please remember to send in your child's photo so that it can be added to the new TCF Modesto-Riverbank website. Send photos to: [scasity@comcast.net](mailto:scasity@comcast.net)

Visit our website for information and to stay up to date on chapter events.

[www.modestoriverbanktcf.org](http://www.modestoriverbanktcf.org)

---

Support our chapter by using  
*Amazon Smile*

[smile.amazon.com](http://smile.amazon.com)

(click on the link above for further information).

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that Amazon will donate 0.5% of your eligible purchases to the charitable organization of your choice. You can choose from over one million organizations to support.

How to turn on AmazonSmile in the mobile app

- 1

**Join AmazonSmile**

If you are not already an AmazonSmile member, sign up on your web browser. Simply select your favorite charity to start generating donations, at no cost to you.
- 2

**Get the app**

Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the App Store for iOS or Google Play for Android.
- 3

**Turn on AmazonSmile**

Open the app and find 'Settings' in the main menu (≡). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.