



# mayday

Volume 37 • Issue 9



September 2020

Sharing and Discussion | Aurora, Illinois

**Next Meeting: September 21, 2020**

## Tough day? Here are some people to call:

*Loss of a Parent:*

**Kari Frantzen**

Father died July 22, 1991

① 815.498.2257

*Loss of a Sibling:*

**Wendi McKenzie**

30 Year old Brother died

January 18, 2009

① 815.341.8856

*Loss of a Child:*

**Dean Hufsey**

Son died August 16, 2001

① 224.402.2266

*Loss Connected to Military Service:*

**Andy Weiss**

Soldier died 4 MAR 2012

① cell: 630.235.7260

*Loss of Friend:*

**Mary Wolff**

Friend Died January 18, 2011

① 630.450.3880



**Survivors of Suicide** meets the third Monday of the month, 7:00 PM - 9:00 PM, at the Advent Christian Church, 905 N. Edgelawn Drive, Aurora.

**Directions:** If you are coming from the east or the west, take I-88 to Illinois 31. Go south on 31 to Sullivan Road. Turn Right. Take Sullivan to Edgelawn Drive. Turn left and continue to **905 N.**



**When: Every Third Monday of the Month, 7:00 PM - 9:00 PM**

Where: Advent Christian Church, 905 N. Edgelawn Drive, Aurora.

Who: Youth Third Grade to age of 17 years of age.

Questions: Contact Megghun at 630-482-9699 or

[megghun@spsamerica.org](mailto:megghun@spsamerica.org)

## Other Important Meetings

### Survivors of Suicide Naperville

Bereavement Group for those that have had someone die by suicide. Meets the SECOND and FOURTH Saturday of each month from at Fox Valley Institute 640 North River Road Suite 108 Naperville, IL. Questions or registration (not required) email [group@fvinstitute.com](mailto:group@fvinstitute.com) or call 630.718.0717 ext. 0 <https://fvinstitute.com/services/survivors-and-bereavement-support/>

### Mourning After Support Group

Support Group for young widows, widowers or other adults grieving the loss of a partner. This group meets at 7pm on the first Thursday of the month in room 10 of the Elburn Community Center, 525 N. Main St. in Elburn <https://conleyoutreach.org/adult-support-groups/>

### Grieving Parent Support (GPS)

Provides drop in support for parents who have suffered the death of a child. It meets on the second Thurs. of the month at 7pm in room 10 of the Elburn Community Center, 525 N. Main St. in Elburn. Pre-registration required <https://conleyoutreach.org/adult-support-groups/>

**NAMI Dupage County Suicide Loss Connection Group:** For anyone who has had a friend or family member die by suicide. Discussion facilitated by Sherry Bryant, LCSW and Patty Johnstone, Nami Dupage Resource Support Director. 2nd and 4th Tuesday of every month. from 7:00 to 8:30pm at the NAMI Dupage Community Center. 115 N. County Farm <http://namidupage.org/resources/support-groups/suicide-lost-connections/>

**Catholic Charities:** Many meetings throughout the suburbs, call for locations. 312-948-6797 <https://www.catholiccharities.net/GetHelp/OurServices/Counseling/Loss.aspx>

**Compassionate Friends:** The 2nd Friday of each month at 7:30pm At Presence Mercy Center Hospital Behavioral Health Building Dunleavy/Walsh Conference Room 1325 N. Highland Avenue, Aurora. Park in the east parking lot and enter through the three story Behavioral Health Building facing Lake Street. Chapter Leader: Sherry Stewart 630-779-



**Survivors of Suicide (S.O.S.)** is a self-help support group for anyone who has lost a friend or relative to suicide. We believe healing and resolution come through the support and strength of others who have been there.



## Other Up & Coming Events

### WALK

A **HUGE** thanks to those who participated in this year’s Virtual Walk—our first... and ... hopefully last one. We at SPS hope to see you next year on

**Sept. 11, 2021** at Pottawatomie Park!



## Love gifts

A Love Gift may be given to S.O.S. in the name of, or memory of, a loved one who has died.

**There were no love gifts received this month.**

Love Gifts ensure future mailings and brochures. Love gifts may be designated for the purchase of books on grief or suicide to be added to the library. We would also like to give books to each family we visit as part of our outreach.

### BRUNCH CANCELLED

Our annual “Harvest of Hope” Brunch has been cancelled because of Covid-19. It was to be held on Sunday November 22, 2020.

Sure hope to see you at next year’s Brunch on **Sunday November 21, 2021.**

### August Recap

#### Thank You!

**Sharon and Elizabeth Schule** for opening up and setting up the August meeting.

**Sharon and Elizabeth Schule** for offering to set up the September meeting room.

#### Attendance in Aug:..... 10 Financial Update

SOS is now a line item with it’s own budget under SPS. We will continue to list all income and expenses as we always have. This move insures the perpetuity of SOS... (July 1, 2013– June 30, 2014)

Starting Income:	\$4100.00
Projected expenses: . \$189/month—	\$2268
Newsletter printing .....	\$810
Stamps.....	\$85.00/month
Books.....	\$1072.00



# Remembering...

## September 14 to October 11

Birthdays, death dates and wedding anniversaries are especially trying days for those who are survivors. This section acknowledges those important dates. A \* symbol denotes the first anniversary since death, an especially painful time when cards and calls could help so much. Our hearts and prayers are with those listed below and for others who have dates this month

\*Please also note the dates that these are printed. You may have a loved one, for example, who have a birthday or Heaven date in July, but because of the way the newsletter printing falls, it may be listed the month prior or the month after.

**Larisa and Victor Adamian**, whose son Vasily Kosynkin, who lived from February 18, 1988 to September 16, 2012.

**Arthur and Mary Jane Aagesen**, whose daughter, Carla Sue (Aagesen) Carey, lived from Sept. 21, 1961 to January 18, 2002.

**Miriam Bardill**, whose husband, Ernest W. Bardill Jr., lived from September 15, 1959 to January 3, 2001.

**Virginia Bender**, whose daughter, Barbara Louise Strayer, lived from April 23, 1963 to September 25, 1982.

**Jade Boczko**, whose mother, Laura Boczko, lived from January 14, 1963 to October 11, 2005.

**Mary Bray**, whose mother, Mable Jenkins, lived to October 8, 1935 to April 24, 1996.

**Tara Brown**, whose step-father, Wally, lived from August 7, 1943 to September 29, 2008.

**Suellen Campbell**, whose nephew, Charles Rieckert, Jr., lived from October 1, 1974 to February 14, 1997.

**Nicole Carrera**, whose father, Peter Habich, lived from September 25, 1953 to July 5, 1996.

**Stephanie Christoffel**, whose brother, Andie Christoffel, lived from September 20, 1990 to May 25, 2009.

**Patti Cichon**, whose mother, Barbara Jager, lived from September 18, 1927 to January 1, 2011.

**Laura Cila**, whose husband, Mark Cila, lived from September 25, 1961 to November 18, 2000.

**Corrine Clausel**, whose brother, Andrew Gast lived from January 9, 1983 to October 10, 2012.

**Ellen & Douglas Comstock**, whose daughter, Caitlyn Bailey, lived from Nov. 28, 1987 to September 22, 2005.

**Stacey Crockatt**, whose boyfriend, Craig Jacobi, lived from September 29, 1953 to February 12, 2006.

**Alyssa Doonan**, whose mother, Colleen Morrisette, lived from October 5, 1971 to December 28, 1998.

**Meghan Doyle**, whose brother, Jack, lived from November 8, 1989 to October 8, 2015.

**Sue Fitzsimmons**, whose husband, Steve Fitzsimmons, lived from March 9, 1951 to September 17, 2016.

**Rebecca Garretson**, whose nephew, Joseph (Joey) Monroe, lived from Sept. 27, 1991 to December 13, 2011.

**Ken Gast**, whose son, Andrew Gast, lived from January 9, 1983 to October 10, 2012.

**Judi Gunderson**, whose fiancé, Corky Dean, lived from Dec. 20, 1951 to September 15, 1993.

**Robert Gurgos**, whose wife, Patricia Gurgos, lived from September 22, 1941 to October 30, 2000.

**Jon Habegger**, whose brother, Jay Habegger, lived from September 9, 1950 to September 28, 1976.

**Dave and Sandy Hahn**, whose son, Craig Hahn, lived from December 6, 1971 to September 21, 1994.

**Bev Harding**, whose husband, Dan Harding, lived from April 30, 1961 to September 14, 2011.

**Robin Hass**, whose father, Robert Kliet, lived from May 26, 1939 to September 16, 2003.

**Helen Herbst**, whose brother, Pat O'Connor, lived from October 10, 1959 to September 3, 2007.

**Theresa Hughes**, whose son, Shawn, lived from October 1, 1988 to September 16, 2006.

**Zach Isabel**, whose best friend, Shawn Hughes, lived from October 1, 1988 to September 16, 2006.

**Pamela Kevil**, whose best friend, Jason Moseley, lived from June 1, 1985 to September 15, 2007.

**Chrissy Kite**, whose nephew, Matty, lived from July, 23, 1990 to October 3, 2013.

*Continued on Page 4—Remembering...*

**Please let us know if any dates/spellings are incorrect, so that we may correct them.**



## How Pets Help the Grieving Process

Statistics have shown that people who have a pet to care for live longer and have fewer health problems. It is a way to support your mental health and pets are more loving a therapist! (Now all the therapists will email me, but you know what I mean). I have a cat who has been with me since my husband died and she has been a surprisingly wonderful companion. She is more attentive and loving that I had imagined. Somehow instinctively she senses when I need her warm touch and she will come and sit on my lap.

Have you visited a pet store lately? If not, you might be surprised at the wide array of animals you can have as pets. Perhaps you aren't a dog or cat person: consider having a rabbit, a hamster, or a fish. A pet provides companionship and someone to talk to. (Pets are excellent listeners) Choose a pet that fits your lifestyle because pets are a responsibility, but are usually worth the effort and you will find them great healers on your journey. Through the grieving process. You might also consider visiting your local animal shelter or dog pound. They are always looking for loving homes for their animals.

*Printed from HeartAcheToHealing.com*

# Remembering...

*Continued from Page 3*

**Korina Kourlesis**, whose son's father, Aaron King, lived from September 18, 1980 to May 15, 2009.

**Rachel Long**, whose boyfriend, Curtis Glen, lived from February 3, 1980 to September 24, 1996.

**Al and Mary Lou Lowry**, whose daughter, Joanna Lowry, lived from September 18, 1982 to March 21, 2003.

**Athena Lynde**, whose husband, David, lived from September 17, 1949 to June 11, 2012.

**Holly Mapes**, whose father, Mackie McDaniel, lived from May 24, 1942 to October 3, 1987.

**Sally Maltar**, whose son, Andie Christoffel, lived from September 20, 1990 to May 25, 2009.

**Mike & Pam McCusker**, whose daughter-in-law, Terry McCusker, lived from September 11, 1963 to April 4, 1997.

**Jane McMillian**, whose son, Jay Bouska, lived from July 1, 1966 to October 3, 2015.

**Pam Moga**, whose brother, Jim Gerardy, who lived from September 18, 1969 to November 9, 2012.

**Dan Nasharr**, whose brother, David A. Nasharr, lived from October 10, 1961 to October 29, 2010.

**Velia Noyola**, whose sister-in-law, Bertha, lived to October 9, 2013.

**Alek Ohmstad**, whose best friend, Shawn Hughes, lived from October 1, 1988 to September 16, 2006.

**Shana Peake**, whose stepfather, Michael, lived from May 15, 1961 to September 23, 2005.

**Giavanna & Ashley Potenzano**, whose mother, Marsha Potenzano, lived from February 14, 1949 to September 27, 2006.

**Jim Rabb**, whose brother, Steven Rabb, lived from October 26, 1955 to September 14, 2002.

**Jim Rabb**, whose mother, Elaine Rabb, lived from February 11, 1929 to September 25, 2003.

**Larry and Kathleen Richards**, whose son, Michael Stephen Richards, lived from May 18, 1970 to September 15, 2002.

**Mike & Anna Rubin**, whose father, Steven, lived from September 22, 1947 to May 16, 2009.

**Susan and Ron Sauer**, whose only daughter, Jan Naomi Manser, lived from October 10, 1978 to June 06, 2003.

**Robin Starnes**, whose husband, Michael, lived from May 15, 1961 to September 23, 2005.

**Sharon Stevens**, whose brother, Larry Gast, lived until September 16, 1984.

**Sandy Surratt**, whose daughter, Linda Watson, lived from April 11, 1955 to October 5, 1974.

**Don and Chris Sutcliff**, whose son, lived from Nov. 6, 1972 to September 28, 2011.

**Mary Ann Usrey**, whose son, Steven Lee Usrey, lived from September 25, 1969 to October 10, 2001

**Lucia Villegas**, whose fiancée, Guadalupe Dyalg, lived until September 24, 1999.

**Nancy Voross**, whose brother, Andrew Voross, lived from September 19, 1967 to December 26, 2017.

**Casey and Jenny White**, whose son, Walter Badon, lived from September 20, 1982 to October 10, 2010.

**Gary and Laurie Winkelman**, whose son, Jacob Winkelman, lived from February 23, 1986 to October 9, 2003.

**Vickie Wurtz and Family**, whose sister, Carla Sue (Aagesen) Carey, lived from September 21, 1961 to January 18, 2002.

# SEPTEMBER

As you go from day to day, cherish the special place in your heart that will always be held for the loved one you lost.

1. She believed she could, so she did.
2. Sometimes turning the frown upside down does the trick.
3. Trust that an ending is followed by a beginning.
4. Do what you think you can't do.
5. Rise up. Take courage and do it.
6. Give yourself the gift of being joyfully you.
7. Don't just be good to others. Be good to yourself too.
8. What if I fail? What if I fly?
9. You don't have to have it figured out to move forward.
10. Be stronger than your strongest excuse.
11. If you want something you never had, you have to do something you've never done.
12. I want to inspire people. I want someone to look at me and say because of you I didn't give up.
13. The things you take for granted, other people are praying for.
14. One of the happiest moments in life is when you find the courage to let go of what you can't change.
15. We are not given a good life or a bad life. We are given a life. It's up to us to make it good or bad.

*continued*

16. The best way to get things done is to simply begin.
17. They told me I couldn't. That's why I did.
18. Push yourself because no one else is going to do it for you.
19. Be fearless in the pursuit of what sets your soul on fire.
20. You are confined only by the walls you build yourself.
21. When you feel like quitting, remember why you started.
22. Don't let anyone ever dull your sparkle.
23. You have to be a little lost first to find what you are looking for.
24. Because when you stop and look around, this life is pretty amazing.
25. See the light in others, and treat them as if that is all you see.
26. Happiness is an inside job. Don't assign anyone that much power over you.
27. Sometimes the smallest step in the right direction ends up being the biggest step in your life. Tip toe if you must, but take the step.
28. You can never cross the ocean unless you have the courage to lose sight of the shore.
29. Wherever you go, may people always recognize that you have a beautiful heart.
30. Starting today, I need to forget what is gone, appreciate what still remains, and look forward to what is coming next.



## CHOOSE

Written by an anonymous grief counselor, and sent to Friends for Survival in Sacramento

**Choose to be happy. Choose to see how the sun filters through the branches. Choose to smile at the squirrels chasing each other around the tree.**

**Choose to admire the neighbor's new car, or to make cookies you enjoy, or to say hello to someone new.**

**Choose to wear a bright color.**

**Choose to laugh at a joke**

**Choose to play with a dog, throw a ball, walk, golf, or run.**

**Choose to laugh as well as cry, to smile as well as weep.**

**Believe.**

**Be live.**

**Be.**

Reprinted from The Compassionate Friends of Los Angeles, Vol. 31, No. 7-July 2015

# From Stephanie



“There is a land of the living and land of the dead and the bridge is love: the only survival, the only meaning.”

-Thornton Wilder

I write this on August 31, 2020. You'll read it in early September.

Now is the time that my vigil starts. My heightened awareness and sensitivity are an ongoing reminder of what “was” ...and what “is” now.

I've been reviewing my life lately; regrets, recriminations- looking back isn't helpful. Looking forward can be healthy but daunting as I realize I have more years behind me than ahead of me. As I age, I think of Mom and what she missed but I also think of Mom and what she missed. No, I haven't run-off-the-rails into babbling absurdity. She died young and by her own hand. Her resilience was gone. She'd overcome so much in her 61 years that she could no longer mount yet another battle. The hurdles were too high and her energy too low.

She missed out on watching her grandkids grow. She missed out on great- grandchildren. She missed out on what could have been the next few years (for her) of more changes but possibly more positive changes such as a new house, working less, enjoying life more. She didn't have an easy life. She also missed out on possible grim medical diagnoses, deaths of friends and family, and the aging process itself.

Last month I wrote about her coming to me in the form of a brown & black butterfly. She sat on my leg for what seemed like many minutes. She opened and closed her wings over and over. Her antennae were moving back and forth. The symbol was clear why she'd come now – almost 41 years after her death. Right now, my husband isn't well. Unlike my dad who died at 61, Bill is quite a bit older than that. Aging and illnesses are taking their toll on his body. My mom cared for and watched my dad for 7 years from his diagnosis of emphysema to his death. She worried about managing a big house, working, and, after his death, also managing the finances and all of those “not-so-little” things our spouses often do for us. Her normalcy was gone.

My goal is to do the last decades of my life better than she was able to do hers. What have I learned and what do I know so many years later? What do survivors of loss have today that I didn't have in 1979? A support community, for starters. The awareness that we talk now more about death by suicide. The awareness of the signs and symptoms and of risk factors. Top 3 risk factors: a prior suicide attempt or attempts, a family history of suicide, alcohol/drug involvement. We know or can easily access the signs of depression.

Ellen Weber had a family history of suicide. It is believed that her own father, an alcoholic, died by suicide (family folk lore says he was pushed off of a 3-story balcony to his death.) After losing his money in the stock market crash of 1929, alcohol and beating his wife became the norm of his days. Ellen Weber had a prior suicide attempt. She did not abuse alcohol or drugs. The losses stacked up for her the last several years. Talking to a therapist was a shameful act. She had sleepless nights, little energy, and multiple losses.

Medical advances these past 41 years are incredible. Bill has several doctors who all work together to help him. We have MyChart on the internet that keeps us connected with our doctors. I have friends and family I can talk to. They support us. If despair begins to creep into my soul, I have people to help. Mom “didn't talk about her problems with anyone” so who could she turn to?

# From Stephanie

*Continued from Page 6—From Stephanie*

That butterfly that sat on my leg was the ongoing bridge of love and support from the next world to this one. I believe her message was: “Now you are where I was; YOU are going to do it better, and I’m here to help you.” I have more than she had: an upbringing in a stable home, parents who lived to see me into adulthood and have a family, and parents who believed in me and who taught me to believe in myself. I have an education and a job that I love. I can’t be transferred anywhere in my job. It’s stable and within my range of control. I have family near by who love me and support me. I have friends and colleagues who provide the same love and support. My husband is my #1 priority, and I am his.

These days she is around me more than ever. I looked out the window of my workout class and there she was. I sat on the same deck where she had come to me a few weeks ago. This time she landed on my upper arm.

The love we all carry in our hearts for our deceased loved ones not only remains but grows stronger. I know that we all can feel the love across that bridge from the land of the dead to the land of the living. Embrace it. Hold your family and friends close.

You are loved....always and forever...



**"The reality is you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same again. Nor should you be the same, nor should you want to."  
-Elizabeth Kubler-Ross**



## The Garden (Author Unknown)

I know where the garden of  
longing is

I've been there many a time  
To see your beautiful smiling face  
And hold your hand in mine  
We walk the paths where flowers  
bloom

And watch the butterflies  
We share some childhood mem-  
ories

Of yesterday's gone by  
Many tears I've cried since you  
went away

My life has changed so much  
Without you here to share with  
me

Or feel your gentle touch  
I miss your smile, your laughter  
too

I miss those days gone by  
I often sit and wonder  
About all the reasons why  
I guess your blooms were so  
beautiful

All covered with glistening mist  
That God sent the angels down  
that day

And checked you off his list



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## We're going green—how 'bout you?

Please help us save time and resources by electing to receive future copies of *mayday* in your email box.

*(We pinky-swear promise we'll never spam you!)*

Opt now for an email version of this newsletter so there will be no disturbance or late issues of *mayday* in the future

### Moving? Other changes?

Use this form to help us keep our records up to date and stay in touch, or email us at [megghun@spsamerica.org](mailto:megghun@spsamerica.org).

### Please complete and return this form to:

Stephanie Weber  
528 South Batavia Avenue  
Batavia, Illinois 60510

### Subscriber Response Form

- Yes**, I'm going green, too! Please email future issues of *mayday* to me at the following address.

**Email:** \_\_\_\_\_

- No**, not now. Please continue to snail mail future issues of *mayday* to me at the current mailing address on file.

- Heads-up—my info has changed or I'm moving!** Please update your records with the following information.

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Please return this entire page, including the upper portion with the mailing label attached, to help us accurately update our records.